

ORCHID Ripples



MAY - JUNE 2019
ISSUE 61

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A Publication by Orchid Country Club

Sharing The Fruits Of Our Nation's Success



Meet the Golf Operations Team



(From left to right)

Front row

Golf Assistant, Mohammad Yusri Bin Tahir; Golf Assistant, Danial Hazim Bin Md Nasruddin; Golf Assistant, Samsuri Bin Aris; Golf Assistant, Rahim Bin Ibrahim.

Back row

Golf Assistant, Mohamad Ibrahim B Abdul Rahman; Golf Assistant, M Karnan; Golf Assistant, Felix S/O Edward Nathan; Golf Assistant, Md Mor Bin Bahari; Chief Golf Steward, Sanjeev S/O Rahman; Golf Assistant, Hanzalah Bin Ab Ajis; Golf Assistant, Ang Chin Lan; Golf Assistant, Mohamad Ismail Bin Anuar; Golf Assistant, Zailani Bin Ulong; Golf Assistant, K Gamal.

Our staff are committed to serving you in a warm and caring environment. On weekdays, you will see our friendly Golf Assistants repairing divots and ball marks on the greens on top of their regular duties. They will ensure that our golf courses are kept in pristine condition, providing a pleasant golfing experience for all our members and guests. We would like to urge everyone to also do their part in showing care and respect while enjoying the Club facilities and services.

Publisher

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Vice President & Captain
Mr. Yeo Khee Leng
Treasurer
Mr. Vincent Fong
Lady Captain
Mrs. Maureen Goh
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Mr. Chng Chee Beow
Mr. Chua Bor Jern
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Head of Food & Beverage
Mr. Cristo Fong
Head of Social & Recreation
Ms. Toh Poh Kuan
Jackpot Manager
Mr. Jasper Woo

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CLUB DIRECTORY



GOLF

GOLF REGISTRATION COUNTER
7:00am to 7:00pm daily (Extended hours till 9:00pm when there is night golf)

TEE OFF 18-HOLE

7:07am to 8:59am (Mornings)
12:01pm to 1:53pm (Afternoons)
4:27pm to 5:58pm (Thursdays, unless otherwise stated)

TEE OFF 9-HOLE

7:07am to 8:59am (Weekdays)
4:27pm to 5:16pm (Daily)

CHANGING ROOM

7:00am to 9:00pm (Mon to Wed)
7:00am to 11:00pm (Thu)
7:00am to 9:00pm (Fri)
6:00am to 9:00pm (Sat, Sun & PH)
* Female Changing Room available from 11.00am on 1st and 3rd Monday of the month

DRIVING RANGE

7:00am to 11:00pm (Tue to Sun)
12:01pm to 11:00pm (Mon)

DK DELIGHTS (ARANDA HALFWAY HOUSE)
8:00am to 5:30pm (Daily)

FATELICIOUS SNACK HOUSE (DENDRO HALFWAY HOUSE)
8:00am to 5:30pm (Daily)

EAGLE 9 INTERNATIONAL

Tel: 6737 9939
10:00am to 6:00pm (Mon to Sat)
By appointment (Sun)

GOLF PERFORMANCE 360

Tel: 6481 0398
1:00pm to 9:00pm (Mon)
8:00am to 9:00pm (Tue to Fri)
8:00am to 7:00pm (Sat, Sun & PH)

PAN-WEST

Tel: 6752 3110
7:00am to 9:00pm (Daily)

PING

Tel: 6481 5669
Closed on Mondays
2:00pm to 9:00pm (Tue to Fri)
9:00am to 5:00pm (Sat, Sun & PH)



FOOD & BEVERAGE

HIMAWARI JAPANESE RESTAURANT
Tel: 6834 3313
Lunch: 11:45am to 2:45pm
Dinner: 5:45pm to 10:00pm

MY LITTLE CAFÉ

1:00pm to 11:00pm (Daily)

PAR LOUNGE

Tel: 6750 2204
2:00pm to 1:00am (Mon to Sat)
2:00pm to 12:00am (Sun)

PEACH GARDEN @ OCC

Tel: 6759 3833
Lunch: 11:30am to 2:30pm (Mon to Fri)
Dinner: 5:30pm to 10:00pm (Mon to Fri)
Lunch: 10:00am to 2:30pm (Sat, Sun & PH)
Dinner: 5:30pm to 10:00pm (Sat, Sun & PH)

THE FATTY CASSO CAFÉ

11:00am to 6:00pm (Mon to Fri, except PH)

ROYAL PALM @ OCC

Tel: 6555 2165
Lunch (Buffet): 12:00pm to 2:30pm (Daily)
Dinner (Buffet): 6:00pm to 10:30pm (Daily)
Ala Carte: 12:00pm to 10:30pm (Daily)

SUBWAY

Tel: 6482 7942
9:00am to 9:00pm (Daily)

VANDA TERRACE

(operated by NTUC Foodfare)
Tel: 6750 2200
7:30am to 10:00pm (Daily)
*Last order at 9:30pm



SUPERMARKET

NTUC FAIRPRICE
8:00am to 11:00pm (Daily)



FACILITIES

ARANDA LOUNGE
Tel: 6750 2121
12:00pm to Midnight (Sun to Thu)
12:00pm to 1:00am (Fri, Sat & Eves of PH)

ASIA GYMNASTICS & DANCE ACADEMY

Tel: 8777 3313
9:30am to 9:00pm (Daily)

AUDIOLINE

Tel: 6756 5585
10:00am to 8:00pm (Daily)

CHILDREN'S OUTDOOR PLAYGROUND

7:00am to 7:00pm (Daily)

FUNPOOL & BUNKER POOL

7:00am to 9:00pm (Daily)

GYMNASIUM

7:00am to 10:30pm (Daily)

HEALING TOUCH – MASSAGE AND SPA

Tel: 6759 0752
11:00am to 10:30pm
Last appointment at 9:00pm

LITTLE SKOOL-HOUSE

Tel: 6759 0393
7:00am to 7:00pm (Weekdays)
7:00am to 2:00pm (Sat)

MAHJONG ROOMS

12:00pm to 11:00pm (Sun to Thu)
12:00pm to 12:00 midnight (Fri, Sat & Eve of PH)

MUSIC FOR YOUNG CHILDREN SINGAPORE

Tel: 6100 0306
4:00pm to 9:00pm (Thu & Fri)
9:00am to 5:00pm (Sat)
9:00am to 12:00pm (Sun)

OLYMPIC POOL

7:00am to 9:00pm (Daily)

ORCHID BOWL

Tel: 6759 4448
10:00am to 1:00am (Mon to Thu, Sun & PH)
10:00am to 3:00am (Fri, Sat & Eves of PH)

ORCHID LODGE

24 hours

ORCHIS PAVILION – PHOTO STUDIO

Tel: 6222 3602
9:00am to 8:00pm (Daily)

PLAY FIT @ OCC

Tel: 6346 5155
11:00am to 9:00pm (Daily)

POP INSTITUTE

Tel: 6346 5155
9:00am to 6:00pm

READING/TV CORNER

9:00am to 11:00pm (Sun to Thu & PH)
9:00am to 1:00am (Fri, Sat & Eve of PH)

TENNIS COURT

7:00am to 10:00pm (Daily)

FUTSAL COURTS

Tel: 9185 2555
8:00am to 11:00pm (Daily)

MESSAGE FROM THE VICE-PRESIDENT & CAPTAIN

Dear Fellow Members,

As we enter the month of May and celebrate the annual May Day activities of the Labour Movement, its members and all workers in Singapore, congratulations are in order to our President, Mr. Chong Kee Hiong, on his being conferred the May Day Meritorious Service Award. OCC President Kee Hiong has served Orchid Country Club since 2005 as GC Member, as Treasurer from 2008 to 2011, and as the Club President since 2012. Kee Hiong also holds the appointment of Chairman of NTUC Foodfare Cooperative Limited since 2014.

Over at OCC, members have been exchanging for their new RFID Membership Cards with their old cards since the launch on 4 March 2019. As at the date of print, 56% of principal members have already received their new membership cards. Members who have not gotten their new cards can still approach the Membership Department, located at Orchid Lodge, Hotel Reception, to exchange for the new cards. Initial feedback from members have been very positive and members await eagerly for the various functionalities of the card to kick in as we introduce more of them progressively.

Since the beginning of the year, several major projects to renovate our Golf Changing Rooms have been undertaken. Last year, the focus was on the restrooms located at Hotel, Social Clubhouse and Golf Clubhouse. The latest renovation of the Golf Changing Rooms has been progressing well with the Male Changing Room project recently completed. Following the completion of the Male Changing Room, work began immediately on the Female Changing Room and will be completed by early May. On behalf of all the male golfers, the Club would like to thank the lady golfers for giving up their Changing Room facilities during the renovation of the Male Changing Room and using the VIP Changing Rooms, supplemented by the use of the Changing Room facilities at the Swimming Pool. Thank you for your patience and forbearance. The new Female Changing Room will have the dressing area extended, making it more spacious; and more hairdryers have been added to cope with high demands especially during tournaments with a shotgun start. We have had many good suggestions from lady golfers prior to the start of the renovation.

SG Cup is around the corner, taking place on 14 July 2019 (Sun). I urge members to continue their very strong support for this annual event between OCC and the Labour Movement. The event started in 1996 and is celebrating its 24th edition this year.



Yeo Khee Leng
Vice-President
and Captain

We are delighted to see more members participating actively in our social & recreational events, with the recent 27th Super Sprint Series held on Saturday, 30 March 2019, seeing an exceptional 40% increase in participation rate as compared to the same period last year. A big thank you to all members for your enthusiasm as the Club works towards bringing more engaging events and programmes to you.

Members can look forward to an exciting line-up of events in the upcoming months like the 28th Super Sprint Series on Saturday, 1 June 2019, which will be the first edition of our quarterly swim meet organised exclusively for the junior members. Bowling enthusiasts can also mark your calendar for the 6th OCC-ACC Bowling Championship on Sunday, 14 July 2019, where you will pit your skills against other bowlers. Keep a lookout for the Club's annual run event, Nee Soon FUNtARTstic 3Ten Run on Saturday, 27 July 2019! This year, there will be a new Mixed Team category for the 10km Challenge where you will be able to form a team with a group of friends and get a fun and unique running experience at the Singapore's only night golf course run at our three premier golf courses. The night run will then culminate in an exhilarating FUNtARTstic Fiesta, where participants can look forward to a Zumba session and an exciting series of highlights like "The Enchanted Forest" visual art installation, music jamming, puppet theatre performance, story telling and many other interactive hands-on art activities at the FUNtARTstic Fiesta Village to round off the day! You can flip to page 30 for more details of the event.

Before I conclude this message, I am pleased to announce that OCC and ACC Social & Recreation teams will merge to become one dynamic team! OCC members can therefore look forward to enjoying more exciting and vibrant events and activities in the near future! All prices for OCC and ACC members will be the same. This merger will definitely give a better pay-off due to sharing of resources and more creativity. See you at the Club soon!

Warmest regards,
Khee Leng

MEETINGS, CONVENTIONS & BANQUET SERVICES

☎ 6750 2166
✉ s&m@orchidclub.com

ROOM RESERVATIONS

☎ 6750 2100
✉ roomsales@orchidclub.com

MEMBERSHIP

☎ 6750 2123
✉ membership@orchidclub.com

GOLF REGISTRATION

☎ 6750 2111
✉ golfregistration@orchidclub.com

DRIVING RANGE OFFICE

☎ 6750 2198

S&R FACILITIES

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✉ sports@orchidclub.com

SOCIAL COUNTER

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✉ social@orchidclub.com

FINANCE

☎ 6750 2183
✉ finance@orchidclub.com

MARCOM

☎ 6750 2160
✉ marcom@orchidclub.com

PURCHASING

☎ 6750 2129
✉ purchasing@orchidclub.com

Congratulations to Our Club President!



Mr. Chong Kee Hiong
Club President

We are most delighted to share the great news that the National Trades Union Congress (NTUC) has conferred the prestigious **'May Day Awards 2019: Meritorious Service Award'** on our Club President, Mr. Chong Kee Hiong. The Award, presented to Mr. Chong during the May Day Awards Ceremony on Friday, 3 May 2019, recognises his continuous support and significant contributions to the Labour Movement.

Currently a Director of SLF Leisure Enterprises (Pte) Ltd and Pasir Ris Resort Pte Ltd, and Chairman of NTUC Foodfare Co-operative Ltd, Mr. Chong is also serving as the President of Orchid Country Club (OCC) since 2012. With his wealth of knowledge, expertise and experience in the financial and hospitality sectors, Mr. Chong's guidance and advice have been instrumental in securing OCC's good standing amongst other clubs in Singapore in this new digital age.

Even with the recent change in socio-economic and business dynamics in the country club industry, Mr. Chong ensured that OCC has been able to sustain its overall operational excellence despite rising costs. He put in place strategic policies to strike a balance between the Club's financial viability in challenging times and the need to offer our members affordable social and recreational activities, without compromising their enjoyment. This is laudable and demonstrates Mr. Chong's exemplary abilities to lead the Club to greater heights without steering away from our social mission to make golf and country club facilities accessible to all working people in Singapore and their families.

Mr. Chong's proactive governance has also been pivotal in guiding Club Management to reinvent strategies that have successfully propelled the Club in other areas such as MICE & Convention services, social functions, corporate events, maximisation of hotel and golf tee-time bookings, rental yield, and retail and tenancy mix. All this has been key to reaching out and appealing to the community, increasing footfall and patronage, and in turn resulting in a more vibrant and dynamic Club environment. A visionary leader, Mr. Chong's impeccable foresight has also enabled him to set aside ample asset enhancement and cyclical

replacement funds for the future upgrading of Club facilities till the end of the land lease in 2030, thus placing the value of OCC Membership in good standing.

With Mr. Chong at the helm, we can be assured that the Club will stay relevant to its members and the Labour Movement family, and also support the vision of making OCC a hub for Tripartite activities. Mr. Chong's accomplishments are further affirmed as he continues to contribute and support working families in Singapore, making golf and country club facilities accessible to this group of people, thereby achieving the Club's social mission.

On behalf of our Proprietor – SLFLE, General Committee, Executive Committee, Sub-Committees, the Management and staff, the Club would like to send our heartiest congratulations to our Club President, Mr. Chong Kee Hiong for being conferred the 'May Day Awards 2019: Meritorious Award'!

'THANK YOU' TO ALL MEMBERS FOR THE PROMPT EXCHANGE OF THE NEW MEMBERSHIP CARD!

Since the launch of our new membership card on Monday, 4 March 2019, we have seen an enthusiastic response of members coming down to exchange the old card for the new one. We would like to thank all members for the great support! As for those who have missed the window period for the exchange of cards, feel free to drop by the Membership department at your next visit to the Club to do the exchange.



Full implementation of the new cards has kicked in since Tuesday, 16 April 2019 and we would like to encourage members to use the new card to access Club facilities and make payment at the various Club facilities and retail/F&B outlets.

We hope the new cards will make your Club journey with us an even more joyful one!

MASKED LAPWINGS SPOTTED AT OCC ARANDA COURSE HOLE 9!

It's a pleasant surprise to find a pair of Masked Lapwings making OCC golf course their home to set up a family! The couple were spotted around Aranda Course Hole 9, with the mother Lapwing protecting her eggs while the father Lapwing kept a lookout for intruders.

Origin of Lapwings

Masked Lapwings are native to Australia and are sometimes known as Spur-winged Plovers because their wings are armed with a "yellow spur" that looks like a spike or spear. These spurs are used for attacking and scaring potential predators intruding into their nesting areas.



Be careful not to scare these birds away if you ever see them around the golf course!

OCC'S GOLDEN BOY OF JUNIOR GOLF! - Daryl Low

The Club's very own Golden Boy of Junior Golf, Daryl Low, has shone again with his impressive achievements at four recent Junior Golf tournaments!

Daryl clinched the 1st Runner-Up position at the Optimist International Junior Golf Championship Qualifiers 2019, just four strokes behind the winner. He will once again be invited to play at the Optimist International Junior Golf Championship 2019 that will be held in Florida, USA this July.

With his determination and grit, Daryl had also emerged Finale Champion for the 2018 SGA Junior

Golf Challenge Series, after an intensive match during the Finale Round of the SGA Junior Golf Challenge @ Laguna National Series 2018. Putting in his 101%, Daryl was crowned Champion for Boys B Division at the HSBC Youth Golf Challenge 2018, 3rd Leg, despite feeling sick during the competition. Continuing his winning streak, Daryl also took home the Champion's title for C Division and 1st Prize for the Team Event at the 18th National Inter-School Golf Championship 2019.

Congratulations to Daryl, OCC's pride and joy!



Vice-President of SGA, Lyn Sen (right) presenting the prize for 1st Runner-Up at the Optimist International Junior Golf Championship Qualifiers 2019.



Member of SGA Training & Development (Junior Development) Sub-Committee, Alvin Lee (left) presenting the prize for Finale Champion at the 2018 SGA Junior Golf Challenge Series.



Member of SGA Tournament and Marcom Sub-Committees, Edgar Oh (left) presenting the prize for Boys B Division Champion at the HSBC Youth Golf Challenge 2018, 3rd Leg.



OCC Vice-President & Captain, Yeo Khee Leng (left) presenting the prize for C Division Champion at the 18th National Inter-School Golf Championship 2019.

NEWLY RENOVATED GOLF MALE CHANGING ROOM


After the conclusion of our Club-wide restroom upgrading project in end 2018, renovation was carried out at the Golf Male Changing Room (Golf Clubhouse Level 1) from February to March 2019. Meanwhile, renovation works for the Golf Female & VIP Changing Rooms (Golf Clubhouse Level 1) are expected to be completed by early-May 2019 and June 2019 respectively. This is part of our facility renewal programme to serve you better. Stay tuned as we keep you updated! Thank you for your patience during the upgrading period.



BEFORE



AFTER

New Vanity Top, Brighter LED Light Fittings, Repainted Ceiling, Increase in Number of Basins (6 to 8), New Cabinet Doors and Floor Tiles. 



BEFORE



AFTER

New Carpet, Re-varnished Carpentry Works, Brighter LED Light Fittings. 



BEFORE



AFTER

New Vanity Top, Brighter LED Light Fittings, New Toilet and Cabinet Doors. 



A Peek Into

GOLF



Upcoming Golf Events

**MAY MONTHLY MEDAL CUM QUALIFYING
ROUND FOR ROLEX GOLF CHALLENGE 2019**

Saturday, 11 May 2019



OCC LADIES' BOGEY COMPETITION

Saturday, 18 May 2019



JUNE MONTHLY MEDAL

Saturday, 8 June 2019



OCC-U GOLF 9-HOLE NIGHT SERIES

SATURDAY, 16 MARCH 2019 | VANDA

OCC-U GOLF 9-HOLE NIGHT SERIES

SATURDAY, 6 APRIL 2019 | ARANDA



STABLEFORD

RESULTS FOR MEN'S DIVISION

Winner	Mr. Wee Chee Kwan	24 Points OCB
1st Runner Up	Mr. Emilio Christian Quek	24 Points OCB
2nd Runner Up	Mr. Tan Choon Keang	24 Points OCB

RESULTS FOR LADIES' DIVISION

Winner	Ms. Melissa Sim	24 Points
1st Runner Up	Ms. Jennifer Vayding	22 Points
2nd Runner Up	Ms. Tina Wee	20 Points

STABLEFORD

RESULTS FOR MEN'S DIVISION

Winner	Mr. Damien Chandran	25 Points OCB
1st Runner Up	Mr. Song Lye Hock	25 Points
2nd Runner Up	Mr. Ng Teck Chew	23 Points OCB

RESULTS FOR LADIES' DIVISION

Winner	Ms. Tina Wee	21 Points OCB
1st Runner Up	Ms. Clara Koh	21 Points
2nd Runner Up	Ms. Joey Tan	18 Points OCB



Ms. Vanessa Koh from U Sports, NTUC Club, (right) with Winner of the Men's Division, Mr. Wee Chee Kwan (left).

1st Runner Up of the Men's Division, Mr. Emilio Christian Quek (left).

Winner of the Ladies' Division, Ms. Melissa Sim (left).

1st Runner Up of the Ladies' Division, Ms. Jennifer Vayding (left).

Ms. Vanessa Koh from U Sports, NTUC Club, (left) with Winner of the Men's Division, Mr. Damien Chandran (right).

1st Runner Up of the Men's Division, Mr. Song Lye Hock (right).

Winner of the Ladies' Division, Ms. Tina Wee (right).

1st Runner Up of the Ladies' Division, Ms. Clara Koh (right).

MARCH 2019 MONTHLY MEDAL RESULTS

STROKEPLAY (9 MARCH 2019)



(From left to right) Robert Teo; Kummah K S; Vice-Captain, Ted Wong; Senior Sales Manager of Mission Hills China, Shawn Ooi; Joseph Samy; Poh Lay Guat; Lady Captain, Maureen Goh; Lim Soh Lan Judy; Cheng Dee Jee; Teow Bee Kim; Quek Lee Tiam Judy; Irvyn Tan; Ng Kok Hoh; Chua Ah Leng; Toh Sam Siew Albert; Tan Chiew Hua; Golf Specialist of Hainan, Martin Chao; Man Wai Shing Eric.

APRIL 2019 MONTHLY MEDAL RESULTS

STABLEFORD (13 APRIL 2019)



(From left to right) Miniandy Vijayal; Fan Suet Lay; Eio Hock Siang; Too Lee Ngee; Joseph Samy; Tay Boon Mong; Chen Liang How; Chua Teck Beng.

ARANDA / VANDA

MEN'S 'A' DIVISION (H'CAP 11.4 & BELOW)

Best Gross	Mr. Irvyn Tan	(5.2)	79 Gross
Winner	Mr. Kummah K S	(10.8)	67 Nett
Runner Up	Mr. Robert Teo	(10.9)	70 Nett

Ballsweep (1st Nine)

Winner	Mr. Kummah K S	(10.8)	33 Nett
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Ballsweep (2nd Nine)

Winner	Mr. Kummah K S	(10.8)	34 Nett
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RESULTS FOR MEN'S 'C' DIVISION (H'CAP 16.1 - 24.9)

Best Gross	Mr. Man Wai Shing Eric	(17.0)	89 Gross
Winner	Mr. Toh Sam Siew Albert	(20.0)	69 Nett
Runner Up	Mr. Chua Ah Leng	(22.8)	71 Nett

Ballsweep (1st Nine)

Winner	Mr. Chua Ah Leng	(22.8)	31 Nett
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Ballsweep (2nd Nine)

Winner	Mr. Yeow See Onn	(21.9)	33 Nett
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LADIES' 'B' DIVISION (H'CAP 18.5 - 36.9)

Best Gross	Ms. Poh Lay Guat	(20.4)	95 Gross
Winner	Ms. Lim Soh Lan Judy	(21.3)	71 Nett
Runner Up	Ms. Teow Bee Kim	(25.4)	73 Nett

Ballsweep (1st Nine)

Joint Winners	Ms. Teow Bee Kim	(25.4)	36 Nett
	Ms. Cho Yong Kum Judy	(18.6)	36 Nett
	Ms. Lim Soh Lan Judy	(21.3)	36 Nett
	Ms. Loh Ay Ling	(24.7)	36 Nett

Ballsweep (2nd Nine)

Joint Winners	Ms. Miniandy Vijayal	(18.9)	33 Nett
	Ms. Poh Lay Guat	(20.4)	33 Nett

MEN'S 'B' DIVISION (H'CAP 11.5 - 16.0)

Best Gross	Mr. Tan Chiew Hua	(12.0)	81 Gross
Winner	Mr. Joseph Samy	(13.1)	71 Nett
Runner Up	Mr. Ng Kok Hoh	(14.1)	73 Nett

Ballsweep (1st Nine)

Winner	Mr. Tan Chiew Hua	(12.0)	33 Nett
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Ballsweep (2nd Nine)

Joint Winners	Mr. C Mohan	(13.2)	34 Nett
	Mr. Tan Chiew Hua	(12.0)	34 Nett

LADIES' 'A' DIVISION (H'CAP 18.4 & BELOW)

Best Gross	Ms. Lim Yin Jie Sarah	(5.4)	90 Gross
Winner	Ms. Quek Lee Tiam Judy	(14.5)	75 Nett OCB
Runner Up	Ms. Cheng Dee Jee	(17.2)	75 Nett

Ballsweep (1st Nine)

Winner	Ms. Quek Lee Tiam Judy	(14.5)	38 Nett
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Ballsweep (2nd Nine)

Winner	Ms. Quek Lee Tiam Judy	(14.5)	37 Nett
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ARANDA / VANDA

RESULTS FOR MEN'S 'A' DIVISION (H'CAP 11.4 & BELOW)

Winner	Mr. Chua Teck Beng	(9.0)	40 PTS
1st Runner Up	Mr. Tay Boon Mong	(10.5)	37 PTS OCB
2nd Runner Up	Mr. Chen Liang How	(8.5)	37 PTS

Ballsweep (1st Nine)

Joint Winners	Mr. Loh Chang Kaan	(8.9)	19 PTS
	Mr. Daryl Low	(0.0)	19 PTS

Ballsweep (2nd Nine)

Joint Winners	Mr. Tay Boon Mong	(10.5)	19 PTS
	Mr. Amit Gulati	(7.6)	19 PTS

RESULTS FOR MEN'S 'C' DIVISION (H'CAP 16.1 - 24.9)

Winner	Mr. Ho Weng Soon	(16.8)	37 PTS
1st Runner Up	Mr. Wong Chin Tai Roger	(17.7)	35 PTS OCB
2nd Runner Up	Mr. Sim Beng Kiat Dennis	(16.5)	35 PTS OCB

Ballsweep (1st Nine)

Winner	Mr. Lim Kim Moh Justin	(18.9)	19 PTS
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Ballsweep (2nd Nine)

Winner	Mr. Ho Weng Soon	(16.8)	21 PTS
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RESULTS FOR LADIES' 'B' DIVISION (H'CAP 18.5 - 36.9)

Winner	Ms. Fan Suet Lay	(24.0)	41 PTS
1st Runner Up	Ms. Chen-Hong Hwa Shu	(24.1)	34 PTS
2nd Runner Up	Ms. Miniandy Vijayal	(18.7)	32 PTS OCB

Ballsweep (1st Nine)

Winner	Ms. Fan Suet Lay	(24.0)	22 PTS
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Ballsweep (2nd Nine)

Joint Winners	Ms. Miniandy Vijayal	(18.7)	19 PTS
	Ms. Cheng Fong Kiew	(18.9)	19 PTS
	Ms. Teow Bee Kim	(25.3)	19 PTS
	Ms. Fan Suet Lay	(24.0)	19 PTS

RESULTS FOR MEN'S 'B' DIVISION (H'CAP 11.5 - 16.0)

Winner	Mr. Eio Hock Siang	(13.7)	48 PTS
1st Runner Up	Mr. Too Lee Ngee	(15.5)	38 PTS OCB
2nd Runner Up	Mr. Joseph Samy	(12.6)	38 PTS

Ballsweep (1st Nine)

Winner	Mr. Eio Hock Siang	(13.7)	23 PTS
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Ballsweep (2nd Nine)

Winner	Mr. Eio Hock Siang	(13.7)	25 PTS
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LADIES' 'A' DIVISION (H'CAP 18.4 & BELOW)

Winner	Ms. Chen Liang Yi	(16.6)	35 PTS
1st Runner Up	Ms. Han Fong Yau	(10.2)	34 PTS
2nd Runner Up	Ms. Ng Lay Choo Dily	(12.0)	32 PTS

Ballsweep (1st Nine)

Winner	Ms. Han Fong Yau	(10.2)	18 PTS
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Ballsweep (2nd Nine)

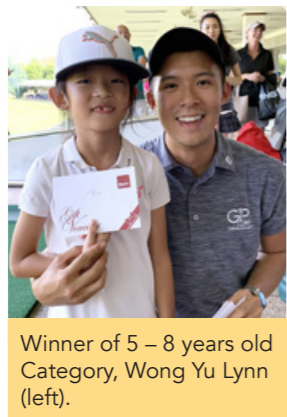
Winner	Ms. Ng Lay Choo Dily	(12.0)	17 PTS
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OCC Junior Drive Chip And Putt Challenge

Saturday, 16 March 2019

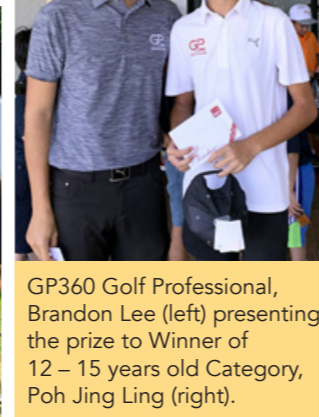
Great things start with small beginnings! In support of our junior golfers, Golf Performance 360 (GP360) once again organised a Junior Drive Chip and Putt Challenge at the OCC Driving Range during the March school holidays. There was a good turnout of 35 participants aged between six and 15 years old. The rewarding and productive day saw golf professionals giving guidance to the junior golfers on executing proper golfing techniques at the drive, chip and putt stations. A big 'Thank you' to all participants for the enthusiasm and support!



Winner of 5 – 8 years old Category, Wong Yu Lynn (left).



Winner of 9 – 11 years old Category, Jaython Chong (left).



GP360 Golf Professional, Brandon Lee (left) presenting the prize to Winner of 12 – 15 years old Category, Poh Jing Ling (right).

SAVE STROKES FROM YOUR SCORE

Brought to You by GP360

Are you wasting strokes by attempting shots that you "hope" you can play rather than sticking to shots that you "know" you can play?

When players fail to pull off a low percentage shot, it not only costs them strokes on that hole but also for several holes, as they take more risks (make poor decisions) in an attempt to make up for the previous bad hole.

Use your results to determine if you can or can't pull off a shot that you face on the course. If you can, it's a 'Yes' (Y); if you can't, it's a 'No' (N). Record your performance in the sample results table below.

Practise This!

Make your practice sessions more interesting and challenging, and give yourself a better idea of what shots you are truly capable of and what you need to improve before you attempt them in a competition.

Club	High (Y/N)	Low (Y/N)	Fade (Y/N)	Draw (Y/N)	Slice (Y/N)	Hook (Y/N)
4 iron						
6 iron						
8 iron						
PW						

What You Need

Firstly, select four clubs e.g. 4 iron, 6 iron, 8 iron and Pitching Wedge, or Hybrid, 6 iron, 8 iron and Pitching Wedge, or 5 wood, 5 iron, 7 iron and 9 iron for your practice.

Keep A Constant Record

This is the best way to spot any patterns emerging after a few sessions and will help you to make better, tested and informed decisions, which in turn can lower your scores.

The Shots To Execute

With each club, attempt the following six shots: a high shot, a low shot, a fade, a draw, a slice and a hook.

You can either

1. Make all six shots with one club before changing OR
2. Attempt each shot once with the four different clubs.

REMEMBER!
Play the shot you **KNOW** you can play, **NOT** the one you **HOPE** you can.

Gong Xi Fa Cai Lucky Draw 2019 @ OCC Driving Range

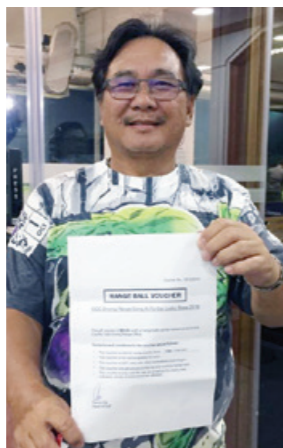
In celebration of Chinese New Year, a Gong Xi Fa Cai Lucky Draw Promotion was held at OCC Driving Range from 1 January to 28 February 2019 for our members and guests. The draw was held on 6 March 2019 and two lucky winners walked away with Weekday Green Fee Vouchers while another three won Range Card top-ups. Congratulations to all the winners and 'thank you' for your support!



1st Prize
Mr. Noel Pullock
Weekday Green Fee Vouchers for 4 pax



2nd Prize
Mr. Akson Jazuli
Weekday Green Fee Vouchers for 3 pax



3rd Prize
Mr. Jim How
\$80 Range Ball Top-up Voucher



4th Prize
Ms. Kawahito Misa
\$50 Range Ball Top-up Voucher



5th Prize
Mr. Anthony Koh
\$30 Range Ball Top-up Voucher



Article contributed by **Golf Performance 360 @ OCC Driving Range**

Golf Academy
Expert coaching, state-of-the-art coaching devices, club fitting support from PING and engagement in golfing events.

If you require more information or assistance mastering the shots, please contact the academy at **6481 0398**.



Spin To Win @Driving Range

Spin the Wheel at the Driving Range and win instant prizes like **Ball Markers, Golf Balls, OCC Golf Caps, Golf Vouchers, Golf Towels** and other exciting prizes with a minimum top-up of \$30! Each golfer is entitled to one spin at the point of top-up.

Terms & Conditions apply.
OCC reserves the right to amend the terms and conditions or cancel the promotion at any time without prior notice.

For enquiries, please call **Driving Range** at **6750 2198**.



6D5N HAINAN GOLF RETREAT

Singapore Mission Hills Invitational Championship and The Dunes Challenge

"Hainan Trip 2018"

Wed, 30 Oct to Mon, 4 Nov 2019

Closing Date : Fri, 31 May 2019
Tour Fees per golfer* : Twin Sharing Room
\$1,360 (OCC / Affiliate MGK Member)
\$1,398 (Guest)

Additional \$200 for Single Room & \$380 for accompanying Non-golfer

Package includes:

- 5-night accommodation with daily breakfast
- Relative land transport
- Mineral Hot Spring at Mission Hills Resort
- 4 rounds of golf game^Δ
- 3 lunches and 3 dinners
- Attractive prizes & door gift

Package excludes:

- Air tickets
- Tips for caddie & tour guide
- Entry ticket for sightseeing, if any

Golfers are strongly advised to do a self-booking of air ticket via Jetstar online <https://www.jetstar.com> or book directly with the Agent for the following travel itinerary.

Wed, 30 Oct 2019

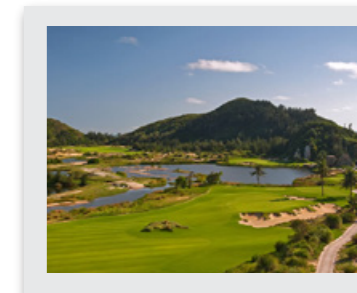
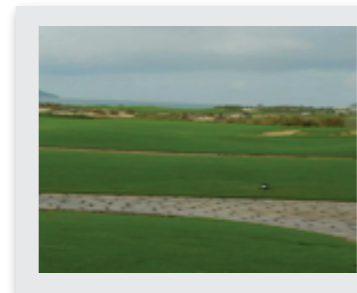
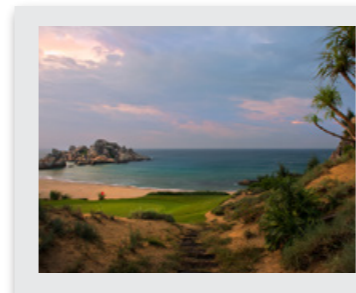
Direct flight departing at 07:40am, from SIN to Haikou

Mon, 4 Nov 2019

Direct flight departing at 12:15pm, from Haikou to SIN

Please include baggage allowance for luggages and odd-sized baggage for your golf bags.

*Tour fees are subject to prevailing GST. Deposit of \$300 will be charged upon confirmation and full cancellation charge applies for cancellation after Mon, 30 September 2019. Other terms and conditions apply.



Δ MOST ICONIC COURSE
Black Stone and The Vintage or Sandbelt Trails at Mission Hills

MOST LOVED COURSE
West / East Course at The Dunes

HOOT! HOOT! THURSDAY NIGHT GOLF



\$103 nettt

(Usual Price \$208)

Inclusive of Green & Buggy fees and Night Golfing fees.

- Terms & Conditions
- Valid on Thursday night session only.
 - This promotion is applicable to non-members who play 18 holes golf game only.
 - This promotion is not applicable with other discounts or promotions.
 - Bookings can be made 5 days in advance and subject to availability.
 - No return to play vouchers will be issued.
 - OCC reserves the right to amend the terms and conditions at any time without prior notice



For enquiries and bookings, please contact our **Golfing Department** at **6750 2102 /2111** or email golfregistration@orchidclub.com

For enquiries and registration, please contact the Golfing Department at 6750 2111 or email golfregistration@orchidclub.com.

OUTLET@Maxi-Cash

Wisteria Mall

Enjoy exclusive deals when you present your OCC membership at Maxi-Cash's 1st outlet store at Wisteria Mall. Massive savings on preloved, unused branded bags, luxury timepieces and brand new Citigems jewellery.

FREE

Workmanship Fee
916 & 999 Gold



FREE

Fashion Necklace
worth \$128



Exclusively for OCC Members:
Spend \$300 to redeem*

FREE

Pearl Ear Studs



Exclusively for OCC Members:
No purchase required. While gifts last.*



up to **80%** off
Citigems
Jewellery Collections

up to **30%** off
LuxeSTYLE
Branded Collections



LuxeSTYLE branded collections featured are pre-loved/unused. Terms apply.

OUTLET@Maxi-Cash

Wisteria Mall

OCC SOCIAL & RECREATION WEEKLY PROGRAMMES

DANCE	Social Dance Nights Aranda Lounge 7:30pm to 1:00am Every Fri and Sat	Sim Han Hoon Dance Class Aranda Lounge Mon, 8:00pm to 9:15pm Wed, 8:00pm to 9:15pm Thu, 8:00pm to 9:15pm \$85 (OCC Member) \$90 (NTUC Member) \$95 (Guest)	MARTIAL ARTS
	Yoga Lifestyle Studio Sat, 9:00am to 10:00am	Pilates Lifestyle Studio Tue, 7:30pm to 8:30pm Sun, 3:00pm to 4:00pm Zumba Gold * Lifestyle Studio Wed, 8:00pm to 9:00pm Functional Training Lifestyle Studio Wed, 7:00pm to 8:00pm Sat, 10:00am to 11:00am	
FITNESS	Zumba Fitness Lifestyle Studio Wed, 7:00pm to 8:00pm	Cardio Sculpt Lifestyle Studio Sun, 2:00pm to 3:00pm	Taekwondo Lifestyle Studio Fri, 7:30pm to 9:00pm
	Barre-less Barre Lifestyle Studio Mon, 7:30pm to 8:30pm	Karaoke Night * Aranda Lounge Thu, 12:00pm to 11:00pm	Aikido (Adults & Kids) Lifestyle Studio Sat, 3:00pm to 4:15pm
RECREATION	OCC Social Saturday Aranda Lounge 10:00am to 12:00pm 4 May & 8 Jun	SIG - Rummy-O * Aranda Lounge 7:00pm to 9:30pm 9 May & 13 Jun	Scratch-It-To-Win-It Night * Aranda Lounge 7:00pm to 10:00pm 28 May & 25 Jun
	SIG - Black 8 (Pool) Aranda Lounge OCC Black 8 Training Sat, 3:00pm to 6:00pm Bi-Monthly Cue Challenge Last Monday of Odd Months, 7:00pm onwards	SIG - Bowling Orchid Bowl Sat, 3:00pm to 6:00pm Bowling Monthly Medal Orchid Bowl 2nd Saturday of the Month (subject to change)	Simply Scuba (Scuba Diving) Olympic Pool Mon to Fri, 9:00am to 5:00pm Sat and Sun, 12:00pm to 5:00pm
SPORTS	SIG - Orchid Bulls (Darts) Aranda Lounge Tue, 8:00pm to 10:00pm Thu, 8:00pm to 10:00pm	SpeediSwim (Competitive Swim) Olympic Pool Mon to Thu, 5:30pm to 8:00pm Sat, 4:00pm to 6:30pm (Squad) & 6:30pm to 7:30pm (Half Squad) Sun, 8:00am to 10:30am (Full Squad) & 10:30am to 11:30am (Half Squad)	SpeediSwim (Learn to Swim) Fun & Olympic Pool Tue to Thu, 6:00pm to 8:10pm Fri, 6:00pm to 8:55pm Sat & Sun, 9:15am to 1:15pm & 3:30pm to 7:25pm
		SpeediSwim (Tabata H2O) Olympic Pool Fri, 7:30pm to 8:30pm	

* Free for OCC members, please bring along your membership card for verification # Charges apply for first drink NOTE: All information is correct at time of printing.

For the full programme listing, please visit our website at www.orchidclub.com
For more information, email snr@orchidclub.com

MAY



KEY EVENTS FOR MARCH

- Golf Monthly Medal Saturday, 11 May
- Bowling Monthly Medal Saturday, 11 May
- OCC Ladies' Bogey Competition Saturday, 18 May

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Legend: - School Holidays *CGE - Corporate Golf Events		1 Labour Day • Sim Han Hoon Dance Class • Functional Training	2 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night	3 • Social Dance Night • Taekwondo • Kickboxing • Tataba H2O *CGE	4 • Social Sat: Mother's Day Special • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Yoga • Aikido (Adults & Kids) • Functional Training • OCC-U Golf 9-hole Night Series	5 • Pilates • Karate • Kickboxing • Cardio Sculpt
	6 • Sim Han Hoon Dance Class • Barre-less Barre *CGE	7 • Mother's Day Special - Breast Cancer Awareness Talk • Pilates • Kickboxing *CGE	8 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness	9 • Rummy-O • Karaoke Night	10 • Social Dance Night • Taekwondo • Kickboxing • Tataba H2O *CGE	11 Golf Monthly Medal Bowling Monthly Medal STA Rescue Social Dance Night SIG - OCC Black 8 Yoga Aikido (Adults & Kids) Functional Training
13 • Sim Han Hoon Dance Class • Barre-less Barre *CGE	14 • SIG - Orchid Bulls • Pilates • Kickboxing	15 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness	16 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night	17 • Social Dance Night • Taekwondo • Kickboxing • Tataba H2O	18 OCC Ladies' Bogey Competition 3D2N Kuala Selangor Trip Line Dancing Night SIG - OCC Black 8 SIG - OCC Bowling Yoga Aikido (Adults & Kids) Functional Training	19 PH Vesak Day • 3D2N Kuala Selangor Trip • Cardio Sculpt
20 PH • 3D2N Kuala Selangor Trip	21 • SIG - Orchid Bulls • Pilates • Kickboxing	22 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness	23 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night	24 • Social Dance Night • Taekwondo • Kickboxing • Tataba H2O	25 • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Yoga • Aikido (Adults & Kids) • Functional Training	26 • Pilates • Karate • Kickboxing • Cardio Sculpt
27 • Sim Han Hoon Dance Class • Barre-less Barre *CGE	28 • Scratch-It-To-Win-It • SIG - Orchid Bulls • Pilates • Kickboxing	29 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness	30 • Karaoke Night	31 • Social Dance Night • Taekwondo • Kickboxing • Tataba H2O *CGE		

KEY EVENTS FOR APRIL

- 28th Super Sprint Series Saturday, 1 June
- Golf Monthly Medal Saturday, 8 June
- Bowling Monthly Medal Saturday, 8 June



JUNE

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 • 28th Super Sprint Series • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Yoga • Aikido (Adults & Kids) • Functional Training • OCC-U Golf 9-hole Night Series	2 • Pilates • Karate • Kickboxing • Cardio Sculpt	
3 • Sim Han Hoon Dance Class • Barre-less Barre *CGE	4 • SIG - Orchid Bulls • Pilates • Kickboxing	5 PH Hari Raya Puasa • Functional Training	6 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night	7 • Social Dance Night • Taekwondo • Kickboxing • Tataba H2O	8 Golf Monthly Medal Bowling Monthly Medal Social Sat: Father's Day Special 3D2N Cameron Highlands Tour SIG - OCC Black 8 Yoga Aikido (Adults & Kids) Functional Training	9 3D2N Cameron Highlands Tour • Pilates • Karate • Kickboxing • Cardio Sculpt
10 • 3D2N Cameron Highlands Tour • Sim Han Hoon Dance Class • Barre-less Barre *CGE	11 • SIG - Orchid Bulls • Pilates • Kickboxing	12 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness *CGE	13 • Rummy-O • Karaoke Night	14 • Social Dance Night • Taekwondo • Kickboxing • Tataba H2O	15 • Line Dancing Night • SIG - OCC Black 8 • SIG - OCC Bowling • Yoga • Aikido (Adults & Kids) • Functional Training	16 Father's Day • Pilates • Karate • Kickboxing • Cardio Sculpt
17 • Sim Han Hoon Dance Class • Barre-less Barre *CGE	18 • SIG - Orchid Bulls • Pilates • Kickboxing	19 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness	20 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night	21 • Social Dance Night • Taekwondo • Kickboxing • Tataba H2O	22 • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Yoga • Aikido (Adults & Kids) • Functional Training	23 • Pilates • Karate • Kickboxing • Cardio Sculpt
24 • Sim Han Hoon Dance Class • Barre-less Barre	25 • Scratch-It-To-Win-It • SIG - Orchid Bulls • Pilates • Kickboxing	26 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness *CGE	27 • Karaoke Night *CGE	28 • Social Dance Night • Taekwondo • Kickboxing • Tataba H2O *CGE	29 • Chuck Glider Aviation Workshop • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Yoga • Aikido (Adults & Kids) • Functional Training	30 • Pilates • Karate • Kickboxing • Cardio Sculpt

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A Peek Into LIFESTYLE

Upcoming S&R Events

SOCIAL SATURDAY - MOTHER'S DAY SPECIAL

Saturday, 4 May 2019

MAY BOWLING MONTHLY MEDAL

Saturday, 11 May 2019

TREK DE HALUS

Sunday, 12 May 2019

3D2N KUALA SELANGOR TRIP

Saturday to Monday, 18 to 20 May 2019

28TH SUPER SPRINT SERIES

Saturday, 1 June 2019

JUNE BOWLING MONTHLY MEDAL

Saturday, 8 June 2019

SOCIAL SATURDAY - FATHER'S DAY SPECIAL

Saturday, 8 June 2019

3D2N CAMERON HIGHLANDS TOUR

Saturday to Monday, 8 to 10 June 2019

CHUCK GLIDER AVIATION WORKSHOP

Saturday, 29 June 2019



“ With effect from 1 May 2019, Ms. Toh Poh Kuan, GM of ACC, will also be the Head of OCC Social & Recreation (S&R) while Mr. Cristo Fong will be the Head of Food & Beverage. With Ms. Toh at the helm, OCC and ACC S&R will merge to form one dynamic team. OCC members can now look forward to enjoying more exciting and vibrant events and activities! ”

27TH SUPER SPRINT SERIES

Saturday, 30 March 2019

Drawing over 240 swimmers, ranging in age from six to 59, across 15 swimming clubs and schools, the 27th Super Sprint Series saw a marked increase in participation rate compared to last year's event. Racing in four categories – 50m Butterfly, Backstroke, Breaststroke and Freestyle – avid swimmers put up a great fight despite adverse weather conditions that developed midway through the event. There was an enthusiastic display of well-executed swimming strokes and techniques as swimmers challenged themselves in the closely contested heats amidst relentless cheers from their supporters! Thank you to all participants as well as officials and staff for the hard work putting this event together.



OCC CHAP GOH MEI DANCE FIESTA

Tuesday, 19 February 2019

It was an exuberant celebration of the 15th and final day of Chinese New Year at the OCC Chap Goh Mei Dance Fiesta. One hundred and twenty dancers came together to conclude the CNY festivities with a night of celebratory dancing. Everyone enjoyed a sumptuous eight-course dinner while revelling in a splendid performance by the live band 'Rickey and Jennifer', as they flaunted their moves to the groove of the music. The vibrant atmosphere in Aranda Lounge culminated in the highlight of the night, where the lucky draw winners were announced.

Thank you to all our members and guests who spent an energetic and exciting dance night with us! We would also like to express our special thanks to the dancers, Elizabeth, James, Maria, Raymon, Irene and Edward for helping to decorate Aranda Lounge with handicrafts made out of red packets.



Top Lucky Draw Winner, Ms. Soh Bee Khua (right).





SOCIAL SATURDAY – STRATEGIES FOR EFFECTIVE WEIGHT LOSS

Saturday, 30 March 2019



With most people indulging in a plethora of Chinese New Year goodies during the festive period, February's edition of Social Saturday that explored on 'Strategies for Effective Weight Loss' could not have been more apt.

The Club's team of fitness trainers, led by Senior Fitness Instructor, Akmal, shared with the participants strategies to break common habits and achieve not only reasonable but also effective long-term weight management goals, without extreme diets and workouts. After an hour of interactive and engaging talk, the enthusiastic participants sweated it out at the Lifestyle Studio with an energetic and rewarding session of functional training, which started with a dynamic warm-up and concluded with some cool down stretches. Kudos to all as everyone worked their way together to an active lifestyle!



SOCIAL SATURDAY – CHICKEN PIE MAKE-AND-BAKE

Saturday, 16 February 2019



It's Treats Day at OCC again with the March 2019 'Chicken Pie Make-and-Bake' session! Fifteen OCC members welcomed back Chef Lim from Bud of Joy, who shared baking techniques for a good old chicken pie treat. Members enjoyed their hands-on session making the pie crust from scratch, with Chef Lim teaching them how to make the perfect savoury and crumbly chicken pie that melts in your mouth when served hot from the oven. This flavourful comfort food was definitely a crowd-pleaser as everyone ended the session with satisfied bellies and huge smiles!



Chef Lim demonstrating the correct technique to make a good pie crust.

MARCH & APRIL OCC & ACC BOWLING MEDALS

Saturday, 23 March & 13 April 2019



The Bowling Medals saw a total of 24 and 19 OCC and ACC members in March and April respectively, putting their bowling skills to the test as they bowled five straight Single games to compete for top three placings. Strong bonds were also fostered between the members while they brushed up on their competitive skills in these monthly medal events. Congratulations to all winning bowlers!



March Bowling Medal



OCC Bowling Convenor, Mary Tan (right) with Winner of March Bowling Medal, Eric Koh (left).



April Bowling Medal

SCRATCH-IT-TO-WIN-IT NIGHT

Friday, 22 February 2019

Fifty-seven members took part in the February event held at the Sports Hub. After helping themselves to an enjoyable meal, members dove right into the games. It was exciting to see how the participants' luck played out in the game as everyone had a fun and relaxing 'TGIF' with their friends and families. Congratulations to all lucky winners! We hope to see you at the next event!



Lucky Draw 1st Prize Winner, Mr. Khoo Meng Koon Edwin (right).



PERSONAL TRAINING



Let our qualified personal trainers help you get into shape! With close supervision and professional guidance based on effective scientific methods, we will help you meet your fitness goals. Let's embark on your fitness journey together!

Day & Time : By appointment (call Gym at 6750 2199)
Venue : Gym & Lifestyle Studio
Fee* : \$750 (OCC/ACC Member)
\$850 (NTUC Member)
\$900 (Guest)

*Fees are for 10 sessions, subject to GST

KARATE

As an ancient Japanese art of self-defense, Karate is a great way to maintain good health and is suitable for anyone aged between 5 to 70 years old. It involves good cardio exercises, joints and muscle development, and bones and tendon conditioning.



Day & Time : Every Sunday, 12pm to 1pm
Venue : Lifestyle Studio
Fee* : \$180 (OCC/ACC Member)
\$190 (NTUC Member)
\$200 (Guest)
Min Pax : 5 persons

*Fees are for 10 sessions per term, subject to GST

BARRE-LESS BARRE

Get a great workout without the barre. BARRE training blends pilates, yoga and ballet principles in intricate muscle conditioning to achieve balanced strength and toned bodies. We start with a low-impact cardio warm-up and then move on to standing thigh and seat work. We will finish off with exercises for the upper body, glutes and abs!



Day & Time : Every Monday, 7:30pm to 8:30pm
Venue : Lifestyle Studio
Fee* : \$100 (OCC/ACC Member)
\$105 (NTUC Member)
\$110 (Guest)
Min Pax : 8 persons

*Fees are for 8 sessions per term, subject to GST

CARDIO SCULPT



Step into a CARDIO SCULPT workout and you'll be punching and kicking your way to fitness in no time, burning up to 700 calories along the way. This high-energy martial arts-inspired workout is totally non-contact and there are no complex moves to master. You'll release stress, have a blast and feel like a champion!

Day & Time : Every Sunday, 2pm to 3pm
Venue : Lifestyle Studio
Fee* : \$100 (OCC/ACC Member)
\$105 (NTUC Member)
\$110 (Guest)
Min Pax : 8 persons

*Fees are for 8 sessions per term, subject to GST

TAEKWONDO

Taekwondo is a Korean martial art, which emphasises on head-height kicks, jumping and spinning kicks, and fast kicking techniques.



Day & Time : Every Friday, 7:30pm to 9pm
Venue : Lifestyle Studio
Fee* : \$105 (OCC/ACC Member)
\$110 (NTUC Member)
\$115 (Guest)
Min Pax : 5 persons

*Fees are for 3-month basis per term, subject to GST

Term 1 – Dec, Jan & Feb | Term 2 – Mar, Apr & May
Term 3 – Jun, Jul & Aug | Term 4 – Sep, Oct & Nov

REHAB SERVICES/SPORTS THERAPY

Myotherapy Centre is a group of qualified sports therapists who provide a niche, focused and multi-disciplinary approach to aid in a complete recovery from injuries, allowing your body to return to optimal functioning. Common problems treated are muscle and joint injuries, sports injuries and pre/post-surgery.



Day & Time : By appointment (call Gym at 6750 2199)
Venue : Gym Sports Massage Room
Fee* : \$85 (OCC/ACC Member)
\$90 (NTUC Member)
\$95 (Guest)

*Fees are for per session, subject to GST

CROW POSE - A.K.A BAKASANA

Step by step beginners' guide to working towards Crow Pose. Try them out, practise and don't give up!

Benefits:
• Strengthens wrists, arms, shoulders & core muscles
• Improves sense of physical balance and coordination
• Balances nervous system and improves body awareness

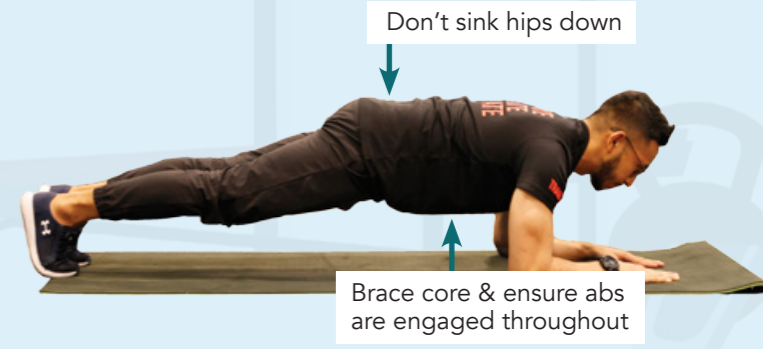
1. YOGI SQUAT

3 X HOLD 20 SECS



2. PLANK

3 X HOLD 30-60 SECS



3. HIP LIFT

3 X HOLD 10 SECS



4. ELBOW CLIMB (3 X HOLD 10 SECS)

3 X HOLD 10 SECS



5. LIFT ONE FOOT UP (FOREHEAD TO BLOCK)

3 X HOLD 10 SECS



6. LIFT BOTH FEET UP (FOREHEAD TO BLOCK)

3 X HOLD 10 SECS



7. REMOVE THE BLOCK & ACHIEVE THE CROW POSE!

Disclaimer: Please ensure you do not have any injury and are cleared by your physician before carrying out this exercise.

To find out more about our **Personal Training Programme**, please call **Gym** at 6750 2199 or email snr@orchidclub.com

*All classes are subject to changes by respective instructors. For enquiries and registration, please call **Gym** at 6750 2199 or email snr@orchidclub.com

UPCOMING OCC EVENTS

UPCOMING ACC EVENTS

Extended To OCC Members

Social Saturday – Shepherd's Pie Make and Bake



It can never get too cheesy to show your love for your dad this Father's Day! Keep an eye on your pie this June and have some fun bonding time with your family and friends while baking meaty and savoury Shepherd pies. It may just become your classic family recipe!

- Date** : Saturday, 8 June 2019
- Time** : 10am – 12pm
- Venue** : Aranda Lounge
- Fee** : \$4+ (OCC/ ACC Member)
\$8+ (OCC/ ACC Member's Guest)

Fee is subject to prevailing GST.

Rummy-O



As one of the world's most popular games, Rummy-O requires a balance of strategy and luck, making it easy to learn and exciting to play. Each player stands to win attractive prizes!

- Date** : Thursdays, 9 May & 13 June 2019
- Time** : 7pm – 9.30pm
- Venue** : Aranda Lounge

Exclusive and complimentary to all OCC Members! New players are welcome.

Scratch-It-To-Win-It Night

Join us for our monthly Scratch-It-To-Win-It and stand a chance to win a variety of prizes! Each winner draws from a mystery bag to win one of the displayed prizes. Drawing a wild card entitles you to choose the prize you want!



- Date** : Tuesdays, 28 May & 25 June 2019
- Time** : 6.30pm – 10pm
- Venue** : Aranda Lounge

Exclusive and complimentary to all OCC Members! New players are welcome.

For enquiries and registration, please contact **Aranda Lounge (opens at 12pm daily)** at **6750 2121** or email **snr@orchidclub.com**

MAY



TREK DE HALUS

Journey through the fascinating secondary forests of Lorong Halus and appreciate the trees and vegetation that populate what used to be a rubbish dumping ground. Today, Lorong Halus is home to interesting flora and fauna, birds and scenic river views. Join us for this walk and meet colourful kingfishers and other wildlife as we trek through the lost wastelands of Lorong Halus.

- Date** : Sunday, 12 May 2019
- Time** : 3pm – 6pm
- Venue** : TBA
- Fee** : \$10 (OCC/ ACC Member)
\$12 (NTUC Member)
\$15 (Guest)
- Min Pax** : 15 persons
- Closing Date** : Thursday, 9 May 2019



3D2N KUALA SELANGOR TRIP

This is an excursion you won't want to miss. Visit local factories, travel to the paddy fields of Sekinchan, hop on a boat to catch the 'blue tears' and bioluminescent plankton in the seas near Kuala Selangor, eat, shop and more! You will also have the chance to see the "Sky-Mirror" with your own eyes, a natural phenomenon that occurs when tides subside and reveal a mirror-like surface that reflects the beauty of the sky. Register early to avoid disappointment.

- Date** : Saturday to Monday, 18 to 20 May 2019
- Venue** : Assemble at ACC Lobby at 6am sharp
- Fee*** : \$315 (OCC/ ACC Member)
\$285 (OCC/ ACC Member's Child)
\$320 (Union Member)
\$290 (Union Member's Child)
\$330 (Guest), \$300 (Guest's Child)
- Min Pax** : 25 persons
- Closing Date** : Saturday, 11 May 2019

*Child is between 3 to 12 years old.

For enquiries and reservations, please contact **Ms Linda Yeo** at **6584 6811 ext. 30** or email **linda.yeo@arandaclub.org.sg**

APRIL



3D2N CAMERON HIGHLANDS TOUR

Treat your family to an incredible getaway. As one of the most popular hill resorts in Malaysia, this Cameron Highlands paradise is full of charm. Being a primarily agricultural domain, you will see an abundance of vegetables and fruit farms dotted along the highlands. Visit the famous "Boh Tea" plantation and enjoy a beautiful view of cacti, strawberries and roses as we gaze at the orchards across the landscape. We will also visit Rose Centre to see over 100 varieties of roses, before rounding up the trip with shopping and makan sessions!

- Date** : Saturday to Monday, 8 to 10 June 2019
- Venue** : Assemble at ACC Lobby at 6am sharp
- Fee*** : \$300 (OCC/ ACC Member)
\$275 (OCC/ ACC Member's Child)
\$305 (Union Member)
\$280 (Union Member's Child)
\$315 (Guest), \$295 (Guest's Child)
- Min Pax** : 25 persons
- Closing Date** : Saturday, 25 May 2019

*Child is between 3 to 12 years old.



CHUCK GLIDER AVIATION WORKSHOP

Attend our glider building workshop with your child for an afternoon of fun-filled bonding. Parents and kids will design and build a glider that they can bring home to play with. Along the way, you will learn fascinating aviation-related concepts. Children will also get to appreciate how the science concepts they have learnt in school are applied to a real-life project. A certificate of achievement will be given to all participants.

- Date** : Saturday, 29 June 2019
- Time** : 1pm - 4pm
- Venue** : Kids' Playroom
- Fee*** : \$50 (OCC/ ACC Member's Child)
\$55 (Union Member's Child)
\$60 (Guest's Child)
- Min Pax** : 10 persons
- Closing Date** : Saturday, 22 June 2019

*Fee is inclusive of one parent and one child above 6 years old. A charge of \$15 applies per additional family member. Materials will be provided.

27 JULY 2019, SAT | 5.30PM ORCHID COUNTRY CLUB

EARLY BIRD SPECIALS!
3 MAY (FRI) TO 31 MAY (FRI) 2019
ENJOY \$5 OFF PER SIGN UP!



REGISTRATION IS NOW OPEN!
TO REGISTER, VISIT WWW.3TENRUN.COM OR
OCC SPORTS COUNTER (NEAR TO OLYMPIC POOL).

6TH OCC-ACC BOWLING CHAMPIONSHIP

Sunday, 14 July 2019 | 9am to 4pm | Orchid Bowl @ OCC

Team Line-Up
Each team shall comprise of 3 bowlers.

Format of Event (2 Sessions)
9.30am to 11.30am:
Team Event (3 games per team, consisting of 3 bowlers each)
1.30pm to 4pm:
Individual Event (3 games per bowler)

Handicap
Ladies:
10 pins per game with an additional 5 pins per game for players age 60[^] and above.
Men:
5 pins per game for players age 60[^] and above.

Prizes
Top 5 Teams
Top 10 Individual Men
Top 5 Individual Women
High Games Men & Ladies
Best Sportsperson

Fee*:
\$35 (OCC/ACC Member)
\$50 (OCC/ACC Member's Family & Friends)
\$50 (Union Member)

Closing Date:
Sunday, 30 June 2019

[^]As at 01 January 2019
*Fees are subject to prevailing GST and include door gifts, bowling games, lucky draws and light lunch.



For enquiries and registration, please call Sports Counter at 6750 2122 or email snr@orchidclub.com. Alternatively, you may also call Ms. Linda Yeo at 6584 6811 ext 30 or email linda.yeo@arandaclub.org.sg



SINGAPORE'S ONLY NIGHT GOLF COURSE RUN

CATEGORIES	10KM MIXED TEAM CHALLENGE (4 per team)	10KM INDIVIDUAL OPEN	5KM FUN RUN	1.5KM FAMILY RUN	
				1 ADULT + 1 KID (min. 2 pax)	ADDITIONAL ADULT OR KID
ORCHID COUNTRY CLUB / ARANDA COUNTRY CLUB MEMBERS / NEE SOON GRC RESIDENTS	\$160	\$40	\$30	\$40	\$15
PAssion / NTUC / UNION MEMBERS	\$200	\$50	\$40	\$50	\$20
PUBLIC	\$240	\$60	\$50	\$60	\$20

Fees are inclusive of prevailing GST.

PACKAGE INCLUDE:

(Race Tee, Personalised Race Bib, Finisher Medal, Towel, Race Pack with Sponsors Goodies & Fiesta Tickets)

FOR ENQUIRIES, CALL **6750 2122** OR EMAIL 3TENRUN@ORCHIDCLUB.COM SIGN UP NOW AT WWW.3TENRUN.COM



CARDIO SCULPT

Mix cardio with strength training through a combination of kickboxing and HIIT for the ultimate sweat session. Designed for all fitness levels, Cardio Sculpt focuses on different aspects of exercise. The cardio plan is designed to improve your aerobic fitness while strength training focuses on strength endurance in different sets of muscle groups. Through different forms of high intensity workouts, increase your body's metabolism with the new muscles you are putting on, adding more calorie-burning power. This is the surest way to lose weight and tone your body in the shortest amount of time.

Day & Time:
Thursday, 7.30pm to 8.30pm
Venue:
Lifestyle Studio
Fees:

\$100 (OCC/ACC), \$105 (NTUC), \$110 (Guest)

*Classes are subject to changes by instructor. Fees are for 8 sessions per term, subject to GST.



For enquiries and registration, please call Gym at **6750 2199** or email to snr@orchidclub.com

BARRE-LESS BARRE

Get a great workout without the barre. BARRE-LESS BARRE training blends pilates, yoga and ballet principles in intricate muscle conditioning to produce balanced strength and toned bodies. We start with a low-impact cardio warm-up and then move to standing thigh and seat work. We will finish on the upper body, more glutes and abs!

Day & Time:
Monday,
7.30pm to 8.30pm

Venue:
Lifestyle Studio

Fees:
\$100 (OCC/ACC Member)
\$105 (NTUC Member)
\$110 (Guest)

*Classes are subject to changes by instructor. Fees are for 8 sessions per term, subject to GST.

For enquiries and registration, please call Gym at **6750 2199** or email to **snr@orchidclub.com**



SUNDAY SUPER SAVER

OCC & ACC members enjoy a free upgrade to Deluxe Family room! (Valid only in May & June and subject to room availability). T&Cs apply.

Seek respite in the idyllic greenery of **ORCHID GOLF & RESORT HOTEL** and save on room stays as you check in on Sunday and check out on Monday.

Deluxe room: **\$120++**

Deluxe Family room: **170++**

For enquiries and reservations, contact **6750 2100** or email **roomsales@orchidclub.com**



Learn to Dive



Discover the thrill of diving with Simply Scuba, a PADI 5 Star Instructor Development Center!

SCUBA DIVING JUNE HOLIDAY TRY-OUTS

School's out! Join us for a try-out session before committing to a full Scuba Diving programme. Pick up basic diving techniques and learn how to communicate and breathe underwater.



Every Sunday, 3pm to 5pm
Fees : \$18 (OCC/ACC Member), \$19 (NTUC Member), \$20 (Guest)
Venue : OCC Olympic Pool

Note: Participants must be physically fit, able to swim and above 10 years of age. Pre-registration is required.

SCUBA DIVING WEEKEND 2D2N PROGRAMME (DEPART ON FRIDAY, 6.30PM)

1 Tioman Openwater Dive Course (Weekly) PADI# from **\$590**

2 Tioman Leisure Dive Trip (Weekly) ^ from **\$360**

3 Tioman Advance Openwater Dive Course (Weekly) PADI ^ from **\$550**

10% OFF for OCC/ ACC Members

5% OFF for NTUC Members

#Participants must be physically fit, able to swim 200m and tread water for 10 mins. Participants are required to attend a mandatory theory (Tues, 7pm) and pool session (Sat, 11am) before the trip.
^Participants must be physically fit and have successfully completed Tioman Openwater Dive Course (Weekly) PADI.

For enquiries and registration, please call **9387 6383** or email **chris@simplyscuba.com.sg**

MAY TO JUNE 2019

Promotions at Par Lounge



LABOUR DAY SPECIAL
Valid in May only

Heineken Beer **\$6++** per bottle (U.P. \$9++)

Glenlivet 18yrs **\$188++** per bottle (U.P. \$295++)

Chivas Regal 18yrs **\$168++** per bottle (U.P. \$230++)

\$268++ per 2 bottles (U.P. \$460++)

Catch the EPL Live Screening @ Par Lounge every weekend!

For enquiries, please call Par Lounge at 6750 2204. Par Lounge is located at Golf Clubhouse (Level 2)



CALLING ALL OCC & ACC MEMBERS! SIGN UP FOR THREE ONE - HOUR SESSIONS AT JUST \$40!

Usual price: \$120 for three one-hour sessions

*Promotion is valid till 31 July 2019

CONTACT GP360 TO FIND OUT MORE ABOUT THEIR RATES AND PROGRAMMES
 9270 1834 GP360SG@GMAIL.COM 6481 0398



Welcome to Hainan: Golf Heaven of China



Access Package Rate For OCC Members

1: 3D2N2G Package
 \$518 / (TwinApr-Sep) / \$580 / (TwinOct-Mar)
 OCC Gold/Silver Members OCC Associate Members

- One Golf at Black Stone Course
- One Golf at Sandbelt Trails or The Vantage course
- 2 Nites accommodation at Mission Hills Resort
- Daily Breakfast
- Mineral Hot Spring Access
- Indoor and Outdoor Swimming Pool Access

2: 4D3N3G Package
 \$698 / (TwinApr-Sep) / \$780 / (TwinOct-Mar)
 OCC Gold/Silver Members OCC Associate Members

- One Golf at Black Stone Course
- One Golf at Lava Filed Course
- One Golf at Sandbelt Trails or The Vantage
- 3 Nites accommodation at Mission Hills Resort
- Daily Breakfast
- Mineral Hot Spring Access
- Indoor and Outdoor Swimming Pool Access

Exclusively for OCC Members!

MISSION HILLS, HAIKOU & FREEDOMHAINAN GOLF jointly offer Best Package to play at MH iconic & championship courses includes #1 The Black Stone, #2 The Sand Belts, #3 The Vintage and #5 Lava Field. MH Hainan is the world largest golf club and China highest rated golf and leisure resort, providing ultimate Golf experience, world class sports & recreation, entertainment, wellness facilities etc for the whole family

Additional Benefits For OCC Gold, Silver and Associate Members ONLY

- ★ One FOC BBQ dinner
- ★ Free green fee of 1 additional round of game at selected course
- ★ Waving of service charge while using F&B at MH Hotel, excluding In-room dining
- ★ Special Rate for SPA

For Enquiries, Please Contact Martin At 90118255 Or Email: zhn68@yahoo.com

Bouquets

~ Our service compliments ~

Pleasant Hotel Stay with Dedicated Staff

Dear Zizie,

It was good to meet you, always nice to put a face to a name. Thank you for taking care of my booking.

Please convey my thanks to all the reception staff who were all part of my brilliant Singapore holiday. They were always helpful and so friendly. A word too for the housekeeping staff - spotless room. Bravo! It was a great pleasure to stay with you again. I'd like to say I'll be back soon but I find the flight and the jet lag really difficult - if there is a cure for it, I'll try it.

All my best wishes for the continued success of Orchid Lodge, one of my favourite places outside the U.K.

Andrew
Guest



Efficient Hotel Staff

I would like to compliment Wawa, Varu and Edison (Hotel Front Desk). They were very efficient in helping us with the booking of a room, especially when they helped us to check with Aranda Country Club for the availability of rooms. Although the hotel rooms were fully booked (informed by them), they made it a point to check and updated us the availability the next day. They were patient in answering our enquiries as well.

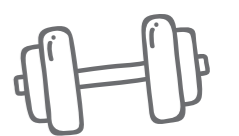
Madam Tang
Member



Professional Fitness Instructor

Akmal is very professional and knowledgeable in his area of expertise. He is also very patient. I highly recommend Akmal.

Toh Hong Seng
Member



Excellent Wedding Service

Hello Adim,

Thank you for helping us all the while till our big day :) Alan and I are thankful for everything!! Our guests had complimented that Peach Garden's food was good! Thank you for offering us the alternatives during food tasting. The

wedding decorations were pretty!! Staff were friendly too!! We were glad that everything went smoothly.

Thank you once again and have a great week ahead!

Warmest Regards,
Alan and Woei Chyi



Welcome to The Orchid Family!

We are delighted to extend a warm welcome to our new members to the Orchid Family!

- | | | | |
|--------------------------------|------------------------------------|--------------------------|---------------------------------|
| Mr. Ang Choon Kiat | Mr. Haja Kamaludeen S/O Abdul Alim | Mr. Liu Jin | Mr. Tan Teck Khong |
| Mr. Arkar Maw Wai | Mr. Kuijntjes Gerrit Willem | Mr. Loke Koh Kwan | Mr. Teo Wee Meng |
| Mr. Basanth S/O Thulaseedharan | Mr. Kyaw Soe Ya | Mdm. Long Ai Jee | Mr. Teoh Sze Tean |
| Ms. Brenda Koh Mui Chew | Mr. Lam Chun Kai @ Lam Chung Kai | Mr. Ng Chiau Meng | Dr. Theodore Soosai Noel Imbert |
| Mr. Cheang You Kong | Mdm. Lee Sok Kien | Mr. Onn Soon Lee | Mr. Thirunavukarasu S |
| Mr. Dai Shenqi | Mdm. Lee Yuke Lan | Mr. Osman Mahmud Durrani | Mr. Wu Xiaoliang |
| Mr. Gan Ghim Tong Eddie | Mr. Linus Ong Vee Shin | Mr. Qi Jian | Mr. Yeo Khee Ching |
| | | Mr. Sulaiman Bin Suip | Mr. Yeo Kian Peng |
| | | Ms. Tan Kim Lian | |



Your OCC membership has its privileges. Not just at your home club, but also across more than 80 reciprocal and access golf and social clubs in 20 countries spanning five continents – Asia, Australia, Africa, South America and Europe! Feel at home, even when you are away from home!

NOTE: Please note that the Reciprocal & Social Club listing will be published in alternate issues. The full listing is also available on OCC website and at the Golf Clubhouse.

RECIPROCAL CLUBS

GOLF CLUBS

ARGENTINA

SAN ANDRES GOLF CLUB
Tel: 54-11-4752-3994
www.sagc.org.ar

AUSTRALIA

CONCORD GOLF CLUB, SYDNEY
Tel: +61 2 9743 6111
www.concordgolfclub.com.au/cms/

LATROBE GOLF CLUB, VICTORIA
Tel: 613-9497-1622
www.latrobegolf.com.au

PACIFIC DUNES GOLF CLUB, NEW SOUTH WALES
Tel: 02-4916-0500
www.pacificdunesgolf.com.au

THE EASTERN GOLF CLUB, VICTORIA
215 Victoria Road, Yering, Victoria, Australia, 3770

Tel: +61 3 9739 0110
Fax: +61 3 9739 0255
Email: info@easterngolfclub.com.au

THE GRANGE GOLF CLUB, SOUTH AUSTRALIA
Tel: 08-8355-7111
www.grangegolf.com.au

THE VINES GOLF & COUNTRY CLUB, PERTH
Tel: 61-89297 3000
www.vines.com.au

THE WESTERN AUSTRALIAN GOLF CLUB
Tel: 61-8-9349-1988
www.wagolfclub.com.au

YARRA YARRA GOLF CLUB, VICTORIA
Tel: +61 3 9575 0575
http://www.yarrayarra.com.au/cms/

BRUNEI

ROYAL BRUNEI GOLF & COUNTRY CLUB
Tel: 673-261-1582/1797/2915

PANTAI MENTIRI GOLF CLUB
Tel: 02-791-021
www.pantaimentirigolfclub.com

THE EMPIRE HOTEL & COUNTRY CLUB
Tel: 673-241-8888
www.theempirehotel.com

CHINA

BFA INTERNATIONAL CONVENTION CENTER GOLF CLUB
Tel: 86-898-62966008
Fax: 86-898-62966009
www.boaoholiday.com

HAINAN WENCHANG GOLF CLUB
Tel: 86-898-6362-9999
www.wenchanggolf.com

MISSION HILLS GOLF CLUB, SHENZHEN
Tel: 86-755-2802-0888
www.missionhillschina.com

FRANCE

GOLF & COUNTRY CLUB DE FOURQUEUX, PARIS
Tel: 33-1345-14147
www.golfdefourqueux.com

INDIA

DELHI GOLF CLUB, DELHI
Tel: 9111-243-60002
www.delhigolfclub.org

KARNATAKA GOLF ASSOCIATION, BANGALORE
Tel: 9180-4009-0000/01
www.kga.in

WILLINGDON SPORTS CLUB, MUMBAI
Tel: 91-990-889-9111
www.willingdonsportsclubgolf.golfgaga.com

INDONESIA

BUKIT DARMO GOLF, SURABAYA
Tel: 62-31-732-5555
www.bukitdarmogolf.com

CIPUTRA GOLF, CLUB & HOTEL, SURABAYA
Tel: 62-31-741-2555
www.ciputra.com

FINNA GOLF & COUNTRY CLUB RESORT, PASURUAN
Tel: 62-34-363-4888
www.finnagolf.com

PALM SPRINGS GOLF & COUNTRY CLUB, BATAM
Tel: 62-778-761222/761219
www.palmsprings.com.sg

PALM SPRINGS GOLF & COUNTRY CLUB, KARAWANG COURSE
Tel: 62-267-644730/33/42
www.sedanagolf.com

TAMAN DAYU GOLF CLUB & RESORT, PASURUAN
Tel: 62-34-363-3411
www.tamandayu.com

ITALY

COUNTRY CLUB CASTELGANDOLFO, LAZIO
Tel: 06-9312301
www.countryclubcastelgandolfo.it

ROYAL GOLF LA BAGNAIA, SIENA
Tel: 39 (0) 577 81 30 00
www.labagnaiaresort.com

MALAYSIA

AYER KEROH COUNTRY CLUB, MALACCA
Tel: 606-233-2000
www.akcc.com.my

BUKIT JAWI GOLF RESORT, PULAU PINANG
Tel: 604-5820759/0760/0761
www.bukitjawi.com.my

DALIT BAY GOLF & SPA, SABAH
Tel: 60-88-791-188
www.dalitbaygolf.com.my

DAMAI GOLF & COUNTRY CLUB, SARAWAK
Tel: 60-82-846-088
www.damaigolf.com

IBAI GOLF & COUNTRY CLUB, TERENGGANU
Tel: 609-639-2111

KELAB GOLF SARAWAK
Tel: 60-82-440-966
www.kgswak.com

KELAB GOLF SULTAN ABDUL AZIZ SHAH, SELANGOR
Tel: 603-5510-5872
www.kgsaas.com.my

KELAB RAHMAN PUTRA MALAYSIA, SELANGOR
Tel: 603-6156-6870
www.krpm.com.my

KOTA PERMAI GOLF & COUNTRY CLUB, SELANGOR
Tel: 603-5122-3700
www.kotapermai.com.my

NILAI SPRINGS GOLF & COUNTRY CLUB, NEGERI SEMBILAN
Tel: 606-850-8888
www.nilaispringsgolf.com.my

SABAH GOLF & COUNTRY CLUB
Tel: 60-88-247-533
www.sgccsabah.com

TROPICANA GOLF & COUNTRY RESORT BERHAD, PETALING JAYA
Tel: 603-7804-1531
www.tropicanaagolf.com

NEW ZEALAND

MANOR PARK GOLF CLUB, WELLINGTON
Tel: 64-4563-8794
www.manorparkgolf.co.nz

PUKEKOHE GOLF CLUB, AUCKLAND
Tel: +09-294-8810
www.pukekohegolf.co.nz

SOUTH AFRICA

THE COUNTRY CLUB JOHANNESBURG
Tel: 011-202-1600
www.ccj.co.za

SRI LANKA

ROYAL COLOMBO GOLF CLUB
Tel: 94-1126-95431
www.rcgsl.com

VIETNAM

DIAMOND BAY GOLF RESORT, NHA TRANG
Tel: 84-058-3711-722
www.diamondbaygolf.com

TWIN Doves GOLF CLUB, VIETNAM
Tel: 84-0650-3860-333
www.twindovesgolf.com

SINGAPORE

KEPPEL CLUB
Tel: 65-6375-5597
www.keppelclub.com.sg

SEMBAWANG COUNTRY CLUB
Tel: 65-6751-0320
www.sembawanggolf.org.sg

SOCIAL CLUBS

CHINA

AMBASSY CLUB, SHANGHAI
Tel: 021-64379800-281
www.ambassyclub.com.cn

THE ORIENTAL CLUB, BEIJING
Tel: 86-10-5820-6668 (Beijing)
www.theorientalclub.com.cn

THE ORIENTAL CLUB, DALIAN
Tel: 86-411-8370-6666 (Dalian)
www.theorientalclub.com.cn

HONG KONG

BUTTERFIELD'S CLUB
Tel: 852-2968-5555
www.butterfields.com.hk

KOWLOON CRICKET CLUB
Tel: 852-3473-7000
www.kcc.org.hk

UNITED SERVICES RECREATION CLUB
Tel: 852-3966-8600
www.usrc.org.hk

JAPAN

TOKYO AMERICAN CLUB
Tel: 81-03-4588-0381
www.tokyoamericanclub.org

MALAYSIA

THE RAINTREE CLUB, KUALA LUMPUR
Tel: 603-4257-9066
www.raintree.com.my

ACCESS CLUBS

GOLF CLUBS

AUSTRALIA

PEREGIAN SPRINGS GOLF CLUB, QUEENSLAND
Tel: +617 5471 5471
www.peregianspringsgolfclub.com.au

THE CUT GOLF COURSE, PERTH
Tel: +618 9582 4444
www.the-cut.com.au

CAMBODIA

ANGKOR GOLF RESORT, SIEM REAP
Tel: 855(0)-63-767-688 / 689
www.angkor-golf.com/

CHINA

CHONGQING POLY GOLF CLUB
Tel: 023-6788-3399
www.chinapolygolfss.com

DALIAN RED FLAG VALLEY GOLF CLUB
Tel: 86-411-86466666
www.rfvgolf.com

SUN ISLAND INTERNATIONAL CLUB
Tel: +86 (0512) 5725 7888 (Kunshan)
+86 (025) 5622 1633 (Nanjing)
+86 (0512) 6262 9959 (Suzhou)
+86 (0514) 8750 8288 (Yangzhou)
www.sunislandclub.asia

WUYI FOUNTAIN PALM GOLF CLUB, GUANGDONG
Tel: 86-750-393-0777
www.wuyigolf.com

INDONESIA

NEW KUTA GOLF & OCEAN VIEW, BALI
Tel: 62-361-8481-333
www.newkutagolf.com

RANCAMAYA GOLF & COUNTRY CLUB
Tel: 62-251-824-2282
www.rancamaya.com

RIVERSIDE GOLF CLUB, BOGOR
Tel: 62-218-671-533
www.riverside-golf.com

SOUTHLINKS COUNTRY CLUB, BATAM
Tel: 62-778-324-128
Singapore booking office:
Tel: 65-6278-7079
www.southlinksgolf.com

TERING BAY GOLF AND COUNTRY CLUB
Jalan Hang Lekiu, Nongsa
Batam - Indonesia
Tel: 62-778-761 818
Fax: 62-778-761 801
www.teringbay.com.sg

JAPAN

TOMISATO GOLF CLUB
Tel: 81-479-78-0002
www.tomisatogolf.net

MALAYSIA

BORNEO GOLF & COUNTRY CLUB, SABAH
Tel: 60-87-861-888

KARAMBUNAI RESORTS GOLF CLUB, SABAH
Tel: 60-88-411-215
www.karambunaigolf.com

MERU VALLEY GOLF & COUNTRY CLUB, PERAK
Tel: 605-529-3300
www.meruvally.com.my

MOUNT KINABALU GOLF CLUB, SABAH
Tel: 60-88-889-445

SUTERA HARBOUR GOLF & COUNTRY CLUB, SABAH
Tel: 60-88-318 888
www.suteraharbour.com

TIARA MELAKA GOLF & COUNTRY CLUB, MELAKA
Tel: 606-231-2366
www.lion.com.my

TAIWAN

NATIONAL GOLF COUNTRY CLUB, MIAOLI COUNTY
Tel: +886-3774-3377

TA KANG SHAN GOLF, KAOHSIUNG COUNTY
Tel: +886-7636-6411/2/3
www.tksq.com.tw

TSAI HSING ELITE CLUB, HSINCHU COUNTY
Tel: +886-3569-2318
www.the-club.com.tw

THAILAND

ALPINE GOLF CLUB, BANGKOK
Tel: 662-577-3333
www.alpinegolfclub.com

CHIANGMAI HIGHLANDS GOLF & SPA RESORT
Tel: 660-5326-1354
www.chiangmaihighlands.com

MUANG KAEW GOLF COURSE, BANGKOK
Tel: 662-740-2693-700
www.muangkaewgolf.com

LOCH PALM GOLF CLUB, PHUKET
Tel: 66-7632-1929-34
www.lochpalm.com

RED MOUNTAIN GOLF CLUB, PHUKET
Tel: 66-7632-2000-1
www.redmountainphuket.com

RIVERDALE GOLF & COUNTRY CLUB, BANGKOK
Tel: 66-2501-2789
www.riverdalegolfclub.co.th

THE VINTAGE CLUB BANGKOK
Tel: 662-7073-8205
www.vintagegolfthai.com

UNITED KINGDOM

FAIRHAVEN GOLF CLUB
Tel: 01253 736741 / 734787
www.fairhavengolfclub.co.uk

VIETNAM

SONG BE GOLF RESORT
Tel: 84-650-755-802/3
www.songbegolf.com

SINGAPORE

WARREN GOLF & COUNTRY CLUB
Tel: 65-6586-1245
www.warren.org.sg

SOCIAL CLUBS

SINGAPORE

ARANDA COUNTRY CLUB
Tel: 65-6584-6811
www.arandaclub.org.sg

THE GRASSROOTS CLUB
Tel: 65-6554 2350
www.grassrootsclub.org.sg

Members are to produce both their Introduction Card & OCC Membership Card upon arrival at the host club.

APPLICATION PROCEDURES

GOLFING MEMBERS

Please obtain your Introduction Card from Golfing Department at 6750 2111/102 or email: golfregistration@orchidclub.com. Terms and conditions apply.

SOCIAL MEMBERS

Please obtain your Introduction Card from Membership Department at 6750 2123 or email: membership@orchidclub.com.

PRIVILEGES

CATEGORY

Reciprocal Clubs

GOLFING

No green fees payable

SOCIAL

Golfing dependant on respective club's policy

Access Clubs

Discounted green fees

All social facilities fees payable

24th Secretary-General's Cup 2019

Guest Of Honour /
Secretary-General of NTUC
BROTHER NG CHEE MENG

**SUNDAY,
14 JULY
2019**

- Time** : 1.30pm (Shotgun Start)
Format of Play : Stableford
Eligibility : Gold, Silver, Union Member & WTGM
Divisions : Men's Division (HI 24.9 & below)
Ladies' Division (HI 36.9 & below)
Entry Fee* : \$50 (Gold Member)
\$70 (Silver Member)
\$80 (Union Member)
\$90 (Weekday Term Golfing Member)
Registration Opens : Thursday, 13 June 2019
Closing Date : Friday, 28 June 2019

*Fees are subject to prevailing GST and include green fee, buggy fee, lunch and dinner.

Due to the overwhelming response we see every year,
register early to avoid disappointment!



Secretary-General of NTUC, Ng Chee Meng (4th from right) and fellow golfers at SG Cup 2018.

STAND A CHANCE
TOWIN
ATTRACTIVE
LUCKY DRAW &
NOVELTY PRIZES!



For enquiries and registration, please call Golf department at 6750 2102/111 or
email golfregistration@orchidclub.com