

Meet The New Team Social & Recreation



(1st row) Senior Fitness Instructor, Akmal Syafiq; Assistant Fitness Instructor, Anthony Klyne. (Standing, 2nd row) S&R Assistant, Amreteam; S&R Facilitator, Sharon Ong; S&R Administrator, Lur Xin Hui; S&R Executive, Ong Shi Hua;

S&R / F&B Executive, Reyes Arlyn; Head of Social & Recreation / Food & Beverage, Cristo Fong. (Standing, 3rd row) S&R Ops Supervisor, Chia Teng Nang; S&R Executive, Candy Toh; S&R Waitress, Wang Qiao Zhen; S&R Assistant, Lily Lee.

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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 (Weekday mornings) 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) 12:00pm to 11:00pm (Mon)

(ARANDA HALFWAY HOUSE)

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

FATELICIOUS SNACK HOUSE

FATELICIOUS SNACK HOUSE (DENDRO HALFWAY HOUSE)

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

GOLF PERFORMANCE 360

1:00pm to 9:00pm (Mon) 8:00am to 9:00pm (Tue to Fri) 8:00am to 7:00pm (Weekends & 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 (Weekends & PH)



social@orchidclub.con

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purchasing@orchidclub.com



F&B **▲**

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 12:00 midnight (Sun to Fri) 2:00pm to 1:00am (Sat)

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)

PEACH GARDEN @ THE GREEN

Tel: 6754 3313 Closed on Mondays 4:00pm to 10:30pm (Tue to Fri) 11:00am to 10:30pm (Sat, Sun & PH)

ROYALE CAFÉ

Closed on Mondays 10:00am to 7:00pm (Tue to Fri) 9:00am to 8:00pm (Sat & Sun)

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

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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 & Eve 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 (Mon to Fri) 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 & Eye of PH)

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24 hours

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PLAY FIT @ OCC

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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)



DEAR MEMBERS & FRIENDS.

Warm greetings from scenic Orchid!

This year has been an exciting year for us. It marks the 25th Anniversary of OCC and we commemorated this milestone with some memorable highlights.

We had the OCC 25th Anniversary Golf Friendly on Sunday, 14 October. The event received an overwhelming response with a good turnout of 190 golfers. We were honoured to have the Chairman of SLFLE, Mr. Lim Jit Poh, gracing the event. Mr. Lim, who was our Club President from 2008 to 2011, was very pleased to witness the Club's social objectives being achieved by the Committees and the Management. I would like to sincerely thank all the members who have supported and participated in this milestone event. Read more about it on Pg 12 and 13.

We are always keeping a very close ear to the hearts of our members, and we understand that as we reach each milestone of our lives, our desires and ways of seeking recreation and enjoyment in life change. Some of these members who are retiring or have already retired, will be looking at activities that are not as physically taxing. In order to rejuvenate the membership and help the group of founding-pioneer members transfer their memberships, we reduced transfer fees for the various Individual Membership categories in July this year. This move is specially for members who do not have immediate family members who are keen to take over the membership. The reduction in transfer fees will help enable these members to get a decent residual amount from the transfer of membership.

The recent closure of JCC and RCC saw many golfers looking for a new home club, and the reduction of transfer fees was timely to help those who wish to transfer their membership. For the past few months, we are seeing not only familiar faces at our golfing, social and sports activities, but also many new faces too! Do say 'Hi' and give our new members a warm welcome to OCC!

On the golfing front, we are always committed to maintaining our golf courses in tip-top condition for members. We have recently embarked on another greens hollow-tining exercise with smaller tine size in mid-October, to level off the unevenness that was caused by the more aggressive hollow-tining exercise in June. The greens were also rolled and lightly topdressed to smoothen the putting surface and promote matting. The practice chipping green and putting green near Aranda Hole 9 green were also temporarily closed to facilitate the re-surfacing and growing-in of new green turf species, and will reopen at the end of November. The greens were re-surfaced with new green turf species, which are Trinity Zoysia and Primo Zoysia, as a selection trial for the new greens if they are proven suitable. In November, members will be able to try out the new greens for themselves and please let us know your feedback.

The Club is focusing on future plans for the golf courses, especially with the increase in recent tee times due to the closure of JCC and RCC, and Seletar Country Club and TMCC, Garden course, undergoing renovation. The Greens Committee is aware of this and are paying attention to the aesthetics and playability of our golf courses. We will be looking into enhancing and improving our golf courses as soon as possible, so that we can provide a longer period of enjoyment for our golfing members. I am pleased to share that the Greens Committee, together with the General Committee, will be evaluating the plan to upgrade the golf course. The Committees will look into various play areas and prioritise based on the importance of play components such as greens and green complexes, safety of play, bunkers, irrigation system, weeds eradication on tee boxes, fairways and immediate rough. Members need not worry as the upgrading will be done on nine holes at a time, leaving 18 holes for members' play.

This year, we have also wrapped up a few upgrading initiatives to improve our Club facilities. We have completed Phase 1 of the club-wide restroom upgrading project and we are into Phase 2, targeting to complete by end of the year. The renovation work done for the Golf Registration Counter was completed in June; the roof replacement and improvement work done at the walkway along the Gym at the Recreation Clubhouse was completed in August; and the Driving Range balls were replaced with brand new white balls in June for a better practice experience.

In September, the Club welcomed a new tenant at the Driving Range – Golf Performance 360, a golf academy that aims to promote golf, build on and increase the junior golfers' fraternity, provide comprehensive one-on-one coaching as well as provide state of the art golfing equipment to help improve your golfing techniques. This new addition will definitely improve the retail and tenancy mix at the Driving Range, thereby giving members more variety and choices. Another highlight at the Driving Range is the upcoming Range Carnival on Saturday and Sunday, 3 and 4 November. We have more than 30 retailers and the full day event promises lots of fun and excitement with Novelty Challenges, Golf Performance 360 Pro Demo, golf equipment and apparel bazaar, and many more! For the younger participants, we have rainbow and chopstick calligraphy and dragon beard candy to keep them entertained.

We are also pleased to introduce our newly appointed swim school, SpeediSwim Aquatic Centre, which started with us in October this year. Check out their swimming programmes suitable for students of all ages. The Club's continuous move in optimising the tenancy mix is our commitment to members and guests in making the Club environment more dynamic and vibrant.

As you are clearly aware, OCC is the venue of choice for weddings, birthdays, corporate meetings, seminars and D&D. We have a 75-room hotel to support team building programmes, the Grand Ballroom that can accommodate up to 1500 guests, and 817 parking lots as well as the to-and-fro free shuttle service from the Club to Yishun MRT station to support all functions and events. If you have friends and families who are looking for an event venue to celebrate special occasions, do give our Sales & Marketing colleagues a call!

How time flies! Christmas is just around the corner; get together with your family and friends for the annual Christmas Light-Up at Vanda Terrace at 6pm on Saturday, 10 November 2018. Sing along with the carolers and meet Santa! For those who enjoy ballroom dancing, come dressed in your best sparkling and swanky attire, and join us for an epic "Diamond Night" Countdown Party on Monday, 31 December 2018, to close the year with a big bang!

I would like to take this opportunity to thank all members for your staunch support for the past 25 years and we look forward to having all of you continuing this wonderful journey with us.

On behalf of our Proprietor - SLFLE, General Committee, Executive Committee, Sub-Committees, the Management and staff, I wish you and your loved ones a very Merry Christmas and a Happy New Year! May 2019 be a year filled with joy, peace and blessings!

Warmest Regards, RICHARD FOO General Manager

WARM WELCOME

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

We are delighted to e.

Mr Ang Choon Kiat

Mr Ang Poh Hock

Mr Baumgartner Xaver

Mr Chang Tzu Haw

Mr Chew Yang Heng

Mr Chong Chin Sian

Mr Choo Wei Ping, Winston

Mr Chow Kah Ming

Mr Chua Wui Lik

Mr Chung Shih Dah@

Chung Stanley

Mr Goh Heng Kiat

Mr Guo Yi
Mr Heng Yew Hiong
Mr Hou Wey Fook
Mr Huber Ernst
Mr Josef Johann Zimlich
Mr Kenneth Ong Wee Meng
Mr Kevin Marshall Jose
Mr Kirk Hock Hwee
Mr Krishna S/O Veerappen
Mr Lee Fui Howe
Mr Lee Jianping

Mr Leow Peng Liam
Mr Lim Hon Hoi
Mr Lim Kiang Soon
Mr Lim Kim Moh
Mr Long Boon Guan
Mr Low Tow Ling
Mr Ng Ah Huat
Mr Ng Song Cheng
Mr Nijenhuis Marco
Mr Oh Hwa Young
Mr Ong Kok Leng Mark

Mr Ong Teek Chay
Mr Patrick Donze
Mr Png Tek San
Mr Poh Leong Ching
Mr Prashanth Venkatesh
Mdm Rusuanti Tewira
Mr Seah Yi Fong
Mr Sua Kim Yang
Mr Tan Keng Boon
Ms Tan Si Yong

Mr Tan Song Mong
Mr Tay Teck Chye
Mr Teo Ping Yi Norman
Mr Thiang Cheong Sheng
Mdm Tin Wen Jye
Mr Wong Lian Foo
Mr Wong Ping Fai
Mr Xue Shengnian
Mr Yeo Bone Seng
Mr Yeo Eng Mong
Mr Yong Kah Teck

FOND FAREWELL

Meanwhile, we wish our former members all the best in their future endeavours and we look forward to serving them again.

Ms Chan Yuen Leng
Mr Chen Hongwei
Mr Chen Zhi
Mr Chew Lin Ho
Mr Ching Chew Foon
Mdm Chng Lay Beng
Mr Choocheep Udomchai
Mr Chuang Lee Jen
Mr Chui Chit Chong
Mr Chui Tien Howe
Mr Gomez Lionel John

Mdm Han Jok Kin Michele
Mr Hoo Yew Gee
Ms Jamie Michael
Mr Kang Beng Seng
Mdm Kiew Moi Chai
Dr Kwok Weng Fai
Mr Lau Choon Hoong
Mr Lau Kok Hoon
Mr Lee Boon Heng
Mr Lee Kian Wee
Mr Lee Michael Yun Henn

Mr Lee Ming Kit
Mdm Lee Poh See
Mr Liew Wing Kong
Mr Lim Chin Peng Edwin
Mr Lim Teck Hui
Mr Lin Ching Feng
Mr Liu Shiow Kwong
Mr Lu King Seng
Mr Ng Chin Seng
Mr Ng Lam Hwa
Mr Ng Thye Wah

Mr Sai Kyaw Shwe
Mr Sanjeev Agarwal
Mr Seah Chong Teck
Ms See Ai Wah
Mr Tan Guan Leong
Mr Tan Lai Seng
Mr Tan Teck Wei
Mr Tay Sian Teck Eric
Mr Teng Chee Hian
Mr Ting Sa Tee@Tong See Kok
Mr Toh Chew Chai

Mr Toh Kai Sheng
Mr Wang Feng Guang
Mr Wang Hannian
Mr Warren Fernandez
Mr Wong Hot Yong
Mr Wu Kar Choi
Mdm Yeo Kwee Eng
Mdm Zhou Ronggin



Newly Renovated Restrooms at Golf Clubhouse

From 3 September to 12 October 2018, major renovations were carried out at the restrooms next to Vanda Terrace (Golf Clubhouse Level 1) as part of our facility renewal programme to serve you better. We would like to take this time to thank you for your patience during the upgrading period.

BEFORE





AFTER





Meanwhile, renovation works for the restrooms at Golf Clubhouse Level 2 (next to the Conference Room) are expected to be completed by end-November 2018. Next in line will be the restrooms at the Male, Female and VIP Golf Changing Rooms, which are scheduled to commence from November to end-December 2018. Stay tuned as we keep you updated!





OCC PRESIDENT'S CUP 2018

Sunday, 26 August 2018

It was a day full of vim and vigour as 190 golfers teed off for a friendly tournament during the annual OCC President's Cup. An exciting golf game was played at the Dendro, Vanda and Aranda courses in a display of great sportsmanship and solidarity.

Golfers then adjourned to the Sapphire Suite to enjoy a Chinese sit-down dinner. Topping off the experience of a day well-spent, was a live band performance.

A big 'thank you' to everyone for your enthusiastic participation and we look forward to seeing you again next year!



(Left to right) Club President, Chong Kee Hiong; Principal Advisor for MOM, Ong Yen Her; Club VP & Captain, Yeo Khee Leng; Secretary-General Emeritus of SMMWU, John De Payva.







Ready to tee off in high spirits!



From left to right -

(1st row) Secretary-General Emeritus of SMMWU, John De Payva; Principal Advisor for MOM, Ong Yen Her; Club President, Chong Kee Hiong; Club VP & Captain, Yeo Khee Leng; and Greens Committee Member,

(2nd row) Advisor for SISEU, Lim Kuang Beng; GC Member, Lim Eng Lee; GC Member, Chua Bor Jern; GC Member, Eileen Yeo; and EXCO Member, Stewart Ang.







Club President, Chong Kee Hiong (right) with Overall Champion, Jason Ng (left).



Club VP & Captain, Yeo Khee Leng (right) with Winner of Men's Division, Milaad Rasoul Madadi (left).



Winner of Ladies' Division, Ng Soo Kum (left).



Enjoying a light-hearted dinner and toasting to a game well played.

CLUB CAPTAIN SLLADY CAPTAIN'S CUP 2018 Sunday, 23 September 2018



One hundred and twelve golfers teed off with gusto at the Vanda and Aranda courses for the annual OCC Captain & Lady Captain's Cup tournament on a day blessed with good sunshine. After a well-played game, a Chinese sit-down dinner ensued at the Sapphire Suite, where golfers were served a delectable variety of courses. The live band also warmed up

the atmosphere as golfers sang along to golden oldies. Congratulations to all winners and a big "thank you" to all for the great support!



Golfers all set for a fun game!



From left to right –
(1st row) Mr. Goh and Lady Captain, Mrs. Maureen Goh;
Club VP & Captain, Yeo Khee Leng; and Vice-Captain, Ted Wong.
(2nd row) EXCO Member, Stewart Ang; Greens Committee
Member, Emmanuel Lem; and GC Member, Eileen Yeo.



Club VP & Captain, Yeo Khee Leng (left) with Men's Division Overall Best Gross & Champion, Amit Gulati (right).



Lady Captain, Maureen Goh (left) with Ladies' Division Overall Best Gross & Champion, Oh Chew Khoon (right).







A hearty dinner to end the night!

Oktoberfest Golf Challenge & Dinner

Saturday, 6 October 2018

The annual Oktoberfest at OCC started with a Golf Challenge where 82 golfers teed off in zest and gusto at the Dendro and Vanda courses. After an exciting golf game that included special novelty events, the golfers were all ready to immerse themselves in a night of food, beer and games.





Excited golfers before the game starts.





What's Oktoberfest without some "beer" on the golf course?





Trying out the alphorn.



The classic arm-wrestling competition!

Golfers, social members and guests revelled in fun and laughter with family and friends as they celebrated all things German, while enjoying European country music by live band Swiss Alpine Lions, refreshing beer and a spread of hearty fare.

The line-up of stage games such as sausage eating competition and arm wrestling got the participants into the festive mood. The night ended on an all-high with the lively prize presentation!



Participants showing their prowess as they took swigs of beer in the beer





Cheers to building strong camaraderie and breaking barriers over drinks.



Special thanks to the sponsors of the night!



Lady Captain, Maureen Goh (left), with winner of the Oktoberfest Golf Challenge, Jeffrey Wong (right).



Head of S&R/F&B, Cristo Fong (left), with the Lucky Draw 1st Prize Winner, Goh Lam Kiong (right).

EBRATIONS



Friendly was specially organised to foster bonding among long-time and new members. One hundred and ninety avid golfers teed-off with zest at the Dendro, Vanda and Aranda courses after a piping hot lunch at the Emerald Suite.





Golf courses teeming with energy and life as ecstatic golfers teed off.





Everyone having a blast at the dinner!

After an exhilarating day of golf, all participants enjoyed a Chinese sit-down dinner at the Sapphire Suite whilst basking in live music and reminiscing old memories that brought back a sense of nostalgia. The highlight of the night was a special cake-cutting session to mark the Club's 25-year journey. The Club was honoured to have Chairman of SLFLE, Mr. Lim Jit Poh, gracing this historic and momentous event, and we are thankful for the support given to us thus far. Here's to many more milestones ahead!



Chairman of SLFLE, Lim Jit Poh (centre), with the Tournament Winners, Father & Son Team, Daryl Low (left) and Low Niap Han (right).



Cheers to our new members from RCC!



(Seated) Managing Director of TEHC International, Dick Toh; Club VP & Captain, Yeo Khee Leng; Chairman of SLFLE, Lim Jit Poh; Director of SLFLE, Lee Suan Hiang. (Standing) Vice-Captain, Ted Wong; Greens Committee Member, Emmanuel Lem; GC Member, Eileen Yeo; Lady Captain, Maureen Goh, GC Member, Lim Eng Lee.



1st Runner-Up, Joseph Samy (left) and Masilamany J. (right).



Lucky Draw 1st Prize Winner, Lim Yak Chiau (right).

SEPTEMBER 2018 MONTHLY MEDAL RESULTS

Trophy presented by Head of Golf, Dennis Ee STROKEPLAY (8 SEPTEMBER 2018)



MR. DARYL LOW



MR. JOSEPH SAMY



MR. THIA KAI LENG PAUL



MS. JACQUELINE LIM



MS. TAN YNG JIA

WINNER

RESULTS FOR MEN'S 'A' DIVISION (H'CAP 11.4 & BELOW)				
BEST GROSS	MR. DARYL LOW	(0.8)	79 GROSS	
WINNER	MR. PHUAH CHENG KUEI	(10.7)	69 NETT	
RUNNER UP	MR. MASILAMANY J	(9.1)	71 NETT OCE	
BALLSWEEP (1ST NINE)				
WINNER	MR. AMIT GULATI	(9.0)	33 NETT	
BALLSWEEP (2 ND NINE)				
WINNER	MR. MASILAMANY J	(9.1)	33 NETT	

RESULTS FOR MEN'S 'B' DIVISION	/H/CAP 11 5 _ 14 N\
KESCEIS I OK MILINS D DIVISION	(11 CAL 11.5 - 10.0)

BEST GROSS	MR. JOSEPH SAMY	(14.4)	82 GROSS
WINNER	MR. LEE CHEONG PHENG	(15.9)	70 NETT OCB
RUNNER UP	MR. K SREERANGAN	(12.2)	70 NETT OCB
BALLSWEEP (1ST NINE)			
WINNER	MR. TOH CHYE SOON	(11.8)	31 NETT
BALLSWEEP (2ND NINE)			

(14.4) 29 NETT

MR. JOSEPH SAMY

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

BEST GROSS	MR. THIA KAI LENG PAUL	(17.0)	77 GROSS
WINNER	MR. CHAN KIM HOONG	(16.1)	65 NETT
RUNNER UP	MR. ABDUL KARIM RAZAK	(17.2)	67 NETT
BALLSWEEP (1 ST NINE)			
WINNER	MR. NG LEE HUAT	(22.3)	30 NETT
BALLSWEEP (2 ND NINE)			
WINNER	MR. THIA KAI LENG PAUL	(17.0)	27 NETT

DECLUTE EA		AD 40 4 0 DELOWA
I RESULIS FU	R LADIES' 'A' DIVISION (H'C	AP 18.4 & BELUWI

BEST GROSS	MS. JACQUELINE LIM	(11.8)	82 GROSS
WINNER	MS. MARGARET YEOW	(17.6)	71 NETT
RUNNER UP	MS. NG SOO KUM	(8.9)	73 NETT
BALLSWEEP (1 ST NINE)			
WINNER	MS. JACQUELINE LIM	(11.8)	32 NETT
BALLSWEEP (2 ND NINE)			
JOINT WINNERS	MS. NG SOO KUM	(8.9)	35 NETT
	MS. MARGARET YEOW	(17.6)	35 NETT

RESULTS FOR LADIES' 'B' DIVISION (H'CAP 18.5 - 36.9)

RESOLIST OR EXPLES	D D11101011 (11 07 11 1010 0017)	
BEST GROSS	MS. TAN YNG JIA	(26.0) 94 GROSS
WINNER	MS. STELLA LIM	(21.8) 72 NETT
RUNNER UP	MS. JUDY CHO YONG KUM	(21.7) 74 NETT
BALLSWEEP (1 ST NINE)		
WINNER	MS. TAN YNG JIA	(26.0) 33 NETT
BALLSWEEP (2ND NINE)		
WINNER	MS TAN YNG IIA	(26.0) 31 NETT

OCTOBER 2018 MONTHLY MEDAL RESULTS

Trophy presented by Lady Captain, Maureen Goh STROKEPLAY (13 OCTOBER 2018)



MR. DARYL LOW

ARANDA / VANDA			
RESULTS FOR MEN'S 'A'	DIVISION (H'CAP 11.4 & BELOW)		
BEST GROSS	MR. DARYL LOW	(1.7)	72 GROSS
WINNER	MR. MASILAMANY J	(8.6)	68 NETT
RUNNER UP	MR. FELIX WIGLEY	(8.4)	69 NETT
BALLSWEEP (1 ST NINE)			
WINNER	MR. DARYL LOW	(1.7)	34 NETT
BALLSWEEP (2 ND NINE)			
JOINT WINNERS	MR. FELIX WIGLEY	(8.4)	33 NETT
	MR. MASILAMANY J	(8.6)	33 NETT



MR. XUE SHENG NIAN

RESULTS FOR MEN'S 'B'	DIVISION (H'CAP 11.5 - 16.0)	
BEST GROSS	MR. XUE SHENG NIAN	83 GROSS
WINNER	MR. CHEN MING	68 NETT OCB
RUNNER UP	MR. ANG CHENG YONG	68 NETT
BALLSWEEP (1 ST NINE)		
JOINT WINNERS	MR. ANG CHENG YONG	32 NETT
	MR. CHEN MING	32 NETT
BALLSWEEP (2 ND NINE)	The state of the s	
WINNER	MR. XUE SHENG NIAN	28 NETT



MR. SIM BENG KIAT DENNIS

RESULTS FOR MEN'S 'C'	DIVISION (H'CAP 16.1 - 24.9)		
BEST GROSS	MR. SIM BENG KIAT DENNIS	(17.1)	88 GROSS
WINNER	MR. LENG AH LEONG	(17.9)	72 NETT OCB
RUNNER UP	MR. P NARENTHIREN		72 NETT OCB
BALLSWEEP (1ST NINE)			
WINNER	MR. YEOW SEE ONN		33 NETT
BALLSWEEP (2 ND NINE)			
JOINT WINNERS	MR. LENG AH LEONG	(17.9)	34 NETT
	MR. WONG KUAN KONG		34 NETT
	MR. SIM BENG KIAT DENNIS	(17.1)	34 NETT



Ms. Jean Chan was not present for prize presentation

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RESULTS FOR LADIES' D	IVISION (H'CAP 36.9 & BELOW)		
BEST GROSS	MS. JEAN CHAN	(9.7)	87 GROSS
WINNER	MS. OH CHEW KHOON		74 NETT OCB
RUNNER UP	MS. JUDY CHO YONG KUM	(19.9)	74 NETT
BALLSWEEP (1 ST NINE)			
WINNER	MS. JEAN CHAN	(9.7)	35 NETT
BALLSWEEP (2 ND NINE)			
WINNER	MS. OH CHEW KHOON		36 NETT

SGA Inter-Club League 2018

The Singapore Golf Association Inter-Club League 2018 commenced on Sunday, 25 March 2018, with Team OCC playing its first game against Seletar Country Club at Warren Golf & Country Club. With strong teamwork and good rapport, the team made good progress in the League this year, with the Ladies' Division winning the Overall Runner-Up position!



(Seated) OCC VP & Captain, Yeo Khee Leng; President of SGA, Ross Tan; Chairman of SGA, Khoo Boon Hui; President of Warren Golf & Country Club, Charles Teo; Vice President of SGA, Lyn Sen.

(Standing) Captain of Keppel Club, Kong Choong Soon; Captain of NSRCC, Tan Kah Han; Captain of Sembawang Country Club, Timothy Yap; GM of Sentosa Golf Club, Andy Johnston; Member of SGA Executive Board, Tan Chong Huat;

Director of Golf Operations at Laguna National Golf & Country Club, Mark Bates.





The ladies receiving the Overall Runner-Up prize from Vice President of SGA, Lyn Sen (lady in jacket). (Top, left to right) Affiliate Members, Iveta Henderson, Rachel Annabelle Maswi and Angel Lim. (Bottom, left to right) OCC Members, Ng Soo Kum and Judy Quek; Affiliate Members, Risa Leong, Maria Teo and Au-Yeung Almaz.

OCC-U Golf 9-Hole **Night Series**

15 SEPTEMBER 2018 | VANDA **STABLEFORD**

RESULTS FOR MEN'S DIVISION

MR. MARCUS WONG XIU REN	26 POINTS OCB
MR. JONATHAN THONG	26 POINTS
MR. TED CLEMENT	24 POINTS
	MR. JONATHAN THONG

RESULTS FOR LADIES' DIVISION

WINNER	MS. MELISSA SIM JINGYI	24 POINTS
1 ST RUNNER UP	MS. NG LEE PENG	18 POINTS
2ND PLININER LIP	MC DETNIA MALA CLIDDIALI	17 POINTS









- (1) Senior Manager of U Sports, NTUC Club, Mr. Eric Lee (left) with Winner of the Men's Division, Mr. Marcus Wong (right).
- (2) 1st Runner Up of the Men's Division, Mr. Jonathan Thong
- (3) Winner of the Ladies' Division, Ms. Melissa Sim (right).
- (4) 1st Runner Up of the Ladies' Division, Ms. Ng Lee Peng (right).

"Hinge and Hold" for more consistent shots around the green





1. Set up with your weight favouring your lead leg, i.e. left leg for right-handed players and vice versa. Do a quick check to make sure that your head is facing more towards your lead knee, keeping your eyes on the front of the ball.





2. Your backswing will determine the length of your shot. The greater the distance you want to achieve in your shot, the further you will need to swing the club back.





3. Through the hitting area, don't allow the clubhead to overtake the hands. A quick check is that the clubhead will finish closer to the ground than your hands.

Follow the tips above to achieve better and more consistent contact!



Article contributed by our new tenant, Golf Performance 360 @ OCC Driving Range

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

For more information, contact them at 6481 0398 / 9137 1336.

OCC CHRISTMAS & GOLF 2018

SUNDAY 16 DECEMBER 2018 | 1.30PM SHOTGUN

Format : Double Peoria (Stableford)
Divisions : Men's Division (HI 24.9 & below)

Ladies' Division (HI 36.9 & below)

Eligibility : Gold, Silver and Corp Union / Affiliate Members

Entrance Fee : \$30

Green Fee : \$70 (Silver Member)

\$80 (Corp Union & Affiliate Member)

Buggy Fee : \$25

Registration Opens: Thursday, 15 November 2018
Closing Date: Thursday, 6 December 2018

All fees are subject to prevailing GST and include dinner (free flow of beer during dinner). Terms & Conditions apply.

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

Christmas Lucky Draw @ OCC Driving Range

1 November to 31 December 2018

With every OCC Range card top-up of \$30 during this festive season, OCC members will receive two lucky draw coupons while non-members will receive one lucky draw coupon.

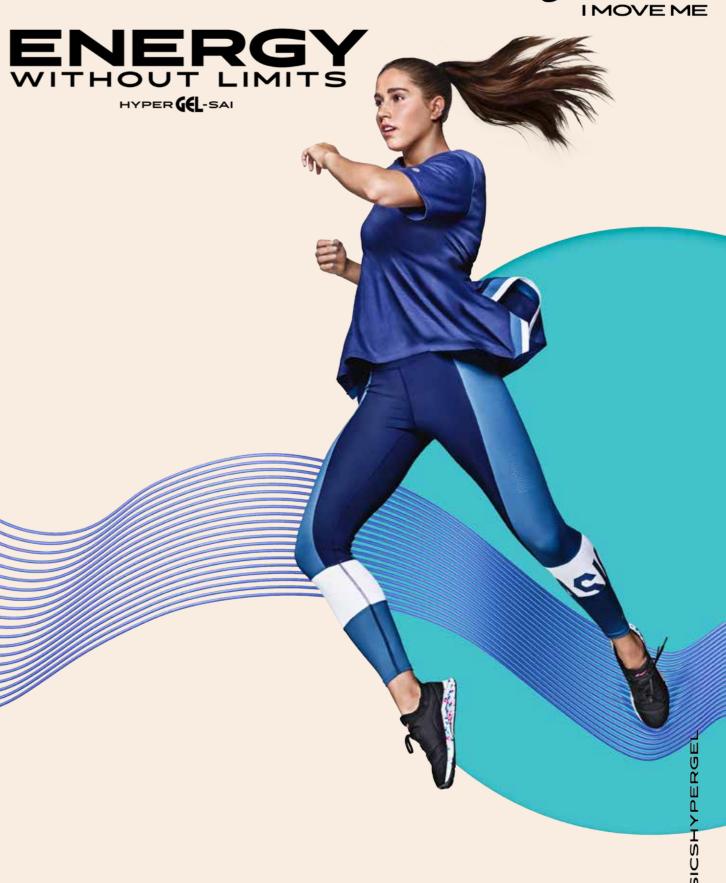
Stand to win attractive prizes such as golf equipment, putters, golf bags and more!

Terms & Conditions apply.

DOUBLE
CHANCE OF
WINNING
FOR OCC
MEMBERS!

For enquiries, please call Driving Range at 6750 2198





Sun

Cardio Combat

Pilates

Taijiquan

Kickboxing

Scuba Diving

Cardio Combat

Karate

9

Pilates

Taijiquan

Kickboxing

Scuba Diving

Karate

Key Events for November:

- Range Carnival (Saturday & Sunday, 3 & 4 November)
- Christmas Light-up (Saturday, 10 November)
- Monthly Medal (Saturday, 10 November)
- 26th Super Sprint Series (Saturday, 10 November)
- Bowling Monthly Medal (Saturday, 17 November)

NOVEMBER

Sat

Key Events for December:

- Monthly Medal (Saturday, 8 December)
- OCC Christmas Bowl (Saturday, 8 December)
- OCC Christmas Golf (Sunday, 16 December)
- Year-end Countdown Party (Monday, 31 December)

Tue



Sat

Dance Practice

Yoga

SIG - OCC Black 8

SIG - OCC Bowling

Aikido (Adults & Kids

Functional Training

OCC-U Golf 9-hole

OCC Social Saturday

OCC Christmas Bow

Social Dance Night

SIG - OCC Black 8

Aikido (Adults & Kids)

Functional Training

Scuba Diving

Scuba Diving

Mon Legend:

- School Holiday

*(CGE) - Corporate Golf **Events**



Zumba Fitness Cardio Combat

Thu

Social Dance

Fri

Scuba Diving OCC-U Golf 9-hole

Night Series

Pilates Cardio Combat Taijiquan

Sun

Kickboxing

Bulls

Pilates

13

Bulls

Pilates

*CGE

20

Bulls

Pilates

Health Talk

SIG - Orchid

Judo (Kids)

Scuba Diving

SIG - Orchid

Judo (Kids)

Scuba Divina

Scuba Diving

Sim Han Hoon Dance Class *CGE

Sim Han Hoon

Dance Class

*CGE

19

SIG – Orchid

Sim Han Hoon Dance Class Functional Training Zumba Gold Zumba Fitness

14

Bulls

Sim Han Hoon

Dance Class

SIG - Orchid

Functional

Zumba Gold

Zumba Fitness

Sim Han Hoon

Dance Class

Zumba Gold

Zumba Fitness

Functional

Training

Training

21

Rummy-O Karaoke Night Zumba Fitness Cardio Combat

15

Sim Han Hoon

Karaoke Night

Zumba Fitness

Cardio Combat

22

Sim Han Hoon

Karaoke Night

Zumba Fitness

Cardio Combat

SIG - Orchid Bulls

Dance Class

SIG - Orchid Bulls

Dance Class

9

Social Dance Night Taekwondo Taijiquan Kickboxing

16

Dance

Practice Night

Taekwondo

Kickboxina

Taijiquan

*CGE

23

Night

Social Dance

Taekwondo

Kickboxing

Taijiquan

*CGE

Christmas Light-up 26th Super Sprint Series Social Dance Night SIG – OCC Black 8 Aikido (Adults & Kids) Functional Training Scuba Diving

Bowling Monthly Medal

OCC Social Saturday

Line Dancing Night

SIG – OCC Black 8

SIG - OCC Bowling

Aikido (Adults & Kids)

Functional Training

Play Championship

Social Dance Night

SIG – OCC Black 8

SIG - OCC Bowling

(Adults & Kids)

Scuba Diving

Functional Training

Scuba Diving

24

Yoga

Aikido

Karate 1st Round Club Match Play Championship

Pilates

Cardio Combat Taijiquan Kickboxing Scuba Diving

18 Pilates Cardio Combat Taijiquan

Karate Kickboxing Scuba Diving Final Round Club Match Play

Championship

Cardio Combat

25

Pilates

Taijiquan

Kickboxing

Scuba Diving

Karate

Sim Han Hoon Dance Class

18

Pilates

Pilates

SIG - Orchid Bulls Judo (Kids) Scuba Divina

Dance Class **Functional** Training Zumba Gold

Sim Han Hoon Dance Class SIG - Orchid Bulls Karaoke Night Zumba Fitness Cardio Combat

20

21 Dance Practice Night

Taekwondo Taijiquan Kickboxing

Social Dance Night

SIG – OCC Black 8 SIG - OCC Bowling Yoga Aikido (Adults & Kids) **Functional Training** Scuba Diving

Cardio Combat

26

Sim Han Hoon Dance Class

SIG - Orchid Bulls Judo (Kids) Scuba Diving **Pilates** *CGE

28

Sim Han Hoon Dance Class **Functional** Training Zumba Gold

Zumba Fitness

29

Sim Han Hoon Dance Class SIG - Orchid Bulls Karaoke Night Zumba Fitness Cardio Combat

30

Scratch-It-To-Win-It Night Social Dance Night Taekwondo Taijiquan Kickboxing



OCC Dance Bulls Sim Han Hoon Dance Class

SIG - Orchid Scuba Diving **Pilates**

26

Sim Han Hoon Dance Class Functional Training Zumba Gold Zumba Fitness

Sim Han Hoon Dance Class SIG - Orchid Bulls Karaoke Night Zumba Fitness Cardio Combat

28

Scratch-It-To-Win-It Night Social Dance Night Taekwondo Taijiquan Kickboxing

29

Social Dance Night SIG - OCC Black 8 SIG - OCC Bowling Yoga Aikido (Adults & Kids) Functional Training Scuba Diving

Pilates Cardio Combat Taijiquan Karate Kickboxing Scuba Diving



Night Taekwondo Taijiquan Kickboxing *CGE

3

Dance Practice Night SIG - OCC Black 8 SIG - OCC Bowling Aikido (Adults & Kids) Functional Training

Karate Scuba Diving

10

*CGE

17

Fiesta

Sim Han Hoon

Dance Class

Sim Han Hoon Dance Class *CGE

Mon

Sim Han Hoon

Dance Class

SIG - Orchid Bulls

Judo (Kids) Scuba Diving **Pilates**

Health Talk

Bulls

SIG - Orchid

Judo (Kids)

Scuba Diving

SIG - Orchid Bulls **Functional** Training Zumba Gold Zumba Fitness

Sim Han Hoon Dance Class

Sim Han Hoon

Dance Class

Zumba Gold

Zumba Fitness

Sim Han Hoon

Zumba Fitness

Functional

Training

19

5

Wed

6

Bulls

Karaoke Night Zumba Fitness Cardio Combat

Sim Han Hoon

Dance Class

SIG - Orchid

Thu

13 Rummy-O Karaoke Night Zumba Fitness

Cardio Combat

14 Social Dance Night

Social Dance

Taekwondo

Kickboxing

Taijiquan

Night

Fri

Taekwondo Taijiquan **Kickboxing** 15

Yoga

Line Dancing Night SIG - OCC Black 8 Yoga Aikido (Adults & Kids) **Functional Training**

Scuba Diving

0

Pilates

Cardio Combat Taijiguan Karate Kickboxing Scuba Diving

23 **Pilates**

> Taijiquan Karate

Kickboxing Scuba Diving

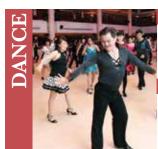
30



Sim Han Hoon

Dance Class

OCC SOCIAL & RECREATION WEEKLY PROGRAMMES



Lifestyle Studio

Aranda Lounge

Aranda Lounge Tue, 8:00pm to 10:00pm

Thu, 8:00pm to 10:00pm

Thu 12:00pm to 11:00pm

Aranda Lounge :30pm to 1:00am very Fri and Sat

Aranda Lounge 7:30pm to 1:00am 3 Nov & 16 Nov 1 Dec & 21 Dec



MARTIAL ARTS

Lifestyle Studio

Lifestyle Studio

Lifestyle Studio

Sun, 12:00pm to 1:00pm

Fri, 7:30pm to 9:00pm

Fri, 10:00am to 11:30am Sun, 9:00am to 10:30am

Aikido (Adults & Kids)

Lifestyle Studio Sat, 3:00pm to 4:15pm

Judo (Kids)

Lifestyle Studio Tue, 5:00pm to 6:00pm

Lifestyle Studio Fri, 12:00pm to 1:00pm Sun, 3:00pm to 4:00pm

Cardio Combat

Lifestyle Studio

Thu, 6:30pm to 7:30pm

Sun, 10:00am to 11:00am

10:30am to 12:00pm

1:30pm to 2:30pm

Aranda Lounge Mon, 8:00pm to 9:30pm Wed, 8:00pm to 9:30pm





Wed, 8:00pm to 9:00pm

Lifestyle Studio Wed, 7:00pm to 8:00pm Sat, 10:00am to 11:00am



Mahjong Rooms (Daily)

Lifestyle Studio

Wed, 7:00pm to 8:00pm

Sun - Thu, 12:00pm to 11:00pm Fri. Sat & Eve of PH. 12:00pm to 12:00mn



10:00am to 12:00pm 17 Nov & 8 Dec



Sports Hub 7:00pm to 10:00pm 30 Nov & 28 Dec



Aranda Lounge 8 Nov & 13 Dec



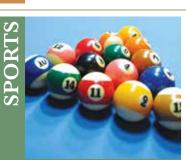


7:00pm to 9:30pm

Olympic Pool



Olympic Pool Tue, 7:30pm to 9:00pm Sat and Sun, 11:00am to 4:00pm



SIG – Black 8 (Pool)

Aranda Lounge/Sports Hub **OCC Black 8 Training** Sat, 3:00pm to 6:00pm

Bi-Monthly Cue Challenge Last Monday of Odd Months, 7:00pm onwards



Orchid Bowl Sat, 3:00pm to 6:00pm

Orchid Bowl

2nd Saturday of the Month (subject to change)



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)

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

NOTE: All information is correct at time of printing.

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



Sunday, 16 September 2018

Just before dawn, more than 300 participants briskly made their way to OCC in excitement for Urban Aquathlon, a two-stage race event that consists of swimming and running. A palpable spirit of friendly competition was felt among the adrenaline-driven athletes as they geared themselves for high-octane performances, personal best times and podium finishes.

First to kick-start the event at 8am was amputee athlete, Alim, who swam 400 metres before passing it over to double amputee, Boon, to complete the 3KM run on his prosthetic legs, as supporters cheered from the sidelines. Participants in the Junior and Novice categories swam 100 metres followed by a 1KM run, while those in the non-timed Inclusive category swam 50 metres and ran 500 metres – an event designed to cater to diverse abilities, and to strengthen inter-generational participation and promote inclusivity.

Athletes from all walks of life swam and ran hard that day, demonstrating their prowess and sheer determination. Kudos to all and congratulations to all the winners!



All eager to start the race!



Winners posing with prize presenter, Social & Recreation Committee Member, Susan Gan (standing, 3rd from left).





Amputee athletes, Alim (top left) and Boon (top right), joining forces for the Open and Masters categories.





Participants racing while families and friends







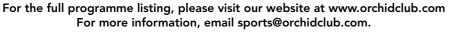














Nee Soon FUNtARTstic Fiesta 3Ten Run



Nee Soon GRC Grassroots organisers with OCC GM, Richard Foo (2nd row, 1st from right); ACC GM, Toh Poh Kuan (1st row, 3rd from right); and Head of S&R/F&B, Cristo Fong (1st row, 1st from right) during the event registration.



Saturday, 25 August 2018

This year's 4th edition of the Nee Soon FUNtARTstic Fiesta 3Ten Run held at OCC attracted more than 400 runners and their families. The event featured three categories: the 10KM Competitive Run, 5KM Fun Run, 1.5KM Family Run, and a night fiesta.

Jointly organised by OCC and the Nee Soon GRC Grassroots, the event created not only big run waves at the golf courses in OCC, it reached new heights with a more artistic focus this year. An array of exciting, family-inclusive art activities, such as light art installations and art jamming was lined up to promote bonding among participants and their families.

This year's event was graced by Nee Soon GRC Grassroots Advisers, Mr. K. Shanmugam (Minister for Home Affairs and Minister for Law), Assoc Prof Muhammad Faishal Ibrahim (Senior Parliamentary Secretary for Ministry of Social and Family Development & Ministry of Education) and Er. Dr. Lee Bee Wah (Member of Parliament for Nee Soon GRC). The advisers, together with Club VP & Captain, Mr. Yeo Khee Leng, and Social & Recreation Committee Member, Mrs. Susan Gan, flagged off the various race categories.

The night came alive as the event ended with a series of exhilarating highlights at the open field across OCC, including an outdoor movie screening of 'Zootopia', live band performance by The JumpStart, food trucks and carnival games!



A great evening run along the lush golf courses of OCC for participants and their families.









Mr. Nimesh Gurung (in green, top) and Ms. Anna Helowicz (in blue, bottom) receiving the trophy prizes from MP for Nee Soon GRC, Er. Dr. Lee Bee Wah (in red), for emerging first in the competitive 10km Men's and Women's categories respectively.

Saturday, 22 September 2018

The 25th Super Sprint Series attracted 244 swimming enthusiasts ranging from as young as six years old to 62 years old across 10 swimming schools and clubs. The Swim Challenge saw both young novice and experienced swimmers challenging themselves in four categories - 50m Butterfly, Backstroke, Breaststroke and Freestyle.

Held in conjunction with U Swim by U Sports, 86 swimmers from across 15 Unions and 5 Corporates also joined in the exciting challenge and competed in the 200m Breaststroke and Freestyle relay. There was immense excitement as supporters cheered energetically and everyone had a whale of a time!







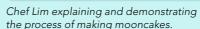


Social Saturday - Mid-Autumn Special Saturday, 8 September 2018

In line with Mid-Autumn Festival, September's Social Saturday was a special hands-on session where 22 members got the chance to learn how to make snowskin mooncakes. Chef Lim Her-Yi from Bud of

Joy conducted a live demonstration on mooncake making. Everyone was excited to try out making mooncakes from scratch. They brought home their tasty creations to delight family and friends. Nothing was sweeter than the rewarding experience of celebrating the festival and savouring their own hand-made mooncakes. A big 'thank you' to Chef Lim for sharing his recipe!





Chef Lim explaining and demonstrating Members trying their hand at making mooncakes.



Screening and Prevention of Digestive Cancer Talk

Tuesday, 18 September 2018

Twenty members joined in for an enriching talk at Aranda Lounge to find out the popular ways of screening for digestive cancers and learn how to prevent these cancers. Representatives from PanAsia Surgery, Dr. Melvin Look (Consultant Surgeon), Mr. Caleb Mok (Dietician) and Mr. Eng Keat (Pharmacist) imparted their rich knowledge generously. Everyone had a fruitful night with key takeaways from the talk about digestive cancers and the importance of proper nutrition.







Scratch-It-To-Win-It Night

Friday, 31 August & 28 September 2018

This August and September, 60 members took part in the Scratch-It-To-Win-It Night at the Sports Hub. While engaging in the OCC edition of "Bingo Night" games, participants also had their fill of refreshments. Everyone enjoyed themselves thoroughly in a night of laughter and fun, with many exultant members going home with their prizes. Congratulations to all winners and see you next month!







Members engrossed in the game.

Lucky draw 1st prize winner, Mr. Leslie Chong (left).

Rummy-O

Friday, 13 September & 11 October 2018

September and October Rummy-O saw an attendance of more than 30 members each at Aranda Lounge. After an appetising buffet, the members started their game of luck and strategy amidst the cheery atmosphere, where everyone racked their brains to decide the next tile to play. To keep things exciting, mystery prizes were given out to two lucky winners. The mystery prize was only announced at the end of the event, keeping everyone hyped up and in suspense throughout.









Congratulations to all winners!

24th Adult Inter-Club Bowling **Mixed League Victory Dinner**

Sunday, 7 October 2018

Strikes, spares and splits were observed with anticipation at the 24th Adult Inter-Club Bowling Mixed League, with matches among the eight Clubs held from April to October this year. In spite of the intense competition, our 16-member strong bowling team from OCC & ACC managed to finish off the 24 weeks long league with a total pinfall of 49,817. The league concluded with a Masters Event and Victory Dinner hosted by Chinese Swimming Club, where all bowlers celebrated over dinner, performances and prize presentation. Once again, well done to all bowlers!



Team OCC & ACC bowlers having a good time at the Victory Dinner.





For enquiries and registration, please contact Mr. Sim at 9671 7973. Alternatively, you can give a call to Aranda Lounge at 6750 2121.

Functional Training

Group circuit training programme that involves training the body for daily activities, with exercises such as pushups, squats and more. The fun calorie-burning workouts improve overall strength, mobility and endurance!

Day & Time: Every Wednesday, 7pm to 8pm

Every Saturday, 10am to 11am

Venue : Functional Training Area & Lifestyle Studio

Fee* : \$110 (OCC Member) \$120 (NTUC Member)

\$130 (Guest)

*Fees are for unlimited sessions per month, subject to GST

Cardio Combat

High energy martial arts inspired workout that is totally non-contact. Punch and kick your way to fitness, burning up to 740 calories in a class. Learn various martial arts moves to release stress and feel like a champ! No experience required.



Day & Time: Every Thursday, 6:30pm to 7:30pm

Every Sunday, 10am to 11am

: Lifestyle Studio Venue : \$100 (OCC Member) Fee*

\$105 (NTUC Member)

\$110 (Guest)

*Fees are for unlimited sessions per month, subject to GST

Zumba Fitness

Zumba involves dance and rhythmic aerobic movements that are performed to energetic music. With dance moves incorporating elements of hip-hop, soca, samba, salsa, merengue and mambo, this fun group programme is geared towards improving all elements of



Day & Time: Every Wednesday, 7pm to 8pm

Every Thursday, 7:30pm to 8:30pm

: Lifestyle Studio Venue : \$95 (OCC Member) Fee*

\$100 (NTUC Member)

\$105 (Guest)

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





Pilates

Benefits include: Increasing muscle tone and endurance, developing balance and coordination, improving posture and alignment, boosting core strength and stability, heightening body awareness, and relieving stress and back pain.

Day & Time: Every Tuesday, 7:30pm to 8:30pm

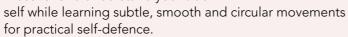
Every Sunday, 3:30pm to 4:30pm

Venue : Lifestyle Studio : \$100 (OCC Member) Fee* \$105 (NTUC Member)

\$110 (Guest)

*Fees are for unlimited sessions per month, subject to GST

Our Aikido classes are conducted by Aikido Shinju-Kai, officially recognised by Japan's Aikido World Headquarters. The art of Aikido helps to de-stress, improve health, and build confidence and character. Discover and understand your true



Day : Every Saturday

: 3pm to 4pm (Child), 3pm to 4:15pm (Adult) Time

: Lifestyle Studio Venue : \$150 (OCC Member) Fee* \$155 (NTUC Member)

\$165 (Guest)

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

Judo Kids (4-12 years old)

Japanese martial art that emphasises balance, movement and timing. Targeted at children aged 4 years and older, this programme aims to impart children with selfdefence techniques and instil self-discipline and respect for others.



Day & Time: Every Tuesday, 5pm to 6pm

: Lifestyle Studio Venue Fee* : \$80 (OCC Member) \$85 (NTUC Member)

\$90 (Guest)

*Fees are for 4 sessions per term, subject to GST

* All Classes are subject to changes by respective instructors.

STIFF BACK **DUE TO LONG HOURS OF** SITTING?

TRY THESE **MOBILIT** STRETCHES!

Global Extension



- Kneel on the mat and place both hands on bench or chair
- Sit hips back towards heels
- Slowly allow chest to sink towards floor
- Hold for 15-20 seconds, then reset and repeat for 2 sets



- Place hands on bench/chair and assume push-up position
- Step one foot forward next to bench/chair
- Toes pointed straight, knee pushed out
- Sink hip back towards floor
- 8-10 reps per side for 2 sets

neeling T-Spine Rotations



- Get into open half-kneeling position
- Place one hand on floor
- Stretch your free hand through space between hand and knee on the floor



- Then stretch free hand up towards ceiling
- 8-10 reps per side for 2 sets

Reverse Lunges With Overhead Reach



- Perform a reverse lunge
- Hover rear knee 1 inch off the floor
- Slowly reach both hands up toward ceiling
- Ensure that rib cage does not flare
- Return to standing position and lower arms back down
- 6-8 reps per side for 2 sets

Squat With Alternating Overhead Reach



- Reach down and hold toes with both hands
- Squat down and push knees out with elbows



- Let go of one foot and stretch free hand towards ceiling
- Lower hand back down and repeat on the other side
- 6-8 reps per side for 2 sets

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

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



OCC Share-A-Gyi

PROJECT

In the spirit of giving in this joyous season, *Share-A-Gift* of joy with the less fortunate in Singapore! Be their Santa Claus by adopting a wish (or more!) of our beneficiaries from Boy's Brigade.



Select the wishes that you would like to adopt from our Christmas Tree.



counter* staff
of the wishes
you would like
to adopt.

Hand over the
gifts* at our
counters* before
Sunday,
16 December 2018.



Christmas Light-Up

Saturday, 10 November 2018

6pm to 7:30pm

Vanda Terrace

(Golf Clubhouse, Level 1)



Fringe Activities, Popcorn and Candy floss (while stocks last)



Live Caroling and Stage Performances



Christmas Light-Up Ceremony



Santa Claus Meet & Greet Session



Launch of OCC Share-A-Gift Project





In Support of



B THE BOYS' BRIGADE SHARE-A-GIFT

*No pre-loved items. Gifts are not to be wrapped. ^Counters at Gym / Aranda Lounge



LEARN-TO-SWIM

WITH SPEEDISWIM

Suitable for Children & Adult (Born on & Before 2015)

	OCC Member	NTUC Member	Public
Beginner (LTS 1 to 3)	\$88	\$104.50	\$110
Intermediate (LTS 4 to 5)	\$100	\$118.80	\$125
Advance (LTS 6 to 7)	\$92	\$109.30	\$115



HIP & HAPPENING

SPEEDISWIM established since 1998, strives to promote Swimming as a Healthy Lifestyle Activity and Safety in Water. SPEEDISWIM has since groomed many Young Athletes in Competitive Swimming and various Aquatics Sports, as an arm for Sports Excellence to Schools and the Singapore Swimming Association. SPEEDISWIM at Orchid Country Club is an AUSTSWIM Swim Centre, committed to providing Quality Aquatics Education programme. SPEEDISWIM programme aims to promote understanding of the importance of positive learning experience, making swimming lessons fun and exciting, enjoying the giggles and splashes that naturally accompany the learning outcome.

Various study and research in the world found that children who participate in early-years swimming appear to be achieving many milestones earlier than the normal population, including areas in Physical, Cognitive, Memories, Social, Neurological, and Language Environment and Development. Take Action Now! Get your child into the pool and have fun with SPEEDI Learn-To-Swim and Competitive Swimming at Orchid Country Club.



1 FOR ENQUIRIES & REGISTRATION, PLEASE CALL 93203366 OR EMAIL ADMIN@SPEEDISWIM.NET



NTUC

Member



Public



when our stars align

love shines brightest like the world's first 73-facet starburst diamond





SHOP.GOLDHEART.COM

30 DAYS Relocation Promotion

Enjoy 30 days stay in our Deluxe Room at S\$4,000nett* and Deluxe Family Room at \$\$5,000nett* only.



▲Deluxe Family Room **▼**Deluxe Room II TY LOOKING FOR A PLACE MOST COMFORTABLE FOR YOU AND YOUR FAMILY TO STAY DURING

Visit www.orchidclub.com for more details.

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

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



a FREE Golf Drive

Promotions are also available at Aranda Lounge.

(U.P. \$60++)

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



CARLSBERG CAN \$58⁺ PER CARTON

PAN-WEST @ Driving Range





Women Go Golf (14851, 14853)

(U.P. \$129 - \$139)

OFFERS VALID TILL 31 DEC 2018. EXCLUSIVELY FOR ORCHID COUNTRY CLUB MEMBERS

*Offers valid while stocks last. Terms and Conditions Apply.

*For any enquiries, please call 6752 3110.

As a Golfer, you apply sunscreen 3 times more often than your non-

golfing friends.

Most sunscreens contain chemicals that pose unintended negative health consequences. This is alarming as you spread a thick coat over the face and large areas of the body, and have to reapply frequently. Unlike other personal care products, like shampoo, where you quickly wash off, the sunscreen you apply, stays on you for hours.

Furthermore, sunscreens commonly include ingredients that enhance penetration. As a result, many sunscreen chemicals are absorbed into the body and can be measured in blood and urine samples.

Shouldn't you use a sunscreen that respects your health and protects you from the undesirable effects of extreme sun exposure at the same time?

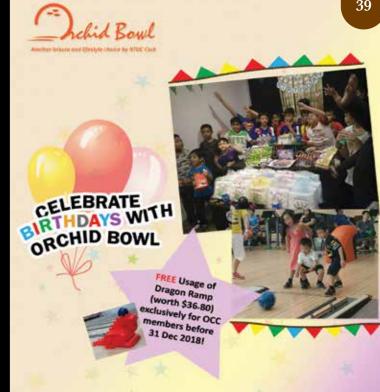
At Holistic AntiAgeing Project, we have picked the sunscreen with your health in mind, so you can concentrate on scoring more birdies.



Exclusively for OCC members only. Promotion valid till 31 Jan 2019.

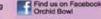






Looking for fresh ideas to celebrate your loved ones' birthdays?

Why not hold a bowling party at Orchid Bowl? Contact Orchid Bowl @ Orchid Country Club at 6759 4448 for more details today!





BOOK NOW TO ENJOY

1 COMPLIMENTARY PHOTO & FRAME

2 weeks advance booking is required for the engagement of all photography service.

> **Please Call** 6222 3602

- This offer is valid from Now to 31 Dec 2018.
- ONE complimentary 5R photo with frame for a group of up to 5 persons ONE complimentary 6R photo with frame for a group of 6 to 10 persons
- ONE complimentary 8R photo with frame for a group of more than 10 persons.
- Each photo shoot is inclusive of up to 3 different studio backdrops. Each member is entitled to this offer ONCE
- Additional photos will be charged accordingly based on the fees applicable for Family Photo Packages starting from \$288.
- This offer cannot be used in conjunction with any other promotions
- www.orchispavilion.com.sg
- orchispavilion2008@gmail.com
- f www.facebook.com/orchispavilion



BOJIN LIFTING FACIAL TRIAL@\$38NETT

SLIM LIPO LASER OR BMW SLIMMING TREATMENT @\$28NETT

Pay Upfront at **Healing Touch @ OCC** & receive \$10 OFF



Call 6715 1515 (extension 1 "ask for OCC Promotion"

Terms & conditions

- Exclusively at Healing Touch, Orchid Country Club, #01-33A (beside Gym).
- Each OCC member is entitled to redeem only one (1) of the above two trial offers.
- · Original Identity Cards and OCC memberships must be presented at the counter to enjoy this promotion
- Bojin Lifting Facial Trial is only for new female customers aged 18 and
- Slim Lipo Laser or BMW Slimming treatment is only for female customers aged 23 and above.
- Other T&Cs apply.

Upcoming ACC events specially extended to OCC members!

NOVEMBER

Health Talk on Sarcopenia and Joint Pain



There is a correlation between Sarcopenia and joint pain. As we age, we suffer from chronic joint pain and tend to avoid activities which aggravate the pain. As a result of not using those muscles, we lose muscle mass and strength, leading to the occurrence of rheumatic diseases. This talk will focus on what Sarcopenia is and how it affects us. Attendees will learn how to identify, prevent and manage Sarcopenia musculoskeletal pain disorders.

Date : Saturday, 17 November 2018

Time : 2pm - 4pm

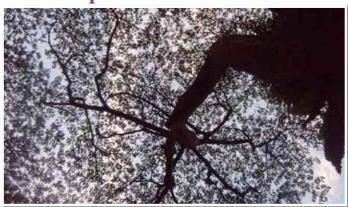
Venue : Tulip Room (2nd Level, Clubhouse)

Fee : Free (OCC Member), \$2 (Union Member), \$6 (Guest)

Min Pax : 10 persons

Closing Date: Saturday, 10 November 2018

Trek De Opium Hill



Join us on this trek where we will check out the site where the Battle of Opium Hill was fought. This incident at Pasir Panjang was one of the fiercest battles that took place in Singapore during World War II. As we take a ramble on Opium Hill, experience what it must have been like for the invading Japanese soldiers as they fought their way uphill against a brave but heavily outnumbered troop of the first Malay Brigade of the Malay Regiment. It is rumoured that these hills are still haunted by the spirits of soldiers who lost their lives. If this has piqued your interest, then make a date with us. In addition to learning about this historical event, be prepared for an experiential learning of the flora and fauna of Singapore.

Date : Sunday, 18 November 2018

Time : 3pm

Venue : TBA

Fee : \$10 (OCC Member), \$12 (Union Member), \$15 (Guest)

Min Pax : 15 persons

Closing Date: Sunday, 11 November 2018

DECEMBER

Culinary Class



You may not be the next MasterChef Singapore, but you can certainly learn to cook like a professional in your kitchen. This class will introduce you to cooking sauces developed for the busy individuals who have no time to prepare the ingredients. With a wide variety of sauces available, you will be whipping up restaurant style dishes in no time! With Christmas around the corner, impress your guests with your culinary prowess! Shhh, we won't tell if you don't!

Date : Saturday, 22 December 2018

Time : 3pm - 6pm Venue : Pool Pavilion

Fee : Free (OCC Member), \$2 (Union Member), \$6 (Guest)

Min Pax : 10 persons

Closing Date: Saturday, 15 December 2018

2D1N Labis Sunrise Farm Tour at Segamat, Johor



Escape to Johor on a relaxing 2-day trip at Labis. Spend a night at the Labis Sunrise Farm in Segamat, Johor. You can enjoy its panoramic views of endless green hills, golden sunlight and vast rubber trees from the window of your villa. In the morning, you will witness the breathtaking view of the sunrise. You will have the opportunity to tour the orchard in a specially prepared four-wheel drive vehicle. There will be ample opportunities to shop and sample the local products, visit a local bee farm and a bird nest farm too. Register early to avoid any disappointment.

Date : Saturday & Sunday, 29 & 30 December 2018
Venue : Assemble at ACC Lobby at 6:30am sharp

: \$175 (OCC Member), \$150 (OCC Member's Child) \$180 (Union Member), \$155 (Union Member's Child) \$190 (Guest), \$165 (Guest's Child)

/lin Pax : 25 persons

Closing Date: Saturday, 15 December 2018

*Child is between 3 to 12 years old.

Motivating & Inspiring Us To Do More And To Serve You Better

Dear Thomas,

It is with full confidence that we commend Mr Fabian Tan as a Orchid Country Club Senior Sales Manager of the highest calibre.

He is a great listener and communicator. Whenever I have any queries or requests for the event, he would listen to me attentively over the phone (I remembered there was a call with him that lasted for close to an hour) while providing me with recommendations and suggestions that most suit my requirements. He was very flexible and a real pleasure to work with. He always made sure that our requests were addressed to the best of our satisfaction.

Mr Fabian is also very professional and extremely responsive. He never complained and was always extremely helpful, happy and seemed to truly love his job. My husband and I were impressed by the reliability, responsiveness, and expertise demonstrated. There were some issues with the bouncy castle and the Satay live stall set-up. Fabian went the extra mile to arrive at the event hall personally and made sure that everything's settled for me on the spot.

Thank you, Fabian, for all your help and especially your patience and personal touch. You have made the event a memorable one for all my guests.

Thank you, Orchid Country Club, for providing such professionals like Fabian, who are highly qualified and experienced as well as being genuine, warm-hearted individuals with a clear passion for their work. Fabian is truly an asset to the organisation. Keep it up!

We hope to have the opportunity to work with you all again for our next event.



Many thanks and best regards,

Becky Lee

I would like to take this opportunity to express my compliments to one of the golfing changing room staff.

Ms Toh Bee Hong is friendly, polite, attentive and full of warmth. For many years of membership at OCC, I have not met any changing room staff as hardworking and cheerful as her. Thumbs-up to Bee Hong for the good job attitude. Seeing her reminds me of our senior Singaporeans contributing to the share of the workforce and I feel proud for her.

Well done, Bee Hong! Please continue with the good work! Thank you.



Julie Wee Member

Klyne, Adam and Jesslyn led by Akmal are excellent trainers. Love the variety of exercises and programmes for each class that keeps the interest level high. I have improved in fitness, strength and posture. Exercising has never been more fun than now!

Member

Orchid Lodge was a very pleasant place to stay. I was very much impressed with the cleanliness, the amazing surroundings, the lake view and the scenery from my room. Thanks for the hospitality.

MukunthanGuest



Saturday & Sunday

3 & 4 November 2018 | 11am to 6pm

All are Welcome!

11AM – 6PM

PROGRAMME

- Golf Equipment & Apparel Bazaar
- Pan-West Golf Club Demo & Equipment Sale
- Golf Performance 360 Pro Demo
- Novelty Challenges
- OCC Membership Drive

3PM - 4PM

Golf Performance 360 Pro Demo

• FREE 15 mins one-on-one Golf coaching

5PM

Lucky Draw at

Driving Range Car Porch

Short game demonstration

ENJOY COMPLIMENTARY ACTIVITIES FROM 4PM - 5PM

- 3 November 2018
- Rainbow Calligraphy
- Malt Candy
- 4 November 2018
- Chopstick Calligraphy
- Dragon Beard Candy

Event programme is subject to change without prior notice. Terms & Conditions apply.

For enquiries, please call Driving Range at 6750 2198.