

Orchid

COUNTRY CLUB



JULY - AUGUST 2020
MCI (P) 089/11/2019



A Labour Movement Destination
by NTUC Club

OCC Social & Recreational Member's Survey 2020

1

Share with us your feedback regarding the Club's S&R activities in a Member's Survey.

Scan the QR code to access the survey



2

Survey closes on **31 AUGUST 2020**. You will be automatically entered into our Lucky Draw when you complete the survey. Hurry and tell us what you think!

3

STAND A CHANCE TO WIN A SOLEUS WATCH!

1. Three watches will be given away for the Lucky Draw.
2. This Lucky Draw is for OCC Members only.



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Prizes may differ in colour subject to stock availability.

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Club General Committee

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Ms. Toh Poh Kuan

Jackpot Manager
Mr. Jasper Woo

Publisher

Orchid Country Club
1 Orchid Club Road
Singapore 769162
Tel: 6755 9811
Fax: 6755 8874
www.orchidclub.com

Editorial Team

Joanne Ng
Wendy Zhu
Tang Weixin
Crystal Wong

Contributors

Akmal Syafiq
Arlyn Reyes
Chef Eric Teo
Gelainza Kong
Justin Han
Ong Pway Kheng

Layout Design

Unigrow Creative Print Pte Ltd

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for event photos!

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FROM THE GENERAL MANAGER

Dear Members and Friends,

For the first time since OCC's inauguration in 1993, the Club experienced an unprecedented near three-month closure from 7 April till 18 June 2020. This **mandatory closure of the Club** was part of the Government's measures to curb the spread of COVID-19. We are all playing our part and supporting this national effort as the health of all depends on each one of us.

This is **an unprecedented and difficult time for all of us**. The Club has been badly hit since the onset of COVID-19. All of our income sources from banquet, golf and jackpot had come to a halt. **The Club's priority is to Cut costs, Conserve cash and Save jobs. We are also doing our best to mitigate the negative impact on our various stakeholders as no one is spared from this pandemic.** The management have had their pay cut, employees have had their wages frozen and bonuses withheld, contractors have kindly reduced some of their charges, and rental rebates had been granted to tenants so that they can continue to be in business and provide services to our members post COVID-19. We will also be giving \$40 Golfing/S&R rebates and \$10 F&B rebates to all principal members holding a full membership who continue to pay subscription fees during the Club closure. The Club management sincerely hopes to do more for our tenants and members but, unfortunately, the Club does not have budget surplus and is facing a negative monthly cash flow. We are currently supported by a loan from NTUC Club.

Even during Club closure, we have **continued with regular cleaning, maintenance and improvement works for our Clubhouses. When the Club reopens in Phase 2, it will not be business as usual.** In addition to our existing precautionary measures, the 7 Key Requirements for Safe Management at Workplaces have been implemented starting from 2 June 2020.

MAINTENANCE OF THE CLUB AND GOLF COURSES DURING CLUB CLOSURE

Close to 50 staff, under General Exemptions from the authorities, had continued to work on-site daily during the mandatory Club closure to **maintain the Club and upkeep our 27-hole golf courses**. Besides ensuring that our **golf courses are in playable condition, thorough cleaning and disinfecting were carried out all around the Club premises and in the Hotel rooms** to create a safe environment for our members and guests when the Club reopens. All golf buggies were fitted with dividers, maintained, charged and washed, and the 160 bays at the Driving Range were tested and set up for use.

Various **improvements to the Club** were also completed. Acting on members' feedback, we restudied the layout of our members' basement car park and added **extra members' parking lots**. This will reduce traffic congestion and the lack of parking lots during peak hours. **The Committee's Car Park at the Golf Clubhouse will also be available for members to park after 7pm daily.** We would like to remind all members to drive within the speed limit of 15 km/hr at the car park for the safety of everyone.

CHANGES AT BUGGY BAY TO STREAMLINE THE RETURN OF BUGGIES

During the period of Club closure, we also gave all the **directional signs and buggy park markings at the golf courses a fresh coat of paint**. Further **changes have been made at the buggy bay area to streamline and smoothen the traffic flow of buggies**. This will help to mitigate the risk of accidents involving buggies.

The buggy bay has been separated into two distinct lanes with a one-way directional sign for each lane. Chains have been put up between the two lanes

to prevent buggies from cutting between lanes. Directional arrows and a road divider that extend all the way from the buggy bay to the nearest tee box have been painted on the floor to facilitate this process.

We urge golfers to observe the new changes and keep to the correct lanes when driving in and out of the buggy bay. Turn to pages 6 and 7 for more information.

IMPLEMENTATION OF SAFEENTRY AND SINGLE-ENTRY POINT

In line with the Government's contact tracing requirements, the Club has implemented the **SafeEntry visitor management system** with a **single-entry point set up at the Driving Range car porch**. This will ensure that all visitors have had their temperatures taken and registered their entry using the SafeEntry system, enabling better access control. **Walk-in visitors can register their entry at Guard Post 1** or proceed to the Driving Range car porch. Those taking the shuttle bus can **register their entry when they alight at the shuttle bus bay**.

With the access control measures in place, there will be **an inevitable delay for visitors entering the Club**. We seek your kind understanding, patience and cooperation as we strive to provide a safe environment for our Club users.

GOLFING AFTER THE CLUB REOPENS IN PHASE 2

As the Club brings golf back to our members after reopening in Phase 2, safety and social distancing measures previously put in place will continue. New precautionary measures will also be implemented as follows.

Friday booking sessions for the following weekend are now done online via a Tee Time booking form that can be accessed through the OCC website.

This will be in place till further notice to avoid golfers congregating at the clubhouse and to limit close face-to-face interactions among golfers.

We are constantly on the lookout for the best safety practices and have improvised a touch-free golf ball retrieval system so that golfers do not need to put their hands all the way to the bottom of the cups to collect their golf balls. **All our buggies have also been fitted with acrylic dividers, ensuring safe distancing between two golfers sitting in the same buggy.** Golfers should drive carefully and ensure that the driver does not switch seats with the passenger sharing the same buggy. After golfing, **golfers should shower at home** to minimise close contact with others and to refrain from congregating before and after golf games. Do look out for more details on these new measures and Frequently Asked Questions in our EDMs.

We implore all **golfers to take note of and comply with the Club measures to ensure the well-being of all golfers and staff**. Read more about what you should take note of when golfing at the Club after the Club reopens in Phase 2 on pages 10 & 11.

ONLINE SOCIAL & RECREATIONAL ACTIVITIES

With the COVID-19 situation here to stay for some time, it was incumbent on the Club to make **a shift from physical to online Social & Recreational activities**. **E-workshops** such as De-stress and Relax, DIY Facelift Massage and Slim & Trim; **virtual workout sessions** like the OCC x ActiveSG Yishun Lunch Time Mobility Session and Get Active! First Light Exercise; **webinars** such as Digital Illustration for Beginners and What is the Future of Internet, and ideas on stay-home activities are being offered **to continue engaging our members and get everyone to stay active** even as the majority of us stay at home. We will continue to **explore the full potential of digitalisation and incorporate it into our Club activities** so that all members can continue to participate and enjoy these activities from the comfort of their own homes.

I seek your kind understanding, patience and continued support in this unprecedented and challenging time. The pandemic has revealed the vulnerability of human lives and will definitely change the way we live and run the Club's operations even long after it is over. We are in this new normal together, and I strongly believe we can overcome these challenges and emerge stronger together as One Nation.

This being the **National Day** issue, we chose the flypast for the cover to **honour our frontline heroes such as our cleaners, delivery drivers, hawkers, healthcare workers, public transport workers, security personnel and volunteers** who continue to brave the COVID-19 situation and safeguard our interests. Once again, we would also like to **thank our stakeholders such as our members, tenants, and third-party service providers (TEHC, ComfortDelGro and Mainguard Security Services)** who have been unwavering in their support. Here's wishing everyone a **Happy National Day!**

Warmest regards,



Emmanuel Lem
General Manager

UPCOMING ACC EVENTS

JULY

2-hr Soft Korean Makeup Workshop

12 Jul 2020 (Sun) 2pm - 4pm Tulip Room



Discover how to conceal dark circles and signs of fatigue, define brows and single eyelids, and find the right lip shade for yourself in this comprehensive makeup workshop hosted by Gelainza from Gel University (Mary Kay).

Fee : Free (OCC/ACC Member)
\$2 (Union Member)
\$6 (Guest)
Min Pax : 5 persons
Closing Date : 5 Jul 2020 (Sun)

Flower Arrangement Class

18 Jul 2020 (Sat) 2pm - 4pm Tulip Room



Learn the art of basic floral arrangement in just one class. At the end of this class, you will be equipped with the knowledge to identify fresh flowers, prepare the flowers, assemble a floral foam box as well as learn how to care for the flowers. Bring home your very own lovely creation at the end of the class! All material and tools will be provided.

Fee* : \$50 (OCC/ACC Member)
\$55 (Union Member)
\$60 (Guest)
Min Pax : 5 persons
Closing Date : 11 Jul 2020 (Sat)

*Materials are included.

AUGUST

Health Awareness Talk – Prevention is Better than Cure!

15 Aug 2020 (Sat) 2pm - 4pm Tulip Room



In this talk, you will learn how prevention is better than cure and how our eating habits and occupations are constantly affecting our health conditions. Topics that will be explored include the common illnesses that we may face, such as heart diseases, heart attack, high blood pressure, chronic diseases, and state of depression.

Fee : Free (OCC/ACC Member)
\$2 (Union Member)
\$4 (Guest)
Min Pax : 5 persons
Closing Date : 8 Aug 2020 (Sat)

Nutritional Immunology – The Importance of Healthy Joints

22 Aug 2020 (Sat) 2pm - 4pm Tulip Room



Join us for a health talk to find out more about the different types of joint diseases, e.g. osteoarthritis, osteoporosis, rheumatism, and how these joint diseases affect us. You will also get to learn about the various supplements that can strengthen our joints, how to read the labels and be a wiser consumer.

Fee : Free (OCC/ACC Member)
\$2 (Union Member)
\$6 (Guest)
Min Pax : 5 persons
Closing Date : 15 Aug 2020 (Sat)

For enquiries and reservations, please email linda.yeo@arandaclub.org.sg

BENEFITS EXTENDED TO OCC MEMBERS AT **WISTERIA MALL**

NTUC FairPrice at OCC has officially closed from 27 April 2020 to convert to an online fulfilment centre to serve the growing nationwide demands for online grocery purchases.

We are pleased to share that NTUC FairPrice has agreed to extend the following benefits at Wisteria Mall to all OCC members! Please **present your OCC membership card** upon redemption of any of the benefits at Wisteria Mall.

BENEFITS

2%
discount at
FairPrice Finest
Wisteria Mall

T&Cs apply

Free
parking for
first 2 hours

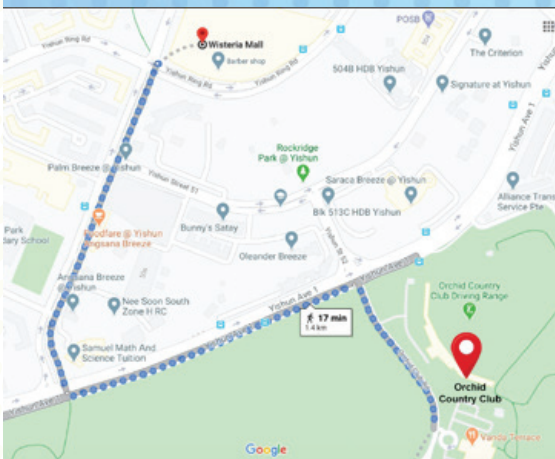
Valid till
31 Dec 2020

\$0.50
kopi/teh
at Kopitiam Wisteria
Mall with purchase of
any food item

- Proof of Kopitiam receipt has to be presented
- Valid till 31 July 2020

\$10
Wisteria Mall voucher
for the first 1000 OCC
members who sign up
as WisMembers by
15 July 2020

- One (1) same-day receipt from Wisteria Mall FairPrice Finest to be presented (no minimum spending)
- One (1) redemption per OCC member
- Other T&Cs apply



Please refer to Wisteria Mall's website at <https://www.wisteriamall.com.sg/promotion/orchid-country-club-members-exclusive/> for more details.

COMPLIMENTARY COLD TOWEL SERVICE TEMPORARILY SUSPENDED

In view of COVID-19, the Club will temporarily suspend the complimentary cold towel service provided to all golfers.

Thank you for your understanding.





IMPROVEMENTS MADE TO THE BUGGY BAY FOR BUGGY RETURN

With the current configuration of the buggy bay, golfers tend to park the buggies in a disorderly and haphazard manner when returning them. Without any lane controls, it was common to see golfers cutting across lanes and obstructing oncoming buggies. This also posed a danger to golfers who had already disembarked from their buggies, as the buggies were being driven in from all directions.

As part of the Club's efforts to serve golfers better, improvements have been made at the buggy bay to smoothen the traffic flow of buggies and ease congestion during peak hours. This will help to streamline the buggy return process and mitigate risks of buggy accidents.

For safety reasons, we would like to remind all golfers that **golf buggies are strictly not permitted to be driven to the Driving Range car park at all times.**

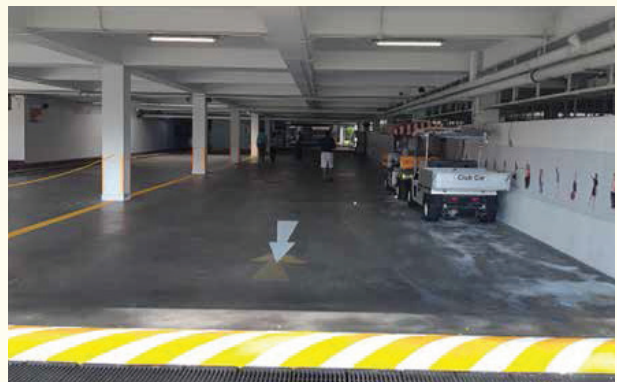
BUGGY MAIN AREA

- **One-way direction** only for each side of the buggy bay. Chains have been put up in between the pillars to facilitate this process.
- **LEFT** lane is for entry only (after golf game/buggy return).
- **RIGHT** lane is for exit only (proceed to tee-off).

Before



After - New directional arrows painted on the floor & yellow PVC chains installed.



EXTENSION OF ROAD DIVIDER LEADING TO GOLF BUGGY AREA

Left lane - returning to/entering buggy bay **Right lane** - going out to golf courses

Golfers have to ensure that they **stay in the correct lanes when driving the buggies** and follow the traffic direction at all times, except on tournament days.

Before



After



Existing solid white lines on the floor have been extended to clearly demarcate the entry and exit lanes of buggy bay.

BUGGY DROP-OFF ON THE LEFT LANE ONLY

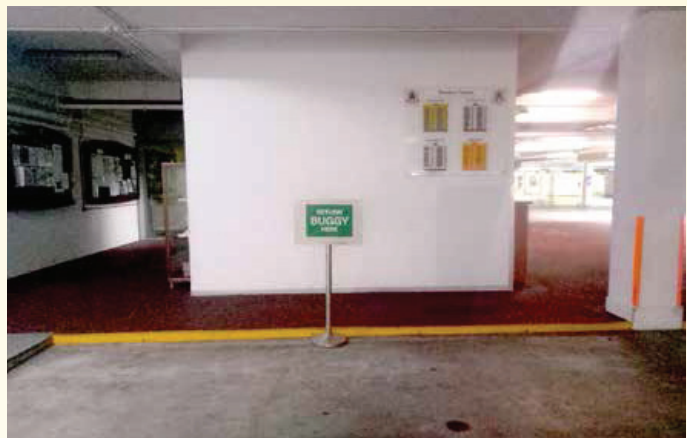
- Golfers should drop off their buggies after their game on the **left lane, which is meant for entry** only.
- Golfers are also reminded to line up their buggies properly and in an organised manner.

Before



Returning and lining up of buggies in a disorderly manner.

After



Sign put up to indicate the Buggy Return area.

We hope that all golfers will observe the new changes and keep to the correct lanes when driving in and out of the buggy bay. We seek your kind cooperation and understanding to create a pleasant and safe environment for all of us.

Our Commitment to **Safety, Cleanliness & Maintenance** during Club Closure

The safety and well-being of our members and guests are always the top priority of the Club. During the mandatory closure, the Club has continued to carry out maintenance, upkeep our 27-hole golf courses, and improve on safety measures put in place. Here are some updates on the work done and measures taken during circuit breaker and Phase 1 before the Club reopens.

Safety measures

Implementation of SafeEntry and Single-Entry Point at Driving Range

The **SafeEntry visitor management system** was implemented at OCC on 12 May 2020 (Tue). Access to the Club is now better controlled with a single-entry point set up at the Driving Range car porch. Walk-in visitors can proceed to **Guard Post 1** or the **Driving Range car porch** to:

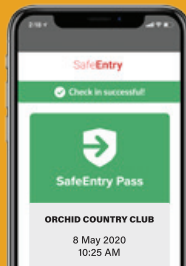


Single-entry point at Driving Range car porch.

Take temperature



Register entry



Guard Post 1

Visitors taking the shuttle bus can register their entry when they alight at the shuttle bus bay.

Safe distancing markers around the Club



- Markers are put up at all counters and function rooms to ensure that everyone keeps a minimum of 1 meter away from each other while queueing.
- Alternate seats at the Hotel Lobby, changing rooms and other resting areas are crossed out.
- The lift has standing areas clearly marked out to limit the number of passengers taking the lift at any one time.



Work continued during Club Closure

Cleaning and disinfecting of Club facilities and common areas

Instead of outsourcing, our own Housekeeping team have been working extra hard during the Club closure to **clean and disinfect the Club premises and Hotel rooms thoroughly** to create a safe environment. This helped to save costs in tough times like this.

- High-touch surfaces, common areas, Hotel rooms, Golf Reception, and all Club facilities have been thoroughly cleaned and disinfected.
- Disinfecting of all buggy steering wheels and Gym equipment.
- Hand sanitisers are available around the Club.
- Hotel rooms and key cards are disinfected and deep cleaned after every guest checks out.





Repainting of Road and Car Park markings

All the road and car park markings around the Club were repainted to give clearer directions to drivers and ensure the safety of all visitors.



Additional Parking Lots

- Layout of members' basement car park was restudied and **extra members' parking lots** were added to reduce traffic congestion and the lack of parking lots during peak hours.
- **The Committee's Car Park at the Golf Clubhouse will also be available for members to park after 7pm daily.**



Please be reminded to drive within the speed limit of **15 km/hr** at the car park for the safety of everyone.

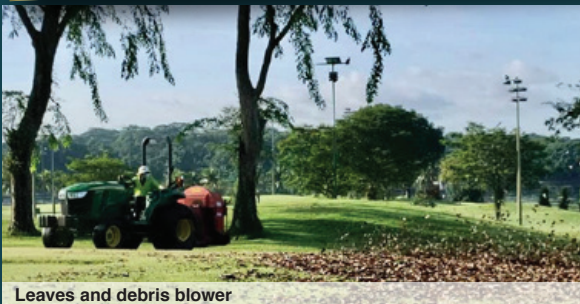


Golf Course Maintenance Work continued during Club closure

Maintenance continued to be carried out at the golf courses to ensure that our golf courses are in playable condition when the Club reopens. Directional signs and markings on the buggy parking area at the golf courses were also given a fresh coat of paint.



Tee mower



Leaves and debris blower



Green hollow-tining



Repainting of buggy parking area



Repainting of directional signs



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golf

upcoming club competitions

AUGUST 2020

AUGUST MONTHLY MEDAL

8 Aug 2020 (Sat)

NATIONAL DAY GOLF

10 Aug 2020 (Mon)

LADIES' OPEN

31 Aug 2020 (Mon)

SEPTEMBER 2020

SEPTEMBER MONTHLY MEDAL

12 Sep 2020 (Sat)

OKTOBERFEST GOLF CHALLENGE

26 Sep 2020 (Sat)

Scan for
Golf Fixtures 2020



*All information is correct at the time of printing.
Events may be postponed or cancelled in view of the COVID-19 situation.*



GOLFING After OCC Reopens in Phase 2

Safety Measures

To safeguard the interests of all golfers and staff, the following safety measures will be put in place until further notice after OCC reopens in Phase 2.

1. Should play be suspended due to inclement weather, the session will be cancelled unequivocally. Golfers have to **leave the Clubhouse to avoid overcrowding and prolonged close contact with one another.**



2. **All buggies have been fitted with a divider to separate the 2 golfers sitting in the same buggy.**



Drive carefully and ensure that the driver does not switch seats with the passenger. The buggies are cleaned and disinfected after every round.

3. **Tee time intervals have increased to 10 minutes** instead of the current 7 minutes.
4. **There is no need to take out the flagstick when putting.** The pin flags are left in the holes as a reference point for you to know the pin positions.
5. Bunker rakes and mini pin flags on the practice greens have been removed to reduce contact. **You can smooth out bunkers using your feet or club.**

6. The Club has improvised a **touch-free golf ball retrieval system**, which is designed to eliminate the need to stretch your hands into the pin cup to retrieve your golf balls.

7. **Driving Range is open for members and students of golf professionals conducting lessons only, till further notice. Alternate bays** will be used at the Driving Range.



8. Safe distancing measures will continue to be in place.

Reminder for Golfers

Please play your part by being socially responsible!



Seek medical assistance immediately if you are feeling unwell. DO NOT expose yourself to the public.



Wear face masks throughout your rounds of golf. You are also encouraged to keep your gloves on at all times.



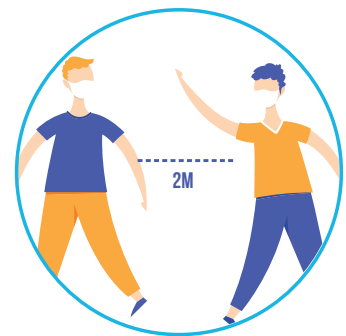
Observe good personal hygiene practices like frequent washing of hands with soap or using hand sanitisers.



Bring hand sanitisers & wet wipes along when you golf. Hand sanitisers can also be found at the Golf Reception.



No congregating, no handshaking or any other form of physical contact with others.



Observe social distancing at all times. Maintain a minimum distance of 2 metres from others.

Do not share your personal belongings.

Pick up your own golf balls and handle your own scorecard.

Do not play if you are not feeling well.

All information is correct at the time of printing.

FAQs

Golfing After OCC Reopens in Phase 2
(Information correct at the time of print, subject to Ministerial Taskforce and Sports SG advisory)



Before Game

1. What should I do before the game?

- Arrive early at the Club to check in at the single-entry point at Driving Range
- Proceed to register and collect your course tickets from the Golf Reception.
- Be at the Starter 10 minutes before you tee-off time.
- Observe social distancing when queuing at the registration counter, collecting your buggies, and all the way to the starting tee box.



2. Why have tee time intervals been changed to 10 minutes?

For your safety and to ensure that there is no congregation, tee time intervals have been increased to 10 minutes.



During Game

3. How should I behave during the round?

- Observe social distancing at all times from tee to green –maintain a minimum distance of 2 metres from other golfers.
- During inclement weather when play is suspended, leave the Clubhouse to avoid overcrowding and prolonged close contact with other golfers.
- No congregating nor handshaking.
- **Wear face masks throughout your rounds of golf.** You are also encouraged to keep your gloves on at all times.
- Bring hand sanitisers and wet wipes for use throughout your round. Sanitisers are also available throughout the Club.
- Avoid touching your mouth and face.

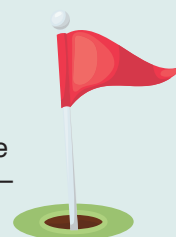


4. Are the buggies safe for use?

Yes, the buggies are all fitted with dividers to comply with safe distancing, and are cleaned and disinfected after every round.

5. How should I handle the flag sticks?*

One of the changes in rules in 2019 is that golfers will no longer have to take out flagstick when putting; so leave the pin flag in place while putting. The pin flags are left in the holes as a reference point for you to know the pin positions – front, centre or back – for the day.



NEW! The Club has improvised a touch-free golf ball retrieval system, which is designed to eliminate the need to stretch your hands into the pin cup to retrieve your golf balls.

6. What if my ball hit the implant and bounced out?*

According to SGA advisory, if the ball hit the implant and bounced out, the ball is deemed as “holed”. Scores submitted are acceptable for handicapping purpose.

While this OVID-19 rule regarding the Hole is in effect, a “hole-in-one” will not be official (i.e. prize cannot be won) if the ball were to hit the cup implant and bounce out of the hole. However, it will still be deemed as holed for scoring or handicapping purpose only.golf ball retrieval system, which is designed to eliminate the need to stretch your hands into the pin cup to retrieve your golf balls.

FAQs

Golfing After OCC Reopens in Phase 2
(Information correct at the time of print, subject to
Ministerial Taskforce and Sports SG advisory)



7. Do I still have to rake bunkers?*

As recommended by R&A, golfers can smooth out bunkers using their feet or club. In preparation for golfers behind, please remember to smooth out bunkers.

8. Rakes have been removed and the bunkers may not be smooth.*

When a player's ball lies in a bunker, the player may take free relief **once** by placing the original ball or another ball and playing from the relief area.

Reference Point: Spot of the original ball.

Size of the Relief Area: One club length, but it must not be closer to the hole and must remain in the bunker.

9. How long will these rule modifications be in place?*

All these rule modifications are in place due to the COVID-19 and are for handicapping purposes only. They are not applicable to formal competitions, which we do not expect to see at the present time.

10. What should my flight mates and I take note of on the golf courses?

- Make sure everyone in your group is feeling well – if you or anyone is not feeling well, please refrain from coming to the Club to play!
- Be socially responsible as one rash act could lead to many others being infected with the virus, and the Club will have to close for disinfecting purposes.
- Do not touch or pick up your flight mates' golf balls or scorecards.
- Do not share any golf equipment or other personal belongings.

After Game

11. Do I need to submit physical scorcards?

No. You do not need to submit physical scorecards. You are encouraged to submit your scores through the SGA Central Handicapping System (CHS) via website browser log-in or mobile application.



*Points 5 to 9 are Temporary Local Rules.
All information is correct at the time of printing.

Split Hand Drill

With many of us staying at home now, here's a drill that you can practise from the comfort of your own home to improve your distance and contact the next time you head back out onto the golf course.



Many golfers struggle with arm structure at the top of their swing. They either have very late wrist set or have their arms collapsing at the top of the swing. Some golfers accompany this move with a sway or slide, taking them too far to the right of the golf ball.



STEP 1

To improve your backswing motion, you can practise splitting your grip up. Look forward and focus on a point in front of you. Your eyes should focus on the point as you make the motion to the top of the swing. If you feel yourself losing sight of that point, stop and start over again.



STEP 2

Make a backswing while keeping your eyes on that point ahead of you. You should be able to reach a position where your shoulders and hips have turned nicely, and your left arm is extended out.



Start practising this drill at home now and you will soon be able to achieve a more powerful and loaded backswing!



Article contributed by

Justin Han

**Director of Golf at Golf Performance 360
@ OCC Driving Range**

PGA Professional

AAA SPGA and PGA of New Zealand Coach Member

If you require more information or assistance, please contact the academy at

6481 0398.

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)

FITNESS

Hatha Yoga

Lifestyle Studio

Sat, 9:00am to 10:00am

Zumba Fitness

Lifestyle Studio

Wed, 7:00pm to 8:00pm

FT60

Functional Training Zone

Wed, 7:15pm to 8:15pm
Sat, 9:00am to 10:00am &
10:00am to 11:00am

Zumba Gold*

Lifestyle Studio

Wed, 8:00pm to 9:00pm

Calisthenics

Functional Training Zone

Fri, 7:30pm to 8:30pm

HIIT 30

Functional Training Zone

Thu, 7:30pm to 8:00pm

Pilates

Lifestyle Studio

Wed, 7:00pm to 8:00pm

Vinyasa Yoga

Lifestyle Studio

Wed, 8:00am to 9:00am

MARTIAL ARTS

Karate

Lifestyle Studio

Sun, 12:00pm to 1:00pm

Taekwondo

Lifestyle Studio

Fri, 7:30pm to 9:00pm

Aikido (Adults & Kids)

Lifestyle Studio

Sat, 3:00pm to 4:15pm

Kobudo

Lifestyle Studio

Sun, 1:30pm to 2:30pm

RECREATION

Karaoke Night*#

Aranda Lounge

Thu, 12:00pm to 11:00pm



SPORTS

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

- **OCC Bowling Training**
Sat, 3:00pm to 6:00pm

- **Bowling Medal**

2nd Saturday of the Month
(subject to change)

SIG - Orchid Bulls (Darts)

Aranda Lounge

Tue, 8:00pm to 10:00pm
Thu, 8:00pm to 10:00pm

SITA (Tennis)

Tennis Court

Tue, 8:00pm to 9:30pm (Adult)
Sat, 8:00am to 12:00pm (Junior)

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

Simply Scuba (Scuba Diving)

Olympic Pool

Mon to Fri, 9:00am to 5:00pm
Sat and Sun, 12:00pm to 5:00pm

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)

* Free for OCC members - please bring along your membership card for verification
Charges apply for first drink

For the full programme listing, please visit our website at www.orchidclub.com

For more information, email snr@orchidclub.com

NOTE: All information is correct at time of printing.

JULY

DATE	DAY	EVENT
1	Wed	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night • Vinyasa Yoga • Pilates
2	Thu	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • HIIT 30
3	Fri	<ul style="list-style-type: none"> • Social Dance Night • Taekwondo • Calisthenics
4	Sat	<ul style="list-style-type: none"> • Online Immunity Talk • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Hatha Yoga • Aikido (Adults & Kids) • FT60
5	Sun	<ul style="list-style-type: none"> • Karate • Kobudo
6	Mon	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class
7	Tue	<ul style="list-style-type: none"> • SIG - Orchid Bulls • Tennis
8	Wed	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night • Vinyasa Yoga • Pilates
9	Thu	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • HIIT 30
10	Fri	<ul style="list-style-type: none"> • Social Dance Night • Taekwondo • Calisthenics

DATE	DAY	EVENT
11	Sat	<ul style="list-style-type: none"> • Golf Medal • Bowling Medal • Social Dance Night • SIG - OCC Black 8 • Tennis • Hatha Yoga • Aikido (Adults & Kids) • FT60
12	Sun	<ul style="list-style-type: none"> • Karate • Kobudo
13	Mon	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class
14	Tue	<ul style="list-style-type: none"> • SIG - Orchid Bulls • Tennis
15	Wed	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night • Vinyasa Yoga • Pilates
16	Thu	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • HIIT 30
17	Fri	<ul style="list-style-type: none"> • Social Dance Night • Taekwondo • Calisthenics
18	Sat	<ul style="list-style-type: none"> • Line Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Hatha Yoga • Aikido (Adults & Kids) • FT60 • OCC/U Sports 9-Hole Night Series
19	Sun	<ul style="list-style-type: none"> • Karate • Kobudo
20	Mon	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class
21	Tue	<ul style="list-style-type: none"> • SIG - Orchid Bulls • Tennis

DATE	DAY	EVENT
22	Wed	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night • Vinyasa Yoga • Pilates
23	Thu	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • HIIT 30
24	Fri	<ul style="list-style-type: none"> • Social Dance Night • Taekwondo • Calisthenics
25	Sat	<ul style="list-style-type: none"> • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Hatha Yoga • Aikido (Adults & Kids) • FT60
26	Sun	<ul style="list-style-type: none"> • Karate • Kobudo
27	Mon	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class
28	Tue	<ul style="list-style-type: none"> • SIG - Orchid Bulls • Tennis
29	Wed	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night • Vinyasa Yoga • Pilates
30	Thu	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • HIIT 30
31	Fri	<ul style="list-style-type: none"> • Hari Raya Haji • Social Dance Night

AUGUST

DATE	DAY	EVENT
1	Sat	<ul style="list-style-type: none"> • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Hatha Yoga • Aikido (Adults & Kids) • FT60
2	Sun	<ul style="list-style-type: none"> • Karate • Kobudo
3	Mon	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class
4	Tue	<ul style="list-style-type: none"> • SIG - Orchid Bulls • Tennis
5	Wed	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night • Vinyasa Yoga • Pilates
6	Thu	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • HIIT 30
7	Fri	<ul style="list-style-type: none"> • Social Dance Night • Taekwondo • Calisthenics
8	Sat	<ul style="list-style-type: none"> • Golf Medal • Bowling Medal • Social Dance Night • SIG - OCC Black 8 • Tennis • Hatha Yoga • Aikido (Adults & Kids) • FT60
9	Sun	<ul style="list-style-type: none"> • National Day[^]
10	Mon	<ul style="list-style-type: none"> • National Day Golf
11	Tue	<ul style="list-style-type: none"> • SIG - Orchid Bulls • Tennis
12	Wed	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night • Vinyasa Yoga • Pilates

DATE	DAY	EVENT
13	Thu	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • HIIT 30
14	Fri	<ul style="list-style-type: none"> • Social Dance Night • Taekwondo • Calisthenics
15	Sat	<ul style="list-style-type: none"> • Line Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Hatha Yoga • Aikido (Adults & Kids) • FT60 • OCC/U Sports 9-Hole Night Series
16	Sun	<ul style="list-style-type: none"> • Karate • Kobudo
17	Mon	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class
18	Tue	<ul style="list-style-type: none"> • SIG - Orchid Bulls • Tennis
19	Wed	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night • Vinyasa Yoga • Pilates
20	Thu	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • HIIT 30
21	Fri	<ul style="list-style-type: none"> • Online Will Writing Talk • Social Dance Night • Taekwondo • Calisthenics
22	Sat	<ul style="list-style-type: none"> • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Hatha Yoga • Aikido (Adults & Kids) • FT60
23	Sun	<ul style="list-style-type: none"> • Karate • Kobudo

DATE	DAY	EVENT
24	Mon	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class
25	Tue	<ul style="list-style-type: none"> • SIG - Orchid Bulls • Tennis
26	Wed	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night • Vinyasa Yoga • Pilates
27	Thu	<ul style="list-style-type: none"> • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • HIIT 30
28	Fri	<ul style="list-style-type: none"> • Social Dance Night • Taekwondo • Calisthenics
29	Sat	<ul style="list-style-type: none"> • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Hatha Yoga • Aikido (Adults & Kids) • FT60
30	Sun	<ul style="list-style-type: none"> • Karate • Kobudo
31	Mon	<ul style="list-style-type: none"> • Ladies' Open • Sim Han Hoon Dance Class

Legend

School Holidays: 18 Jul (Sat) to 26 Jul (Sun)

*CGE: Corporate Golf Events

[^]The following Monday will be a public holiday.

n.b. All information is correct at the time of printing.

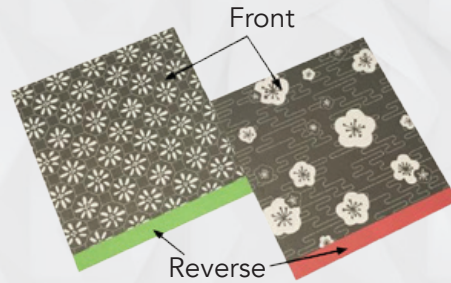
Events may be postponed or cancelled in view of the COVID-19 situation.

ORIGAMI DIY - CIRCULAR FIREWORKS

Material(s) Needed:

8 x Origami Square Sheet
(4 pcs x 2 designs)

Using origami sheets with designs on both sides is recommended



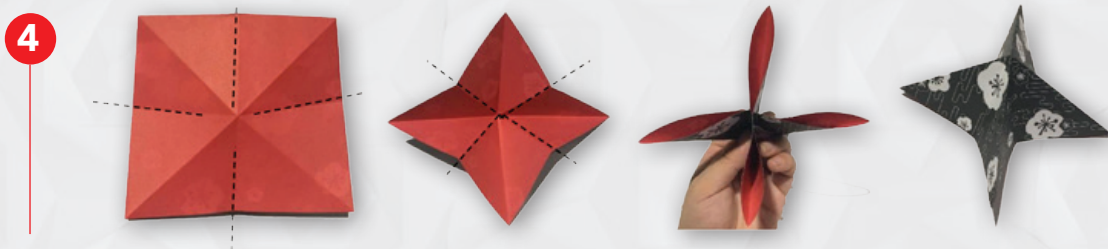
Step 1:
Start with a square origami sheet
(front side up)



Step 2:
Fold the sheet into half length-wise, and unfold.
Then, half the sheet breadth-wise and unfold again.



Step 3:
Flip the paper over. Fold the paper diagonally to form a triangle. Unfold, and fold the paper in the other direction. Unfold again.



Step 4:
You should see the creases like those in the first image above. Push in the creases along the dotted lines as shown to obtain a cross-like shape.

YOU HAVE COMPLETED ONE MODULE.

Repeat Steps 1 – 5 for the other 7 pieces to make 8 modules.



Step 5:

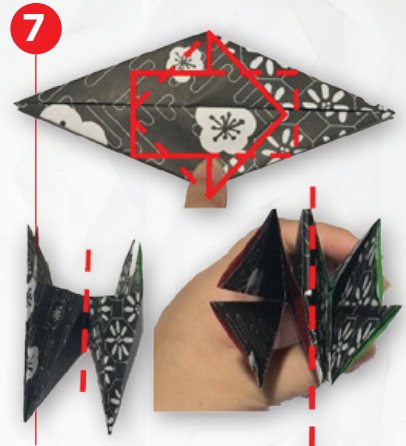
Flatten the cross to get a double stacked triangle. Bring Line A to the middle and fold it down. Repeat for the left side and on the reverse.

ASSEMBLING THE 8 MODULES



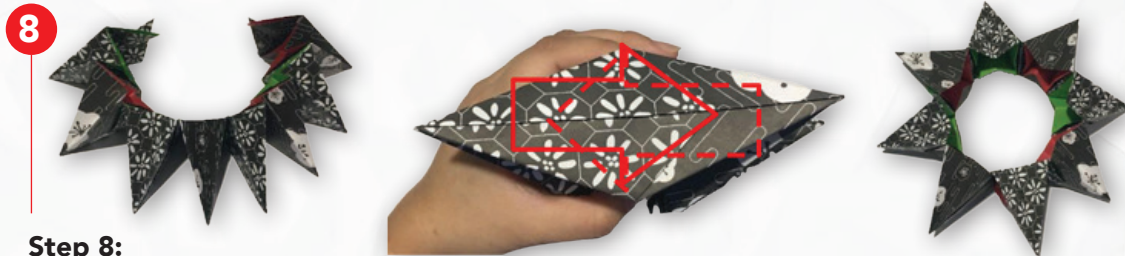
Step 6:

Pry open the pockets on the right of the module slightly. Insert the second module into the first through the pockets.



Step 7:

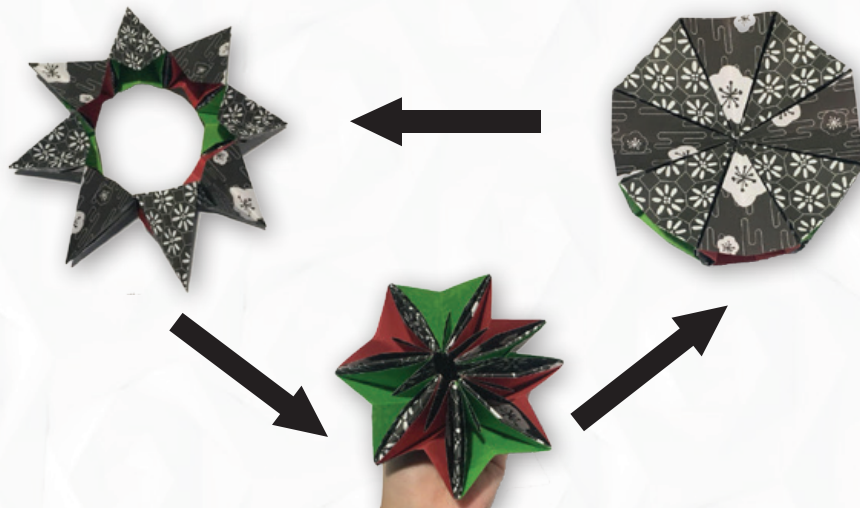
Fold the joined modules into half along the joint



Step 8:

Join the last and the first module using the same method. The end product should look like a star.

Have Fun with your Circular Fireworks!



Morning Skincare

A STEP-BY-STEP GUIDE



It is important to practise self-care in order to take care of our health and well-being during this stressful COVID-19 period. Start the day with a good morning skincare routine that will leave your skin feeling radiant and refreshed. You will be ready to take on the day!



CLEANSER

To wash off impurities left on your skin's surface from last night.



TONER

To remove excess dirt, close pores, and to prepare for the next step of your routine.



SERUM & MOISTURISER

To deliver essential ingredients directly to your skin and prevent premature aging.



EYE CREAM

To keep eyelid skin elastic and firm, and prevent wrinkles caused by straining your eyes. Add eye gel to reduce puffiness.



SUNSCREEN

To block harmful UV rays from the sun that cause pigmentation.



Tips contributed by Gelainza Kong, Mary Kay Singapore

**WOKS
OF LIFE**

FairPrice

OCC members can flash your OCC membership card to enjoy an additional 2% discount at FairPrice Finest Wisteria Mall. T&Cs apply.



FISH HOR FUN WITH FRAGRANT OIL



Scan to view video recipe

Preparation time : 20 Minutes

Cooking time : 40 Minutes

Serves 2 Pax

INGREDIENTS

- 1L - Knife 100% Pure Groundnut Oil
- 250g - Shallots (sliced)
- 250g - Garlic (chopped)
- 100g - Spring Onion (cut into 2-inch lengths)

Coriander Soy Sauce

- 200ml - Water
- 100g - Coriander Stems (cut into 2-inch lengths)
- 2½ tbsps - Japanese Soy Sauce
- 20g - Rock Sugar
- 2 tsps - Maggi Seasoning
- 1 tbsp - Sesame Oil

Sesame Soy Sauce

- 1 tbsp - Sesame Oil
- 4 tbsps - Dark Soy Sauce
- 3 tbsps - Light Soy Sauce
- 2½ tbsps - Oyster Sauce
- 2½ tsps - Sugar
- 500g - Grouper Fillet (sliced)
- 250g - Ipoh Hor Fun

Crispy Shallots (for garnish)

Fried Garlic (for garnish)

Chives (for garnish)

METHOD

Coriander Soy Sauce

1. Place water in a pot, add coriander stems, Maggi seasoning, Japanese soy sauce, sesame oil and rock sugar. Bring to a boil and simmer for 5 mins.
2. Remove coriander stems.

Fragrant Oil

1. Fry shallots in groundnut oil over medium heat in a pot or wok till golden brown. Set aside on absorbent paper.
2. Repeat the process for garlic.
3. Lower heat and add spring onions in oil. Simmer in oil for 5 mins till brown. Discard spring onions.

Fish & Hor Fun

1. Keep temperature of fragrant oil at 65°C or medium-low heat.
2. Place grouper fillet slices in oil and slowly poach till fish is cooked through. Set aside.
3. Strain fragrant oil and set aside for later use.

Sesame Soy Sauce

1. Place all ingredients in a large mixing bowl and mix well till sugar dissolves.

To Serve

1. In a serving bowl, add 1/2 tbsp fragrant oil, 1 tbsp coriander soy sauce and 1/2 tbsp sesame soy sauce.
2. Blanch Ipoh hor fun in hot water. Drain and place in serving bowl.
3. Place cooked fish over hor fun.
4. Garnish with crispy shallots, garlic and chi.



Recipe by Chef Eric Teo

HIIT IT **AT HOME!**

RAMP UP YOUR METABOLISM WITH THIS SIMPLE BODYWEIGHT ROUTINE

Perform each exercise for 40 seconds. Rest 20 seconds before proceeding to the next exercise. Rest 1 minute after completing 1 round of 4 exercises. Repeat for a total of 4 rounds.

1: FROGGERS

- Start in tall plank position



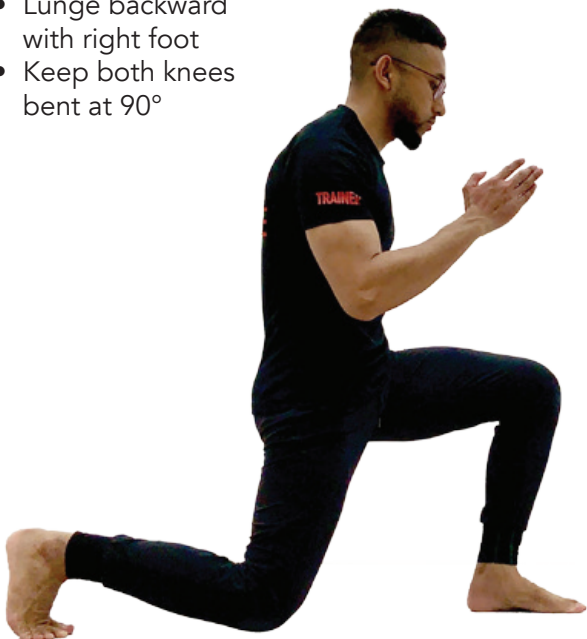
- Jump forward with feet wide apart & knees pushed out
- Hips below knees
- Jump back out to start position



REPEAT FOR 40 SECS

2: REVERSE LUNGE TO KNEE DRIVE

- Lunge backward with right foot
- Keep both knees bent at 90°



- Drive right knee up with power & speed
- Drive left arm up simultaneously to maintain balance



REPEAT FOR 20 SECS PER SIDE

3: PUSH UP TO MOUNTAIN CLIMBERS

- Perform 1 push up, tucking in your elbows by the sides



- Drive alternating knees forward towards chest (1x each leg)
- Brace core & minimise hip hiking

Modified Version:
Place hands on elevated platform (eg. Bench) instead of floor

REPEAT FOR 40 SECS

4: UP DOWN PLANK

- Start in tall plank position



- Lower right forearm onto floor, followed by left, into plank position
- Keep elbows under shoulders
- Rise back up to tall plank position, pushing off floor with right hand followed by left



REPEAT FOR 20 SECS PER SIDE

Disclaimer: Please ensure that you do not have any injuries and have been cleared by your physician for these exercises.

To find out more about our **personal training programme**, please call **Gym at 6750 2199** or email **snr@orchidclub.com**

UPCOMING ONLINE OCC EVENTS



Scan to register



Nutritional Immunology Webinar

4 JUL 2020 (SAT)

1.30PM – 3.30PM

PLATFORM*: ZOOM

As the saying goes, 'prevention is better than cure'. We can put the saying into practice by building up our immune system with good nutrition. In this webinar, you will learn more about the myths and major functions of our immune system, the types of nutritional foods that can strengthen our immune system, misconceptions about nutritional foods, and how to read food labels.

*For security purposes, the Zoom link, meeting ID and password will be given to participants who have registered closer to the webinar date.



Scan to register



Game Design Webinar by MAGES Institute of Excellence

18 JUL 2020 (SAT)

2PM – 4PM

PLATFORM*: ZOOM

If you are interested to become a game developer or designer, or simply curious about how a game is being designed and made, join us for an interactive webinar to get a peek into the behind-the-scenes of the many stages of game development. Have a fun and eye-opening experience learning how to design a board game using only paper and a pencil.

*For security purposes, the Zoom link, meeting ID and password will be given to participants who have registered closer to the webinar date.

For enquiries and registration, please email snr@orchidclub.com

Will Planning Talk

Webinar from Will and Legacy

A Will is essential for everyone. You have worked hard in your career to be where you are right now. And what's next? Your route to a smooth transfer of assets to the next generation or loved ones will be simplified and secured, only when a proper Will planning is in place.

Join us in this talk to find out what happens when there is no Will in place and learn all the things to consider when drawing up a Will.



EXCLUSIVE FOR OCC/ACC MEMBERS

21 Aug 2020, Fri | 1-3pm

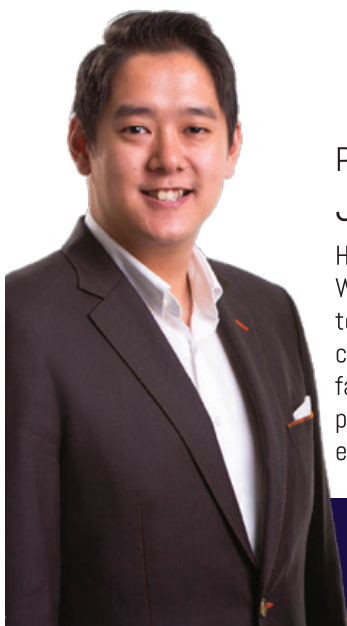
Please note that for security purposes, meeting ID and password will only be given to members who register by google form.



Profile of the speaker:

Johann Tay

He majored in finance and economics, and spent 2 years in the finance industry, before joining Will & Legacy. Johann has been estate planner for 7 years, using the instruments of Will & Trust to determine a lasting legacy for the next generation. His consults are diagnostic in nature, customizing a solution based on a client's circumstance and position in life. He also assists families in the time of need when a loved one passes away by assisting them in the probate process. Johann frequently conducts trainings and seminars for public and professionals to educate and equip them to craft a lasting legacy for themselves.



For enquiries, please email snr@orchidclub.com

Keep calm & do

VINYASA YOGA

Date: Every Wednesday
Time: 8am - 9am
Venue: Lifestyle Studio

Price:
 \$150 (OCC/ACC Member)
 \$160 (NTUC Member)
 \$180 (Guest)

A popular style of yoga that inculcates proper breathing and poses to help relieve anxiety and stress, detoxify your body, improve muscle tone, body posture and alignment, and increase flexibility, balance and strength. Classes are of progressive intensity to suit all fitness levels.



*Price are for 12 sessions per term and subject to prevailing GST. All classes are subject to changes by instructor.

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

HIIT30

A 30-minute high intensity interval training class that involves short and intense bursts of full body exercises, followed by short and active recovery periods. You will be challenged to gradually push your fitness level with emphasis on proper form and fundamentals. Benefits include weight loss, improved endurance, stamina and strength, and a higher metabolism rate!

	SESSIONS		
	1	4	8
OCC/ACC Member	\$25	\$80	\$120
NTUC Member	\$30	\$85	\$125
Guest	\$35	\$90	\$130

*Fees are subject to GST.

All classes are subject to changes by respective instructors.

EVERY THURSDAY
 7.30PM-8.00PM
 FUNCTIONAL TRAINING ZONE

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

RW 새로워 지다

Discover Wellness With Us



Our Signature

WORLD'S FIRST COLLAGEN MILK VITAMIN SHOWER FILTER



Benefits:

- ✓ Kill 99.9% bacteria
- ✓ Remove chlorine, rust & dust from your water
- ✓ Moisturize your skin & prevent hair loss
- ✓ Improve acne, dry skin and eczema issues
- ✓ Provide quality sleep

Additionally:

- ✓ Suitable for all skin & ages
- ✓ SGD Laboratory & FDA certified
- ✓ 100% natural & organic
- ✓ Lasts up to 2 months (depends on family size)
- ✓ Easy to fix (does not require any tool)
- ✓ Enjoyable shower experience with unique scents

Exclusive **30% OFF** online purchases
for OCC Members. Promo code: **OCC30**
Valid till 31 August 2020



www refreshwellness.com.sg
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Par Lounge PROMOTIONS JULY & AUGUST 2020

AUCHENTOSHAN THREEWOOD &
AUCHENTOSHAN 12 YRS

\$298⁺⁺ (U.P. \$398⁺⁺)

GLENDRONACH THE HIELAN' 8 YRS

\$148⁺⁺ per bottle (U.P. \$178⁺⁺)

\$248⁺⁺ for 2 bottles (U.P. \$356⁺⁺)

CARLSBERG DRAUGHT TOWER

\$58⁺⁺ (U.P. \$72⁺⁺)

Catch Live Band Performance every Thursday & Friday!

Every Thursday



Silver



Nelson

Every Friday



Sherraine



Lee

Promotions are subject to change due to the operating hours of Par Lounge in view of the COVID-19 situation.

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



Tiger Beer Can

PROMOTION

SPECIAL PRICE

\$35.00⁺ (8 cans)



PASSION
CAFE

@ Vanda Terrace
Open to Public

Terms & conditions :

Promotion Period: 1 July - 31 August 2020

All photos are meant for reference only.

No service charge. All prices are subject to 7% GST.

This promotion is not valid in tandem with any other discounts, promotions, special offers, festive items, vouchers, and/or coupons.

Passion Group reserves all rights of the final decision.

CELEBRATE PARENTS' DAY IN THE COMFORT OF YOUR HOME

1 Jul to 30 Sep 2020

PARENTS' DAY SPECIAL 双亲节

特别套餐外卖

Set Menus A to H for Home Delivery
from **\$228** nett for 6 pax onwards



SET MENU D **\$798** nett for 8pax **\$598** nett for 6pax

金鼎原盅佛跳墙 (鲍翅、六头鲍鱼、蹄筋、海参、花胶、干贝、花菇、老母鸡)
Ban Heng Famous Buddha Jump Over the Wall
(Superior Shark's Fin, Six Headed Abalone, Tendons, Sea Cucumber,
Fish Maw, Dried Scallop, Flower Mushroom, Chicken)

- | | |
|-----------|--|
| 当红烤全猪 | BBQ Whole Suckling Pig |
| 潮州蒸斗鲳鱼 | Steamed Pomfret in Teochew Style |
| XO鲜玉带扒西兰花 | Sautéed Fresh Scallop & Broccoli with XO Sauce |
| 白灼活虾 | Poached Live Prawns |
| 港式砂煲腊味饭 | Claypot Rice with Cured Wax Meat in Hong Kong Style |
| 脆炸猫山王榴莲卷 | Deep-fried Homemade Mao Shan Wang Durian Rolls |
| 金典四味芝士蛋糕 | Assorted French Cheesecake
(Oreo Cookie, Apple Crumble, Dark Chocolate, Classic Cheese) |

SUPER VALUE 外卖 BENTO SET

For Takeaway/Delivery
From **\$12.80** nett per pax
(min. 2-pax order)



- Choice of
- ✓ 2 Appetizers
 - ✓ 1 Meat or Seafood
 - ✓ 1 Vegetables or Tofu
 - ✓ 1 Main Course
 - ✓ 2 Desserts or Drinks

Free delivery for orders of \$68.00 nett and above, other terms and conditions kindly refer to Ban Heng's website. Above visuals are for illustration purposes only. Actual product may vary. Ban Heng reserved the rights to make any changes, including change in price, content, description, terms, etc. at any time without prior notice.



萬興酒樓

Ban Heng® @Orchid Country Club

1 Orchid Club Road #02-35 Social Club House Singapore 769162
Free Shuttle Bus to and from Yishun MRT (Bus Bay at Recreational Clubhouse, Level 1)

For Takeaway or Home Delivery

CALL: 6732 7888 / 6732 6623

Email: occ@banheng.com.sg

Online: www.banheng.com.sg



**The No. 1
Window Film
from Japan**

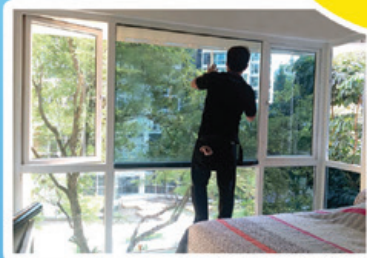
**Amazing
Heat
Rejection**

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WINDOW FILM
FOR RESIDENTIAL**

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**MORE THAN
95% IR
99% UV
REJECTION**



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JAPAN**

BENEFITS OF WINCOS WINDOW FILM

- Rejects up to 95% infrared and increases overall coolness
- Rejects up to 99% of the harmful UV rays, which can reduce the fading of the furniture
- Superb night view in the see-through glass with low visible light reflection
- Reduce hot spots and balance climate
- Lower air-conditioning and lighting bills for homes and office
- Increase privacy and reduces glares



KC Tints Solution

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Bouquets

Great Teamwork

Dear Bro Thomas,

Last Friday, with the great support of OCC staff, we have successfully concluded our Tripartite Retreat held at the Jade Foyer, OCC. We would like to specifically express our appreciation for:

- Sis Sheena Ooi, Senior Sales Manager - For seeing to every detail of our requirements
- Bro Dillion Ong, Relationship Manager - For the prompt response to the 'special' drink orders in the afternoon
- Sis Egna & Bro Sanjeev, Golf - For taking care of the golfers during the pre-dawn game
- Bro Osman & colleagues, Security Team - For looking out for our guests at the car park
- Sis Stephanie, Banquet Team - For being the most reassuring person of the day, with her favourite quote "别担心，一切包在我身上"
- Several behind-the-scene staff, Banquet Team - As we had our F&B line in the Foyer where there was discussion, we had requested that the staff replenish the PM tea break as quietly as possible. It turned out to be so quiet and smooth that I hardly noticed the movement and the food was already promptly set up.
- I'm not sure which team they belonged to, but during the day, we had to rearrange the chairs a few times and two strong men responded well to our call for help 😊
- Bro Tyrone, AV Team - For setting up the projectors according to our request, and also teaching us patiently on how to toggle between the projectors
- And many more who worked hard behind the scenes

We hope to have the chance to work with your staff in the future again. Thank you.

Best Regards
Florence Tee
IR (Tripartism)
NTUC

Professional Event Services

Dear Sheena, Kuma & Team,

We would like to express our heartfelt gratitude for the relentless help rendered throughout the process.

From our site visit to OCC, procurement of the dining service and bowling, Sheena was very helpful and patient in accommodating changes on my end, for which I am very grateful. As for the event day itself, the security staff were well prepared ahead of the event to receive the arrival of my VIP's vehicle. Floor manager, Kuma, was very attentive and prompt to my needs, i.e. event sequence and items, and seeing to the successful running of the event. The servers at the dinner were professional too. They were kind and friendly, and ensured that diners' needs were met. Lastly, the food was fabulous. I received numerous feedback praising the food quality and taste!

We had such a wonderful time, kudos to OCC team! Keep it up!

Ar. Lee Zhixiang
JTC Corporation

Service from the Heart

I came on 15 Mar, and after Juraida knew it was my birthday on the 16th, she gave me bowling vouchers, stay vouchers and a bottle of sparkling grape juice. She was very thoughtful and very smiley throughout the check-in. She portrayed service straight from the heart. Thumbs up to Juraida! 😊

Another staff I would like to compliment is Shu Peng. She was very efficient and courteous; I had a good memory of her. 😊 Great experience staying here.

Calista Tai
Guest

Dedicated Gym Staff

I must commend Mr. Akmal and his fantastic team, especially Miss. Erlyfia and Mr. Qudus. With my own eyes, I saw Mr. Akmal and Miss. Erlyfia wiping and cleaning every piece of equipment thoroughly, from top to bottom, never missing a single spot.

I am really blessed to be working out in a gym so well taken care of, especially now, during this pandemic crisis. I feel so secure, confident and happy every time I visit the gym. I salute Mr. Akmal and his fantastic team.

Michael Ee
Member

CLUB DIRECTORY

GOLF

GOLF REGISTRATION COUNTER

7:00am - 7:00pm daily (Extended hours till 9:00pm when there is night golf)

TEE OFF 18-HOLE

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

TEE OFF 9-HOLE

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

CHANGING ROOM

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

DRIVING RANGE

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

DK DELIGHTS

(ARANDA HALFWAY HOUSE)
8:00am - 5:30pm (Daily)

FATELICIOUS SNACK HOUSE (DENDRO HALFWAY HOUSE)

8:00am - 5:30pm (Daily)

EAGLE 9 INTERNATIONAL

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

GOLF PERFORMANCE 360

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

PAN-WEST

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

PING

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

CORPORATE SALES/ EVENTS

☎ 6750 2166
✉ s&m@orchidclub.com

ROOM RESERVATIONS

☎ 6750 2100
✉ roomsales@orchidclub.com

MEMBERSHIP

☎ 6750 2123/2180
✉ membership@orchidclub.com

FOOD & BEVERAGE

BAN HENG @ OCC

Tel: 6732 7888/ 6623
Lunch: 11:30am - 3:00pm
(last order at 2:00pm)
Dinner: 6:00pm - 10:00pm
(last order at 9:00pm)

CAFE FATTYCASO

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

HIMAWARI JAPANESE RESTAURANT

Tel: 6834 3313
Lunch: 11:45am - 2:45pm
Dinner: 5:45pm - 10:00pm

MY LITTLE CAFÉ

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

NO. 3 CRAB DELICACY SEAFOOD RESTAURANT

Tel: 6327 2148
Lunch: 11:45am - 2:30pm
Dinner: 5:00pm - 10:00pm

PAR LOUNGE

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

PASSION CAFÉ @ VANDA TERRACE

Tel: 6970 8419
7:00am - 9:30pm (Daily)
*Last order at 8:45pm

ROYAL PALM @ OCC

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

SUBWAY

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

GOLF

☎ 6750 2111
✉ golfregistration@orchidclub.com

DRIVING RANGE OFFICE

☎ 6750 2198
✉ drivingrange@orchidclub.com

S&R RECREATION & SOCIAL ENQUIRIES

☎ 6750 2122 / 6750 2121
✉ snr@orchidclub.com

FACILITIES

ARANDA LOUNGE

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

ASIA GYMNASTICS & DANCE ACADEMY

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

AUDIOLINE

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

CHILDREN'S OUTDOOR PLAYGROUND

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

FUNPOOL & BUNKER POOL

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

FUTSAL COURTS

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

GYMNASIUM

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

HEALING TOUCH - MASSAGE AND SPA

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

HEGURU ORCHID COUNTRY CLUB (OCC) CENTRE

Tel: 6659 1449/ 6592 7074
Closed on Mondays & Tuesdays
10:00am - 6:00pm (Wed - Sun)

JACKPOT

Tel: 6750 2193
10:00am - 11:00pm (Daily)

LITTLE SKOOL-HOUSE

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

MAHJONG ROOMS

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

MUSIC FOR YOUNG CHILDREN SINGAPORE

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

OLYMPIC POOL

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

ORCHID BOWL

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

ORCHID GOLF & RESORT HOTEL

24 hours

PLAY FIT @ OCC

Tel: 8522 7386
11:00am - 9:00pm (Daily)

POP INSTITUTE

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

READING/TV CORNER

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

TENNIS COURT

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

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