



ORCHID Ripples



SEPTEMBER - OCTOBER 2019

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A Publication by Orchid Country Club



HAPPY MID-AUTUMN FESTIVAL

**EXCITING EVENTS
COMING YOUR WAY!**

OCC CAPTAIN & LADY CAPTAIN'S CUP

Sunday, 22 September 2019

**OKTOBERFEST ASIAN EDITION
GOLF CHALLENGE & DINNER**

Saturday, 5 October 2019

A Member of
The Labour Movement



Meet the Banquet Operations Team



Turn to page 5 for more information

(From left to right)

Front row

Banquet Captain, Tang Swee Kee; Banquet Co-ordinator, Nancy Gong; F&B Operations Manager, Arnandan; Banquet Captain, Stephanie Loo; Head of Food & Beverage, Cristo Fong.

Back row

Stewarding Supervisor, Abdul Karim; Assistant Banquet Manager, Harry Fu; Banquet Captain, Premkumar; Banquet Captain, Lawrence Toh; Chief Steward, Ismail.

Not in photo

Beverage Supervisor, Wang Gang; Banquet Captain, Chey Sau Ling.

Publisher

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Jackpot Manager
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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)

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)

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)

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

SUPERMARKET

FAIRPRICE
8:00am - 11:00pm (Daily)

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

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 LODGE
24 hours

PLAY FIT @ OCC
Tel: 6346 5155
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)

MESSAGE FROM THE VICE PRESIDENT & CAPTAIN

Dear Fellow Members,

I am pleased to share with you some exciting news in this issue of Ripples.

GOLF COURSE UPGRADING

The Club is planning to upgrade the golf courses next year and we are looking at the reconstruction of all 27 greens, practice greens and all green complexes. The plan is to close each 9-hole for a period of 6 months to facilitate the upgrading work. The entire project will take 18 months. The upgrading work will commence in the 1st Quarter of 2020, starting with Dendro, followed by Vanda and thereafter, Aranda in 2021. The projected completion is in mid-2021. Please refer to pages 8 & 9 for more information. I can understand that during this 18-month period, there will be inconveniences and limited golf slots; hence we seek members' understanding and patience during the upgrading period. But I assure you that the rewards that we reap at the end of the upgrading work will be worth the wait.

OUTDOOR GYM

With healthy living and staying active being the perennial focus and nation-wide drive by the Health Promotion Board, I am pleased to announce the opening of our Outdoor Gym in September. Complementing the existing indoor gym, there will be more training and fitness programmes such as outdoor yoga and mobility exercises for members to choose from.

NEW AUTO TEE-UP SYSTEM

A new auto tee-up system is coming your way in December this year. Members will soon be able to use their new RFID membership card to purchase range balls and directly charge it to their membership account. The convenience will certainly be a huge welcome to members. For those who have not exchanged for their new RFID membership cards, please do so in order to enjoy the convenience!

NEW TENANTS

The Club is actively optimising the tenancy mix to serve members better. In July this year, we saw the opening of **No. 3 Crab Delicacy Seafood Restaurant** at the Driving Range. For those who have yet to try their food, you will be pleased to know that they have special 4-pax 4-course lunch sets, which are ideal for

golfers on the go. Don't forget to flash your OCC membership to get a free dessert-of-the-day! The grand opening of the new Chinese restaurant, **Ban Heng @ OCC**, is on 30 August. Their attractive dinner, lunch and dim sum buffets will definitely suit every discerning palate.

UPCOMING EVENTS

We have some exciting golf events coming your way. They are the **OCC Captain and Lady Captain's Cup** taking place on 22 September (Sun), **Oktoberfest Golf Challenge and Oktoberfest Asian Edition Dinner** happening on 5 October (Sat), and the **OCC President's Cup 2019** on 3 November (Sun). Please register early to avoid disappointment! For the swimming die-hards, don't miss the **29th and 30th Super Sprint Series** on 5 October (Sat) and 16 November (Sat) respectively.

I would like to thank members for their overwhelming support and participation in the recent **Secretary General's Cup** on 14 July (Sat). We saw a whopping 316 participants this year as compared to 228 last year. Turn to pages 14 & 15 to see who brought home the trophy! On another note, I am pleased to announce that we had another successful **Nee Soon FUNtARTstic 3Ten Run** that took place on 27 July (Sat) with 500 participants for the golf-course run alone. Turn to pages 24 & 25 to read all about it!

In closing, I would like to wish everyone a Happy Mid-Autumn Festival; enjoy the full moon, your mooncakes and tea, and most of all, enjoy the family togetherness! Stay active and healthy, and see you at the Club soon!

Warmest regards,

Yeo Khee Leng
Vice President & Captain



CORPORATE SALES/ EVENTS
☎ 6750 2166
✉ s&m@orchidclub.com

ROOM RESERVATIONS
☎ 6750 2100
✉ roomsales@orchidclub.com

MEMBERSHIP
☎ 6750 2123/2180
✉ membership@orchidclub.com

GOLF
☎ 6750 2111
✉ golfregistration@orchidclub.com

DRIVING RANGE OFFICE
☎ 6750 2198
✉ drivingrange@orchidclub.com

S&R RECREATION ENQUIRIES
☎ 6750 2122
✉ snr@orchidclub.com

S&R SOCIAL ENQUIRIES
☎ 6750 2121
✉ snr@orchidclub.com

MEMBER GET MEMBER REFERRAL SCHEME

EXPAND THE OCC FAMILY BY REFERRING YOUR FRIENDS!

Successful sign-ups will get up to **\$230** worth of F&B and Golf Vouchers



☎ 6750 2180/123
✉ membership@orchidclub.com

F&B - 'BANQUET OPERATIONS TRAINING'

Wednesday, 26 June 2019

Ten OCC F&B staff attended a 'Banquet Operations Training' conducted by F&B Operations Manager, Arnandan, who had completed his 'Advance Certificate in Training & Assessment' at Institute of Adult Training. With the objective of improving and maintaining customer service standards, staff were taught the importance of prompt responsiveness to guests' requests and providing relevant operational information to other staff on the ground to enhance customer satisfaction. Everyone successfully completed the training session and were proud to receive their certificates from Head of Food & Beverage, Cristo Fong. Well done!



Assistant Banquet Manager, Harry Fu



Banquet Captain, Stephanie Loo



Banquet Captain, Premkumar



Banquet Captain, Lawrence Toh



Banquet Co-ordinator, Nancy Gong



Banquet Captain, Tang Swee Kee



Chief Steward, Ismail



Stewarding Supervisor, Abdul Karim

Introducing Our New Tenant



No. 3 Crab Delicacy Seafood Restaurant has officially opened at the Driving Range in July, offering a wide variety of local seafood delights and tantalising zhi char dishes. Do not miss out on their signature crab dishes like the Chilli Crab and many more!



Gentle reminder to all Golfers!

Please **repair pitch-marks** on the greens and **repair divots** on the fairways and rough.



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CENTRAL: Boon Keng MRT • Bugis • Bukit Merah Central • HarbourFront Centre • Holland Drive • Lucky Plaza • nex@Serangoon • People's Park Complex • Serangoon Road • Tiong Bahru Plaza **NORTH:** Admiralty MRT • Ang Mo Kio Avenue 4 • Ang Mo Kio Avenue 8 • Causeway Point • Chong Pang • Compass One • Hougang Central • Marsiling MRT • Northpoint City • Punggol Plaza • Seletar Mall • Sembawang MRT • Sengkang MRT • Toa Payoh HDB Hub • Waterway Point • Wisteria Mall **EAST:** Aljunied MRT • Bedok North Street 1 • Eunos MRT • Joo Chiat Complex • Marine Parade Central • Pasir Ris Drive 6 • Paya Lebar MRT • Tampines MRT **WEST:** Boon Lay MRT • Bukit Batok MRT • Bukit Panjang Plaza • Choa Chu Kang MRT • Clementi Avenue 3 • Jurong East MRT • Jurong Point • Jurong West Ave 1

A Peek Into

GOLF

Upcoming Golf Events

SEPTEMBER MONTHLY MEDAL

Sat, 14 Sep 2019

OCC CLUB CAPTAIN & LADY CAPTAIN'S CUP 2019

Sun, 22 Sep 2019

OCC LADIES' ROSEBOWL COMPETITION

Sat, 28 Sep 2019

OKTOBERFEST ASIAN EDITION GOLF CHALLENGE

Sat, 5 Oct 2019

OCTOBER MONTHLY MEDAL

Sat, 12 Oct 2019

THE UPGRADING OF OUR GOLF COURSES

Built in 1993, OCC golf courses are over 25 years old, and renovated twelve years ago in 2007. Thereafter, localised improvement work on bunkers and tee boxes were carried out in subsequent years. In recent months, we have received good feedback from members and golfers about our golf courses. Despite the fact that the golf courses are in fairly good condition now, it is imperative that the Club undergoes upgrading next year.



In order to sustain the golf courses for another 11 years till the end of our land lease on 31 December 2030, it is vital for substantial upgrading work to be carried out to extend its lifespan, improve its playability, maintainability, and enhance safety of play.

After the last renovation 12 years ago, the golf course has deteriorated substantially over the years and has been facing numerous maintenance and playability issues such as:

- a. Poor soil profiles with high organic build-up, thereby creating sogginess, deterring water drainage and causing difficulty in sustaining healthy and playable turf and green surface. Sub-soil drainage lines are also no longer efficient.
- b. Putting surface has multiple turf contamination such as Zoysia grass, Serangoon grass and other variety of Paspalum grasses. Golfers have also commented that Greens are of old design and lack challenge elements.
- c. Fairways and rough areas have multiple soggy zones which affect turf health and playability. These play areas also have high contamination of weeds thus affecting visual and consistency of play.
- d. Dendro bunker sand is contaminated with earth, bunker slopes have high percentage of

weeds and are losing the shape. Other feedback includes water ponding after downpour, old design, lack visual and play impact.

- e. Irrigation system has deteriorated significantly with some parts no longer replaceable due to obsolescence of spare parts and paraphernalia. Many of the valves are also not functioning well. There are also frequent irrigation line leakages and malfunction of irrigation satellites, as well as a high number of sunken sprinkler heads and valve boxes. The irrigation system needs to be refurbished to ensure long term serviceability and minimum disruption to play.

As golf course playability level deteriorates over time, without upgrading, OCC will not be able to maintain the golf course in acceptable play condition till 2030. With a reasonable level of golf course upgrading, OCC will then be able to stay relevant in the golf industry.

The golf course upgrading work will be carried out in 3 phases:

Phase I at Dendro	Jan - Jun 2020
Phase II at Vanda	Jul - Dec 2020
Phase III at Aranda	Jan - Jun 2021



PHASE I AT DENDRO January – June 2020

Work Description	
1. Dendro Greens Construction	5. Dendro Irrigation System Upgrade including pump house and water inlet to pumphouse
2. Dendro Green Complexes Construction	6. Dendro Drainage Improvement on Soggy Areas
3. Upgrading of Practice Green and Bunker Behind Dendro #1 Tee	7. Reshape Dendro #7 fairways
4. Upgrading of Dendro Bunkers	8. Dendro Arboriculture Work

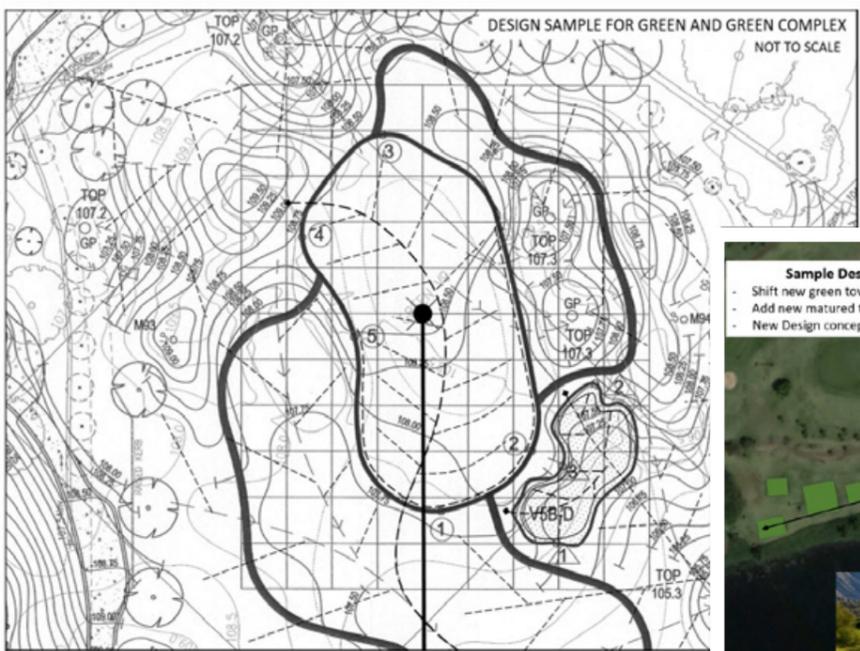
PHASE II AT VANDA AND DRIVING RANGE July – Dec 2020

Work Description	
1. Vanda Greens Construction	5. Reshape and Returf of Driving Range Outfield 75-175 Meters Mark
2. Vanda Green Complexes Construction	6. Driving Range Irrigation System Upgrade
3. Upgrading of Practice Putting Green in front of Vanda Terrace	7. Vanda Irrigation System Upgrade
4. Upgrading of Practice Greens and Bunker near Driving Range	8. Vanda Drainage Improvement on Soggy Areas
	9. Vanda Arboriculture Work

PHASE III AT ARANDA January – June 2021

Work Description	
1. Aranda Greens Construction	6. Cart Path Extension Aranda #4
2. Aranda Green Complexes Construction	7. Cart Path Extension Aranda #9
3. Reshape Aranda #3 and #4 Fairways	8. Aranda Irrigation System Upgrade
4. Construct new Buggy Path Aranda #2 and Demolish Existing Cart Path	9. Aranda Drainage Improvement on Soggy Areas
5. Construct new white tee box Aranda #2	10. Aranda Arboriculture Work

The 3 phases of golf course upgrading work is budgeted at around \$7m, which has been allocated for under Cyclical Asset Replacement Reserves.



Besides improving maintainability, systems reliability, playability and turf quality, the upgrade will incorporate new and exciting ideas into the design and contour of the greens to infuse challenging elements of play, bringing the golfing experience at OCC to the next level.

OCC-U GOLF 9-HOLE NIGHT SERIES

Saturday, 6 July 2019 | ARANDA



STABLEFORD

RESULTS FOR MEN'S DIVISION

Winner	Mr. Song Lye Hock Sebastian	27 Points
1st Runner Up	Mr. Andrew Campbell	25 Points
2nd Runner Up	Mr. Malcom Pedley	23 Points OCB

RESULTS FOR LADIES' DIVISION

Winner	Ms. Tan Yng Jia	17 Points OCB
1st Runner Up	Ms. Lucy Pedley	17 Points OCB
2nd Runner Up	Ms. Sammi Li Liu	17 Points

OCC-U GOLF 9-HOLE NIGHT SERIES

Saturday, 17 August 2019 | DENDRO



STABLEFORD

RESULTS FOR MEN'S DIVISION

Winner	Mr. Jeffrey Wong	27 Points
1st Runner Up	Mr. Damien Chandran	26 Points
2nd Runner Up	Mr. Steve Ng	25 Points OCB

RESULTS FOR LADIES' DIVISION

Winner	Ms. Koh Huey Ting	24 Points
1st Runner Up	Ms. Cheryl Ong	21 Points
2nd Runner Up	Ms. Wang Xiao Xu	20 Points OCB



Mr. Eugene Chong from U Sports, NTUC Club (left), with Winner of the Men's Division, Mr. Sebastian Song (right).



1st Runner Up of the Men's Division, Mr. Andrew Campbell (right).



Winner of the Ladies' Division, Ms. Tan Yng Jia (right).



1st Runner Up of the Ladies' Division, Ms. Lucy Pedley (right).



Mr. Eugene Chong from U Sports, NTUC Club (right), with Winner of the Men's Division, Mr. Jeffrey Wong (left).



1st Runner Up of the Men's Division, Mr. Damien Chandran (left).



Winner of the Ladies' Division, Ms. Koh Huey Ting (right).



2nd Runner Up of the Ladies' Division, Ms. Wang Xiao Xu (right).

JULY 2019 MONTHLY MEDAL RESULTS

STROKEPLAY (13 JULY 2019)



AUGUST 2019 MONTHLY MEDAL RESULTS

STABLEFORD (10 AUGUST 2019)



ARANDA / VANDA

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

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

Best Gross	Mr. Masilamany	(8.8)	79 Gross
Winner	Mr. Kummah K S	(10.8)	71 Nett
Runner Up	Mr. Amit Gulati	(8.4)	72 Nett
Ballsweep (1st Nine)			
Winner	Mr. Masilamany	(8.8)	35 Nett
Ballsweep (2nd Nine)			
Winner	Mr. Masilamany	(8.8)	34 Nett

Best Gross	Mr. Joseph Samy	(11.6)	85 Gross
Winner	Mr. Sim Beng Kiat Dennis	(14.3)	73 Nett
Runner Up	Mr. Yap Sung Kuang Leonard	(14.8)	75 Nett OCB
Ballsweep (1st Nine)			
Winner	Mr. Joseph Samy	(11.6)	35 Nett
Ballsweep (2nd Nine)			
Joint Winners	Mr. Yap Sung Kuang Leonard	(14.8)	34 Nett
	Mr. Abdul Karim Razak	(15.4)	34 Nett

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

LADIES' DIVISION (H'CAP 36.9 & BELOW)

Best Gross	Mr. Wong Keen Chiew	(19.8)	87 Gross
Winner	Mr. Khoo Keng Teck	(17.9)	68 Nett
Runner Up	Mr. Choo Chye Hock	(19.1)	69 Nett OCB
Ballsweep (1st Nine)			
Joint Winners	Mr. Wong Keen Chiew	(19.8)	33 Nett
	Mr. Khoo Keng Teck	(17.9)	33 Nett
Ballsweep (2nd Nine)			
Winner	Mr. Choo Chye Hock	(19.1)	31 Nett

Best Gross	Ms. Nguyen Le Thu Truc Listar	(14.8)	96 Gross
Winner	Ms. Cho Yong Kum Judy	(18.7)	75 Nett
Runner Up	Ms. Fan Suet Lay	(22.7)	77 Nett OCB
Ballsweep (1st Nine)			
Winner	Ms. Cho Yong Kum Judy	(18.7)	38 Nett
Ballsweep (2nd Nine)			
Joint Winners	Ms. Cho Yong Kum Judy	(18.7)	37 Nett
	Ms. Fan Suet Lay	(22.7)	37 Nett

ARANDA / VANDA

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

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

Winner	Mr. Dai Shenqi	(9.2)	37 PTS
1st Runner Up	Mr. E Maaran	(8.3)	34 PTS
2nd Runner Up	Mr. Tay Boon Mong	(9.3)	33 PTS
Ballsweep (1st Nine)			
Winner	Mr. E Maaran	(8.3)	19 PTS
Ballsweep (2nd Nine)			
Winner	Mr. Dai Shenqi	(9.2)	22 PTS

Winner	Mr. Eng Wee Tong	(14.6)	35 PTS OCB
1st Runner Up	Mr. Khoo Keng Teck	(16.0)	35 PTS
2nd Runner Up	Mr. Ng Soon Lee	(14.3)	33 PTS
Ballsweep (1st Nine)			
Winner	Mr. Colin Koh Juin Hao	(12.4)	18 PTS
Ballsweep (2nd Nine)			
Winner	Mr. Ng Soon Lee	(14.3)	19 PTS

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

LADIES' DIVISION (H'CAP 36.9 & BELOW)

Winner	Mr. Chua Ah Leng	(22.7)	41 PTS
1st Runner Up	Mr. Koh Lip Kee	(21.4)	40 PTS
2nd Runner Up	Mr. Bui Dinh Thuan	(17.9)	39 PTS
Ballsweep (1st Nine)			
Winner	Mr. Lim Kweng Kia	(24.7)	22 PTS
Ballsweep (2nd Nine)			
Winner	Mr. Bui Dinh Thuan	(17.9)	23 PTS

Winner	Ms. Cheng Fong Kiew	(18.8)	33 PTS OCB
1st Runner Up	Ms. Toh Yee Boon Yvonne	(21.2)	33 PTS
Ballsweep (1st Nine)			
Winner	Ms. Teo Whee Sian Maureen	(19.7)	18 PTS
Ballsweep (2nd Nine)			
Joint Winners	Ms. Saw Poy Geok	(24.8)	16 PTS
	Ms. Lim Siew Lan	(18.8)	16 PTS
	Ms. Cheng Fong Kiew	(18.8)	16 PTS

SECRETARY-GENERAL'S CUP 2019

Sunday, 14 July 2019

Joining the annual Secretary-General's Cup this year was an astounding number of 315 participants. To accommodate such an overwhelming response, the golf games were split into morning and afternoon sessions, where OCC and Union members teed off with gusto at all three golf courses, Aranda, Vanda and Dendro.



(Left to right) Club President, Chong Kee Hiong; Tripartite Golfer, Bob Tan; Secretary-General of NTUC, Ng Chee Meng; Deputy Secretary-General of NTUC, Dr. Koh Poh Koon; Acting GM, Stewart Ang; Greens Committee Member, Emmanuel Lem.



Club President, Chong Kee Hiong (left) receiving the SG Challenge Trophy from Secretary-General of NTUC, Ng Chee Meng (right) on behalf of the Champion Team OCC.

Following the golf game, a delectable buffet spread for dinner was arranged at the Grand Ballroom, spicing up the day's event with food, drinks and live music by 'Heart & Soul', keeping everyone's spirits high throughout the night. Congratulations to the winners and 'thank you' to all for making this year's event a great success!



Club VP & Captain, Yeo Khee Leng (4th from left) with the Novelty Prize Winners.



Secretary-General of NTUC, Ng Chee Meng (1st row, 6th from left) and Club President, Chong Kee Hiong (2nd row, 7th from left) with the Top 5 Winners from Team NTUC & Team OCC for each course combination.



NATIONAL DAY GOLF 2019

Friday, 9 August 2019



This National Day, 131 golfers added a pop of red and white to Dendro and Vanda courses as they donned outfits in colours symbolic of Singapore and teed off in celebration of our nation's 54th birthday. The day kick-started with a flag-raising ceremony and Pledge recital as everyone sang the National Anthem and recited the Pledge proudly. After a friendly game played with hearty enthusiasm, golfers adjourned to the Emerald Suite for a buffet lunch, ending off the day in a celebratory mood.



Greens Committee Member, Emmanuel Lem (right) with Best Dressed Male Golfer, Chin Kwee Yuen (left).



Best Dressed Lady Golfer, Ng Min Loo (left).



Lady Captain, Maureen Goh (right) with Winner of Men's Division, Colin Koh (left).



Winner of Ladies' Division, Li JingYan (right).



Vice Captain, Ted Wong (left) with Lucky Draw 1st Prize Winner, Loh Teck Yong (right).

ARE YOU USING A PUTTER THAT IS RIGHT FOR YOU?

In a round of golf, putting can possibly take up between 35 – 40% of your shots. Yet the putter is, statistically, the least 'fitted' golf club in the bag (with the Driver being the most 'fitted').

Here are three quick tips to help you determine if your putter is indeed the right putter for you.

Step 1: Is your putter too short or too long?

Ideally, you would like to be using a putter built at a length where you can stand comfortably with your eyes either right on top of the ball or slightly inside of the ball.

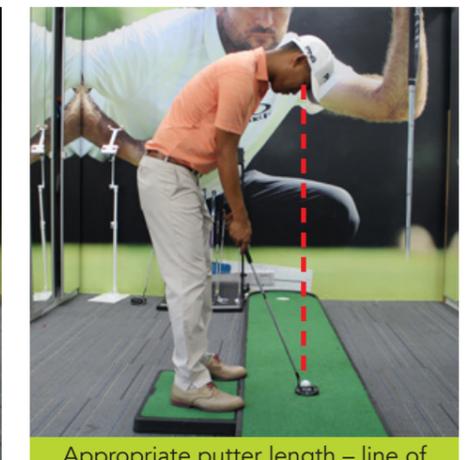
If you hold a putter that is too long, you will be standing too far away from the ball and aiming right; and if you hold a putter that is too short, you will end up standing too close to the ball and aiming left.



Putter is too long – line of sight too far inside of the ball



Putter is too short – line of sight outside of the ball



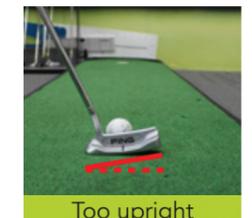
Appropriate putter length – line of sight directly above the golf ball or slightly inside of the ball

Step 2: Does your putter sit flat on the ground?

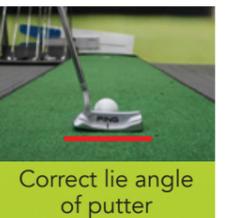
Research has shown that the lie angle of a putter can dramatically affect the quality of roll on your putts. To put it simply, if your putter sits either too flat or too upright on the ground, the ball could easily wander off line, even if you have aimed straight.



Too flat



Too upright



Correct lie angle of putter

Step 3: Are you using a putter of the right shape?

Each of us perceives objects differently, which is why the shape of the putter could either help or confuse you. If you have a left aim tendency, your putter could have too many squarish shapes or lines. If you have a right aim tendency, you could be using a putter that does not have sufficient aiming aids or is too round for your liking.



Putter that is rounder in shape

Putter that is more squarish looking

Hopefully the three tips above will help you make a better decision when it comes to choosing the right putter to hole more putts!



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 PRESIDENT'S CUP



Tee-off Time
1:15pm
 (Shotgun start)



**SUNDAY
 3 NOV
 2019**

FORMAT OF PLAY: SYSTEM 36 (STABLEFORD)
DIVISIONS: MEN'S DIVISION (HI 24.9 & BELOW)
 LADIES' DIVISION (HI 36.9 & BELOW)
ENTRANCE FEE: \$30
GREEN FEE: \$70 (SILVER MEMBER)
 \$80 (AFFILIATE MEMBER)
 \$90 (WTGM)
BUGGY FEE: \$25

REGISTRATION OPENS
 WED, 2 OCT 2019
CLOSING DATE
 THU, 24 OCT 2019

All fees are subject to prevailing GST and include lunch and dinner (free flow of beer during dinner).

Entry forms will be available at Golf Reception & registration is on a first come, first served basis. One member is allowed to make booking for one flight (4 balls) only. The Committee reserves the right to reject any entries without giving any reasons thereof. Allocation of tee time, tee box no. and flight mates is at the discretion of the Club.

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

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KEY EVENTS FOR SEPTEMBER

- 29th Super Sprint Series Sat, 7 Sep 2019
- Golf Monthly Medal Sat, 14 Sep 2019
- Bowling Medal Sat, 14 Sep 2019
- OCC Captain & Lady Captain's Cup 2019 Sun, 22 Sep 2019

SEPTEMBER

KEY EVENTS FOR OCTOBER

- Oktoberfest Asian Edition Golf Challenge Sat, 5 Oct 2019
- Oktoberfest Asian Edition Dinner Sat, 5 Oct 2019
- Golf Monthly Medal Sat, 12 Oct 2019
- Bowling Medal Sat, 12 Oct 2019
- Dance Fiesta: Halloween Sat, 19 Oct 2019

OCTOBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
30 • Sim Han Hoon Dance Class • Barre-less Barre *CGE	Legend: - School Holidays *CGE - Corporate Golf Events		1 • Pilates • Karate • Kickboxing *CGE	1 • SIG - Orchid Bulls • Pilates • Kickboxing	2 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness • Tennis Night	3 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night	4 • Social Dance Night • Taekwondo • Kickboxing • Tabata H2O *CGE	5 • Oktoberfest Asian Edition Golf Challenge • Oktoberfest Asian Edition Dinner • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Yoga • Aikido (Adults & Kids) • Functional Training	6 • Pilates • Karate • Kickboxing				
2 • Sim Han Hoon Dance Class • Barre-less Barre *CGE	3 • SIG - Orchid Bulls • Pilates • Kickboxing	4 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness • Tennis Night *CGE	5 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night	6 • Pain / Tension Relief Talk • Social Dance Night • Taekwondo • Kickboxing • Tabata H2O *CGE	7 • 29th Super Sprint Series • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Yoga • Aikido (Adults & Kids) • Functional Training • OCC-U Golf 9-hole Night Series	8 • Pilates • Karate • Kickboxing	7 • Sim Han Hoon Dance Class • Barre-less Barre *CGE	8 • SIG - Orchid Bulls • Pilates • Kickboxing	9 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness • Tennis Night	10 • Rummy-O • Karaoke Night	11 • Social Dance Night • Taekwondo • Kickboxing • Tabata H2O *CGE	12 • Golf Monthly Medal • Bowling Medal • Social Sat: Pizza Make & Bake • Social Dance Night • SIG - OCC Black 8 • Tennis • Yoga • Aikido (Adults & Kids) • Functional Training	13 • Pilates • Karate • Kickboxing
9 • Sim Han Hoon Dance Class • Barre-less Barre *CGE	10 • SIG - Orchid Bulls • Pilates • Kickboxing *CGE	11 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness • Tennis Night	12 • Rummy-O • Karaoke Night *CGE	13 • Social Dance Night • Taekwondo • Kickboxing • Tabata H2O *CGE	14 • Golf Monthly Medal • Bowling Medal • Social Sat: Cellular Therapy Workshop • Social Dance Night • SIG - OCC Black 8 • Tennis • Yoga • Aikido (Adults & Kids) • Functional Training	15 • Pilates • Karate • Kickboxing *CGE	14 • Sim Han Hoon Dance Class • Barre-less Barre *CGE	15 • SIG - Orchid Bulls • Pilates • Kickboxing	16 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness • Tennis Night	17 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night	18 • Social Dance Night • Taekwondo • Kickboxing • Tabata H2O *CGE	19 • Wellness Buffet Talk • Line Dancing • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Yoga • Aikido (Adults & Kids) • Functional Training • OCC-U Golf 9-hole Night Series	20 • Pilates • Karate • Kickboxing
16 • Sim Han Hoon Dance Class • Barre-less Barre *CGE	17 • SIG - Orchid Bulls • Pilates • Kickboxing	18 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness • Tennis Night *CGE	19 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night *CGE	20 • Social Dance Night • Taekwondo • Kickboxing • Tabata H2O *CGE	21 • Line Dancing • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Yoga • Aikido (Adults & Kids) • Functional Training	22 • OCC Captain & Lady Captain's Cup 2019 • Pilates • Karate • Kickboxing	21 • Sim Han Hoon Dance Class • Barre-less Barre	22 • SIG - Orchid Bulls • Pilates • Kickboxing *CGE	23 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness • Tennis Night *CGE	24 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night	25 • Social Dance Night • Taekwondo • Kickboxing • Tabata H2O	26 • Dance Fiesta: Halloween • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Yoga • Aikido (Adults & Kids) • Functional Training	27 PH • Deepavali • Pilates • Karate • Kickboxing
23 • Sim Han Hoon Dance Class • Barre-less Barre *CGE	24 • Scratch It To Win It • Pilates • Kickboxing	25 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness • Tennis Night *CGE	26 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night *CGE	27 • Social Dance Night • Taekwondo • Kickboxing • Tabata H2O *CGE	28 • OCC Ladies' Rosebowl Competition • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Yoga • Aikido (Adults & Kids) • Functional Training	29 • Pilates • Karate • Kickboxing	28 PH • Barre-less Barre	29 • Scratch It To Win It • Pilates • Kickboxing	30 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness • Tennis Night	31 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night			

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)
	Yoga Lifestyle Studio Sat, 9:00am to 10:00am	Zumba Fitness Lifestyle Studio Wed, 7:00pm to 8:00pm
FITNESS	Cardio Sculpt Lifestyle Studio Sun, 2:00pm to 3:00pm	Barre-less Barre Lifestyle Studio Mon, 7:30pm to 8:30pm
	Pilates Lifestyle Studio Tue, 7:30pm to 8:30pm Sun, 3:00pm to 4:00pm	Zumba Gold* Lifestyle Studio Wed, 8:00pm to 9:00pm
	Functional Training Lifestyle Studio Wed, 7:00pm to 8:00pm Sat, 10:00am to 11:00am	Karate Lifestyle Studio Sun, 12:00pm to 1:00pm
RECREATION	Karaoke Night* Aranda Lounge Thu, 12:00pm to 11:00pm	OCC Social Saturday Aranda Lounge 10:00am to 12:00pm 14 Sep & 12 Oct
	SIG - Rummy-O* Aranda Lounge 7:00pm to 9:30pm 12 Sep & 10 Oct	Scratch-It-To-Win-It Night* Aranda Lounge 7:00pm to 10:00pm 24 Sep & 29 Oct
	SIG - Black 8 (Pool) Aranda Lounge OCC Black 8 Training Sat, 3:00pm to 6:00pm	SITA (Tennis) Tennis Court Sat, 7:00am to 11:00am
	Bi-Monthly Cue Challenge Last Monday of Odd Months, 7:00pm onwards	Simply Scuba (Scuba Diving) Olympic Pool Mon to Fri, 9:00am to 5:00pm Sat and Sun, 12:00pm to 5:00pm

SPORTS	Bowling Monthly Medal Orchid Bowl 2nd Saturday of the Month (subject to change)	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)
	SIG - Bowling Orchid Bowl Sat, 3:00pm to 6:00pm	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
	SIG - Orchid Bulls (Darts) Aranda Lounge Tue, 8:00pm to 10:00pm Thu, 8:00pm to 10:00pm	SpeediSwim (Tabata H2O) Olympic Pool Fri, 7:30pm to 8:30pm

A Peek Into LIFESTYLE

Upcoming S&R Events

- PAIN / TENSION RELIEF TALK**
Fri, 6 Sep 2019
- 29TH SUPER SPRINT SERIES**
Sat, 7 Sep 2019
- 4D3N MEDAN TOUR (ACC)**
Sat – Tue, 7 – 10 Sep 2019
- SEPTEMBER BOWLING MONTHLY MEDAL**
Sat, 14 Sep 2019
- SOCIAL SATURDAY – SLOWING AGE DEGENERATION WITH CELLULAR THERAPY WORKSHOP**
Sat, 14 Sep 2019
- TOWEL CRAFT WORKSHOP (ACC)**
Sat, 14 Sep 2019
- 2D1N KUKUP KELONG TRIP (ACC)**
Sat & Sun, 21 & 22 Sep 2019
- CHILDREN TERRARIUM WORKSHOP (ACC)**
Sat, 28 Sep 2019
- OKTOBERFEST ASIAN EDITION DINNER**
Sat, 5 Oct 2019
- HEALTH TALK – AIR POLLUTION (ACC)**
Sat, 5 Oct 2019
- OCTOBER BOWLING MONTHLY MEDAL**
Sat, 12 Oct 2019
- SOCIAL SATURDAY – PIZZA MAKE & BAKE**
Sat, 12 Oct 2019
- 1-DAY BEKOK VILLAGE & SHOPPING TOUR (ACC)**
Sat, 12 Oct 2019
- WELLNESS BUFFET TALK**
Sat, 19 Oct 2019
- HEALTH TALK – COMMON EYE DISEASES & PREVENTIVE EYE CARE (ACC)**
Sat, 19 Oct 2019
- 5TH ACC KARAOKE IDOL (ACC)**
Fri, 25 Oct 2019
- DANCE FIESTA: HALLOWEEN**
Sat, 26 Oct 2019

* Free for OCC members, please bring along your membership card for verification # Charges apply for first drink NOTE: All information is correct at time of printing.
For the full programme listing, please visit our website at www.orchidclub.com
For more information, email snr@orchidclub.com



Flagging off the 10km Competitive Run.

NEE SOON FUNTARTSTIC FIESTA 3TEN RUN 2019



Saturday, 27 July 2019

Entering its fifth edition, Nee Soon FUNtARTstic Fiesta 3Ten Run, saw a great turnout of 500 runners along with their families this year. The event was back with four race categories, including a new addition of our very first 10km Mixed Team Challenge category. The new category gave participants an option to form teams and enjoy a refreshing, unique running experience at the golf courses with their friends. This was also the first time that Training Runs were organised for participants ahead of the event, with Coach Steven Lim from ActiveSG Athletics Club imparting tips about training smart and preventing injuries.

Jointly organised by OCC and the Nee Soon GRC Grassroots, the event was graced by Nee Soon GRC Grassroots Advisers Mr. K. Shanmugam (Minister for Home Affairs & Minister for Law), Assoc. Prof Muhammad Faishal Ibrahim (Senior Parliamentary Secretary for Ministry of Social and Family Development & Ministry of Education), Er. Dr. Lee Bee Wah, Mr. Louis Ng Kok Kwang and Mr. Kwek Hian Chuan Henry (Members of Parliament for Nee Soon GRC). The Advisers, together with Social & Recreation Committee Member, Mrs. Susan Gan and Head of Social & Recreation, Ms. Toh Poh Kuan, flagged off the various race categories of the event.

Keeping up with the adrenaline rush after the run, runners headed to the FUNtARTstic Fiesta. Exciting highlights like visual art installation, music jamming, interactive hands-on art activities and many more were in line for the night as everyone dived into all the fun and games. There was also a special booth set up by OCC Gym staff, where participants and residents engaged themselves with games and fitness challenges. The prize-giving ceremony at the Fiesta marked the end of yet another successful 3Ten Run. Congratulations to all winners!



Nee Soon GRC Organising Committee Chairman, Mr. Foo Fang Boon, PBM (1st from left) presenting the prizes to Mr. Ahmad, Champion for 10km Men's Individual team 'JScube', Champion for 10km Mixed Team Challenge.



Mr. Ahmad, Champion for 10km Men's Individual Open Category (left).



Ms. Itsuko, Champion for 10km Women's Individual Open Category (left).



Warm-up session before the race.



Minister for Home Affairs & Minister for Law, Mr. K. Shanmugam (centre); MP for Nee Soon GRC, Er. Dr. Lee Bee Wah (1st from right); and Nee Soon GRC Organising Committee Chairman, Mr. Foo Fang Boon, PBM (1st from left) interacting with race participants.



U Sports Pacers.



OCC S&R Team.



6TH OCC-ACC BOWLING CHAMPIONSHIP



Sunday, 14 July 2019



Held for the sixth year, 108 bowling enthusiasts from OCC, ACC and NTUC family took part in the annual Bowling Championship hosted by OCC this year. Bowlers put their bowling skills to the test as they faced off at Orchid Bowl @ OCC, competing for the top positions in the Team, Individual and Novelty categories with a brilliant display of strikes, spares and splits. Bowling balls got rolling with the Team category in the morning, followed by a scrumptious lunch at Aranda Lounge and the Individual category in the afternoon.

In spite of the intense competition, our members showed great determination as they struck their way to perfection. Mr. Toh Kay Seng and Mr. Patrick Phua emerged fifth position winners in the Team category with a total pinfall of 1,681, and Mr. Toh went on to clinch the ninth position for the Individual Men category as well. Congratulations to all the winners!



Mr. Toh Kay Seng (left), 9th Position Winner in the Men's Individual Category.



Team Category 5th Position Winners – OCC Members, Toh Kay Seng (1st from left), Patrick Phua (2nd from left) and NTUC Member, Simon Koh (1st from right) with OCC Bowling Convenor, Mary Tan (2nd from right).



25TH INTER-CLUB BOWLING MIXED LEAGUE 2019 (WEEKS 16 & 18)

Thursdays, 25 July & 15 August 2019

Excitement continued as bowlers from eight participating clubs fought hard at the final two rounds of games hosted at Orchid Bowl @ OCC for this year's Adult Inter-Club Bowling Mixed League. With determination and resilience, OCC Members, Puan Boon Hooi, Jenny Oon, Toh Kay Seng and Patrick Phua turned the tables on Singapore Swimming Club with a 5-0 lead during the game in Week 16. All the best to the bowlers for the remaining games as they set their sights on clinching the title of Bowling Champions!



Team OCC & ACC vs Team NSRCC (Week 18).



Team OCC & Singapore Swimming Club bowlers with OCC Bowling Convenor, Mary Tan (1st row) in week 16.

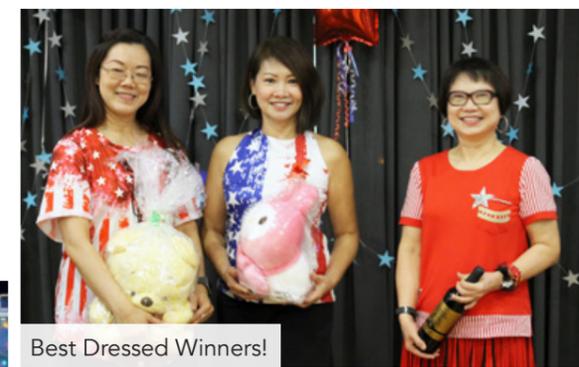


OCC DANCE FIESTA - STARS & STRIPES

Saturday, 6 July 2019



More than 130 OCC and NTUC members gathered for a Stars-and-Stripes-themed dance party at the Aranda Lounge in July. Dancers dressed to the theme and grooved the night away on the dance floor with their smooth moves, to a mix of ballroom, social and line dance music arranged by our Social Dance Night deejay, DJ Dennis. Everyone enjoyed the feast that ensued and the night concluded with a presentation of best-dressed awards and lucky draw prizes. What a fun night for all as they danced their cares away!



Best Dressed Winners!



SOCIAL SATURDAY - EYEBAGS FACELIFT BEAUTY WORKSHOP

Saturday, 13 July 2019

Back for another beauty workshop, Mary Kay team came fully prepared to share techniques for reducing annoying eyebags using non-surgical methods and to achieve a natural-looking facelift. A hands-on session followed after the interactive talk, where members tested various skin care products. Not only did everyone look radiant after the session with a refreshed facial complexion, they felt young too! What a rejuvenating treat for all!



HONEY HEALTH TALK

Saturday, 6 July 2019



Members welcomed speakers from Yummi House in July for a Honey Health Talk, where they learnt about the nutritional composition of natural honey and its benefits as a supplement. Honey brewing was also demonstrated live – an eye-opener for everyone. Members were pleasantly surprised when they tried different types of honey during the session before purchasing one that suits their palate. They were also excited to receive a complimentary Honey hand cream. Thank you to Yummi House for imparting knowledge to everyone on eating healthy by incorporating honey into one's diet!



SOCIAL SATURDAY – THERMOMIX COOKING CLASS

Saturday, 3 August 2019

During the cooking class held in August, 10 members had the opportunity to experience the latest cooking technology, 'Thermomix'. With the two instructors, Liza and Caroline, demonstrating how to cook different healthy dishes using the innovative and state-of-the-art kitchen appliance, members were able to grasp the techniques of whipping up wholesome meals quickly without compromising on taste. The class then ended with a food tasting session of the five dishes cooked. What a fruitful day for everyone as they watched themselves turn into MasterChefs!



URBAN AQUATHLON 2019

Saturday, 3 August 2019



The fourth edition of Urban Aquathlon ended its second race of the year at OCC on a high note. The two-stage race event comprising a swim followed by a run saw more than 200 participants from all walks of life, with the oldest participant at 62 years old and the youngest at only 6 years old. With various categories catered for participants of diverse abilities, a great fight was put up as the athletes showed their strength of will and made it to the finish line with perseverance. Our heartiest congratulations to all the podium winners!



WARM UP WITH MOBILITY DRILLS!

Warming up before a workout session is vital for you to minimise any risk of injury and enables you to get the most out of your training. A proper warm-up elevates the body's core temperature slowly and loosens up the joints and muscles. Perform **8-10** reps of each of these mobility drills for **3 rounds**.

1. HIP OPENERS

Position your hands vertically below your shoulders

- Move your right hand and twist to reach for the ceiling
- Look at the ceiling while holding this stretch (2-3 secs)
- Alternate 8-10 reps per side

2. TOE TOUCH SQUAT TO HAMSTRING EXTENSION

Bend your knees and lower into deep squat position

- Keep your legs as straight as possible to stretch the hamstrings
- 8-10 reps

3. QUADRUPED THORACIC ROTATIONS

Lower your right elbow towards the floor

- Rotate your right elbow towards the ceiling
- Try to increase range of motion each repetition
- Complete 8-10 reps on one side before switching

4. THREAD THE NEEDLE

Start position

- Reach your left arm underneath your body to the right, as far through as possible
- Return to the start position
- Complete 8-10 reps on one side before switching

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

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

FITNESS PROGRAMMES

AIKIDO

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 self while learning subtle, smooth and circular movements for practical self-defence.



Day: Every Saturday
Time: 3pm to 4pm (Child), 3pm to 4:15pm (Adult)
Venue: Lifestyle Studio
Fee*: \$150 (OCC/ACC Member)
 \$155 (NTUC Member)
 \$165 (Guest)

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

REHAB SERVICES/SPORTS THERAPY

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



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

*Fees are for per session, subject to GST

PERSONAL TRAINING

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



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

*Fees are for 10 sessions, subject to GST

BARRE-LESS BARRE

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



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

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

FUNCTIONAL TRAINING

Group circuit training programme that involves training the body for daily life activities, with exercises such as squats, ladder drills 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/ACC Member)
 \$120 (NTUC Member)
 \$130 (Guest)

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

TAEKWONDO

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



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

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

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

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

UPCOMING OCC EVENTS

PAIN / TENSION RELIEF TALK



Did you know that aromatherapy can help you to unwind and release tension? Through safe and effective therapeutic ways, discover how to release bottled-up tensions and improve your well-being with essential oils in this workshop.

Date: Fri, 6 Sep 2019
Time: 1pm – 3pm
Venue: Aranda Lounge
Fee: Free (OCC/ACC Member)
\$3 (NTUC Member)
\$6 (OCC/ACC Member's Guest)
Min Pax: 20 persons
Closing Date: Wed, 4 Sep 2019

Fees are subject to prevailing GST.

WELLNESS BUFFET TALK



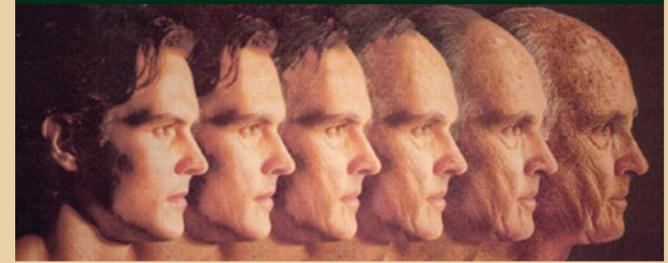
- TALKS**
- 12.45pm - 1pm:** Brief introduction to latest products from HSBC Bank
 - 1pm - 1.20pm:** 'Managing Your Aches & Pains' by Doctor of Chiropractic, Dr. Seow Kim Seng, Macquarie Chiropractic
 - 1.20pm - 1.40pm:** 'Looking Forever Young: 5 Free Transdermal Facials for giveaway' by Dr Mendis, Mendis Aesthetics
 - 1.40pm - 2pm:** 'Financial Health is Wealth: Master Your Wealth Code' by Mr Alex Wong, AXA First Adviser
 - 2pm - 3pm:** Tea refreshment

- HIGHLIGHTS:**
1. Complimentary finger prick test health screening by Healthway Medical
 2. Free consultation & spinal scan by presenters
 3. Free neck & shoulder massage by Adeva spa
- First 40pax will get a free Bioskin spa facial. All participants who turn up will also get a free cool face mist from Bioskin.

Date: Sat, 19 Oct 2019
Time: 1pm – 3pm
Venue: Aranda Lounge
Fee: Free (OCC/ACC Member)
\$3 (NTUC Member)
\$6 (OCC/ACC Member's Guest)
Min Pax: 30 persons
Closing Date: Wed, 16 Oct 2019

Fees are subject to prevailing GST.

SOCIAL SATURDAY – SLOWING AGE DEGENERATION WITH CELLULAR THERAPY WORKSHOP



In today's fast-paced society, stress and environmental pollution is causing us to age prematurely. In this talk, discover how we can help the trillions of cells in our body repair and regenerate healthily. You will learn about the cutting-edge Cellular Therapy and how it can turn around many degenerative conditions, slowing down our aging process.

Date: Sat, 14 Sep 2019
Time: 10am – 12pm
Venue: Aranda Lounge
Fee: Free (OCC/ACC Member)
\$8 (OCC/ACC Member's Guest)
Min Pax: 10 persons
Closing Date: Wed, 11 Sep 2019

Free shoulder Guasha for all participants at the end of the Talk!

Fee is subject to prevailing GST.



SOCIAL SATURDAY – PIZZA MAKE & BAKE

Fancy a slice (or two) of pizza? Some gooey, cheesy goodness is calling your name! Indulge in a fun workshop as you try your hand at creating pizzas of your own. It will surely be a delightful treat for all!

Date: Sat, 12 Oct 2019
Time: 10am – 12pm
Venue: Aranda Lounge
Fee: \$4 (OCC/ACC Member)
\$8 (OCC/ACC Member's Guest)
Min Pax: 10 persons
Closing Date: Tue, 8 Oct 2019

Fees are subject to prevailing GST.

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

UPCOMING ACC EVENTS

Extended To OCC Members

SEPTEMBER



2D1N KUKUP KELONG TRIP

Situated in the Pontian district of Johor, Kukup is a former fishing village with 100 years of history. Journey with us as we visit the local fish farm and shop for delicious local products. The main draw of Kukup is its fresh and affordable seafood delicacies, so gather your family and friends for an incredible weekend – as we experience the best of what Kukup has to offer!

Date: Sat & Sun, 21 & 22 Sep 2019
Venue: Assemble at ACC Lobby at 6:30am
Fee: \$155 (OCC/ACC Member)
\$160 (Union Member)
\$170 (Guest)
Min Pax: 25 persons
Closing Date: Sat, 7 Sep 2019



CHILDREN TERRARIUM WORKSHOP

Build your "dream garden" in this special DIY Terrarium workshop. Get hands-on with your child and build your very own terrariums! As a bonus, there will be useful parenting tips presented at the end of the session. This is a trainer-led, guided step-by-step session that promises to be a valuable experience for you and your child.

Date: Sat, 28 Sep 2019
Time: 2pm - 4pm
Venue: Kids' Playroom
Fee*: \$10 (OCC/ACC Member's Child)
\$12 (Union Member's Child)
\$15 (Guest's Child)
Min Pax: 10 persons
Closing Date: Sat, 21 Sep 2019

*Child is between 3 to 12 years old. Materials will be provided.

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

OCTOBER



1-DAY BEKOK VILLAGE & SHOPPING TOUR

Kampong Bekoh is a beautiful, peaceful town away from the hustle and bustle of daily life. Come experience life at this simple and relaxing village, as you go on a one-day trip visiting bee and animal farms, savouring local snacks and shopping for souvenirs and treats to bring back home!

Date: Sat, 12 Oct 2019
Venue: Assemble at ACC Lobby at 6am sharp
Fee: \$90 (OCC/ACC Member)
\$95 (Union Member)
\$105 (Guest)
Min Pax: 25 persons
Closing Date: Sat, 28 Sep 2019



5TH ACC KARAOKE IDOL

Calling all Karaoke enthusiasts and Songbirds of Aranda! ACC is holding its 5th Karaoke Idol contest, which will take place over 2 rounds and is open to ACC, OCC and NTUC Members above 21 years old.

Participants may choose to sing English, Mandarin, Hokkien or Cantonese songs. What's more, you will stand a chance to win attractive prizes and be recognised for one year as ACC's very own Karaoke Idol! Sign up now and chase your singing dreams! Registration forms are available at the Member Services Counter.

Date: Fri, 25 Oct 2019
Time: 7pm - 10pm
Venue: Ten Dollar Club (Family KTV) (3rd Level, Clubhouse)
Fee: \$20 (OCC/ACC Member),
\$25 (Union Member),
\$25 (Guest)
Min Pax: 40 persons
Closing Date: Fri, 18 Oct 2019

30th SPECIAL EDITION SUPER SPRINT SERIES

Sat, 16 Nov 2019



Are you ready to test your limits and unleash your full potential?
 In conjunction with the Grand Opening of our Outdoor Gym, take part in gym and swim challenges during a special edition of our Super Sprint Series to win attractive prizes!

KIDS' CHALLENGE
 3pm @ Olympic pool

Age Group:
 4 – 12 years old
 (as of 31 December 2019)
Closing Date:
 Fri, 1 Nov 2019

Categories:
 20m Freestyle Swim
 20m Breaststroke Swim
 20m Freestyle Kick
 20m Breaststroke Kick

	Registration Fee*	Event Entry Fee**^
OCC / ACC Member	FOC	FOC
NTUC	\$4	\$4
Guest	\$5	\$5
Top-up for Gym Challenge	\$3	-

Overcome a series of obstacle challenges and try to clock the fastest completion time!

- 1 Monkey Bars**
 - 4 reps (back and forth 4 times)
 - Crawl (Kids), Swing (Open)
- 2 Battling Rope**
 - 20 reps (Kids), 30 reps (Open)
 - Double-arm power slams
- 3 High/Low Obstacle**
 - Jump or manoeuvre over obstacle once
- 4 Agility Ladder**
 - 4 reps (back and forth 4 times)
- 5 Walking Lunges**
 - 30-metre
- 6 Tyre**
 - 30-metre
- 7 Tank**
 - 30-metre x 4 reps

Fee*: \$8
Eligibility:
 7 – 12 years old (Kids category)
 13 – 17 years old (Open category – Youth)
 18 years old and above (Open category – Adult)

Participants must be physically fit and free from illness or injury (fill up indemnity form upon registration). OCC staff reserves the right to discontinue participants who are visibly in distress or unwell during the event.

*All fees are subject to prevailing GST. ^Per Event.

For enquiries and registration, please call Sports Counter at 6750 2122 or email snr@orchidclub.com

FAMILY FUN STAYCATION PACKAGE



1-30 Sep 2019

Enjoy a relaxing staycation at ORCHID GOLF & RESORT HOTEL

Deluxe Room @ \$399++
 Deluxe Family Room @ \$449++

Package Includes:

- 3 Days / 2 Nights stay at Orchid Golf & Resort Hotel
- Complimentary \$60 nett Orchid Dollars Voucher (valid for F&B outlets and FairPrice Supermarket)
- Complimentary 4 Bowling vouchers
- 1 bottle Sparkling juice

Facilities Available:

Karaoke rooms, Par lounge, Swimming pools, Bowling, Driving Range, 27-hole Golf Course, Tennis Court, F&B outlets, Gym and Sauna.

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

SEPTEMBER & OCTOBER 2019 Promotions at Par Lounge



Aberlour 12 Years

\$148++ per bottle
 (U.P. \$170++)

Martell VSOP

\$148++ per bottle
 (U.P. \$170++)

Tiger Crystal

\$39++ per bucket of 5 bottles
 (U.P. \$45++)



Silver & Nelson
 (Every Thursday)



Sherraine & Lee
 (Every Friday)



Catch Live Band Performance every Thursday & Friday and EPL Live Screening every weekend!

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



BAN HENG @ ORCHID COUNTRY CLUB

1 DINES FREE

with every 3 paying adults for

Seafood Ala Carte Buffet Lunch & Dinner (60 types of Chinese Cuisine)

Hong Kong Dim Sum Buffet Lunch (50 types of Dim Sum)

Seafood Buffet From **\$27.80++ PER PAX** (MIN. 3 PAX)

高达60款中式海鲜佳肴午餐/晚餐任点任吃

Dim Sum Buffet Lunch From **\$24.80++ PER PAX** (MIN. 2 PAX)

高达50款港式自制点心午餐任点任吃

Promotion valid for Lunch & Dinner daily, except for Saturday Dinner, Sunday Lunch, PH Lunch



#02-35

Tel: 6732 7888/ 6623

www.banheng.com.sg / Email: occ@banheng.com.sg



The High Note in Music Learning™

\$30 Off Enrollment Package for OCC Members!

#02-33A Social Clubhouse 61006316 www.mycsingapore.com.sg



4 Pax Lunch Set Menu

Flash your OCC membership card and get a FREE Dessert of the Day!



Set A • \$48

Half Kampung Chicken
半只甘榜鸡

Homemade Crispy Seafood Tofu
脆皮海鲜豆腐

Stir Fried Kai Lan
油菜

Cabbage Mushroom Soup
包菜蘑菇汤



Set B • \$58

Signature Cabbage Chicken
招牌包菜鸡

Furong Fried Egg
香煎芙蓉蛋

Sambal Kang Kong
马来风光

Bittergourd Egg Drop Soup
苦瓜滑蛋汤



Set C • \$68

Shio Curry Fish Head
咖喱鱼头

Homemade Crispy Prawn Pancake
虾饼

Stir Fried Kai Lan
油菜

Bittergourd Omelette
苦瓜煎蛋

Located at Driving Range, Level 1.

All sets come with free-flow Chinese Tea. Prices are subject to 7% GST. NO SERVICE CHARGE.

Special Promotion 大促销

YUMMI HOUSE™



Prince



(U.P \$118.90 per jar)



Princess



(U.P \$118.90 per jar)

OCC Members' Promotion
Prince & Princess Honey

BUY 2 GET 1 FREE

BUY 4 GET 2 FREE

\$237.80

\$475.60

Additional \$50 Discount

Harvested from tropical forest..

For enquiries please email : jiayan.yummihouse@gmail.com
Address : 65 Ubi Road 1 #01-72/73 Oxley Bizhub, S 408729
Contact : 9455 2236/ 6282 0777

YUMMI HOUSE OUTLETS
Singapore • Malaysia • Hong Kong



Bouquets

~ Our service compliments ~

Effective Personal Training Programme

I would like to express my gratitude to Akmal Syafiq and the Personal Training (PT) Programme of the OCC Gym for helping me on my journey to better health and fitness.

Since I started the PT Programme in the beginning of 2019 with Akmal as my personal trainer, I have lost about 12% of my body weight - a weight that I have not experienced since my teenage days some 30 years ago. I must commend Akmal for being an effective trainer. My PT sessions are never dull or boring, thanks to Akmal's wide knowledge and impressive arsenal of physical training regime (e.g. HIIT, Crossfit, to name a few). He knows when to push and when to pull back so that I will never get burned out. Besides losing inches off my tummy, I have gotten fitter too! The PT Programme, in my opinion, is indeed an effective programme and a service that every good and progressive gym should provide.

Reciprocally, I believe the personal trainers also benefit from the PT sessions as they will be compelled to keep updated with the latest development in the health and fitness industry. For a start, the trainers will be asked endless questions on training techniques, health, fitness and dieting issues. So far, Akmal has answered all of them to my satisfaction! Well done.

Brian Teh
Member



Helpful Hotel Staff

Juraidah did her job professionally. She's very friendly and helpful. Orchid Golf & Resort Hotel should be happy to have her as your staff!

Md Rafi Majid
Guest



Well-organised Event

Dear OCC Team,

Greetings from TMCC!!

We would like to thank the entire OCC Sports & Recreation team, especially Ms. Poh Kuan, Ms. Sharon and Ms. Lily from Sports counter for the well organised 28th Super Sprint Series 2019. Your team effort is very much appreciated and it was a great job done. Thank you.

Best Regards,
Saranya

Excellent Event Services

Dear Thomas,

Sree Narayana Mission (Singapore) 70th Anniversary Charity Dinner

On behalf of the Board, Trustees and Members of Sree Narayana Mission (SNM), I wish to thank you for your great support during our 70th Anniversary Charity Dinner on Friday, 10 May at Orchid Country Club.

The event was a huge success. Our guests enjoyed the dinner and had positive comments on the service, ambience and overall programme. All this was only possible with the cooperation of your efficient and cooperative team. Mr. Adim Bahari and Ms. Sheena Ooi provided excellent service and assistance to my organising team. They have been accommodative and always present during our site visits, practices and food tasting sessions.

I am also grateful for your positive response to my request for consideration with respect to the cost of the vegetarian plating service. Thank you for the discount.

Please convey our deepest appreciation to your team including your banquet staff.

We look forward to your continued support and partnership.

Sincerely,
S. Devendran
CEO
Sree Narayana Mission (Singapore)



Welcome to Hainan: Golf Heaven of China



Access Package Rate For OCC Members

1: 3D2N2G Package

\$518 / (Twin/Apr-Sep)
\$580 / (Twin/Oct-Mar)

\$568 / (Twin/Apr-Sep)
\$668 / (Twin/Oct-Mar)

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

2: 4D3N3G Package

\$698 / (Twin/Apr-Sep)
\$780 / (Twin/Oct-Mar)

\$750 / (Twin/Apr-Sep)
\$880 / (Twin/Oct-Mar)

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

3: Price is valid from Apr 2019 to Mar 2020

Black Stone
Lava Fields
The Vantage
Sandbelt Trails

Exclusively for OCC Members!

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

Don't miss this golden opportunity. Register now with your OCC golf reception or FreedomHainan Golf



- Additional Benefits For OCC Gold, Silver and Associate Members ONLY
- One FOC BBQ dinner
 - Free green fee of 1 additional round of game at selected course
 - Waving of service charge while using F&B at MH Hotel, excluding In-room dining
 - Special Rate for SPA

Welcome to the Orchid Family

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

Mdm. Ang Poh Kee
Mr. C Raja Kumar
Mr. Chen Meng Wah
Mr. Clarence Lee Tien Hoe
Mr. Daniel Tan Sze Hwa
Mr. Edward Raj Vesuwasam

Ms. Fu Nana
Mr. Jeremy Yap Weng Lock
Mr. Lau Kim Hai
Ms. Lee Sook Fun
Mr. Leong Siew Loong
Mr. Lim Jian Chao Nicholas

Mdm. Lim Yao Rong Rachel
Mr. Or Kim Peow
Mr. Ouyang Suntai
Mr. Ravinderpal Singh Randhawa
Mr. Sim Huat Hoe
Mr. Sim Kin Song

Mr. Spencer Hong Wing Fu
Mr. Tsuchihata Masashi
Mr. Victor Joseph Francis
Mr. Wong Chong Fee
Mr. Woo Hojong
Mr. Yin Jian

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



hainangolf



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

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

RECIPROCAL CLUBS

GOLF CLUBS

ARGENTINA

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

AUSTRALIA

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

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

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

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

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

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

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

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

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

BRUNEI

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

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

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

CHINA

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

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

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

FRANCE

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

INDIA

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

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

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

INDONESIA

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

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

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

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

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

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

ITALY

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

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

MALAYSIA

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

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

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

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

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

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

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

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

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

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

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

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

NEW ZEALAND

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

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

SOUTH AFRICA

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

SRI LANKA

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

VIETNAM

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

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

SINGAPORE

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

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

SOCIAL CLUBS

CHINA

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

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

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

HONG KONG

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

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

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

JAPAN

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

MALAYSIA

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

ACCESS CLUBS

GOLF CLUBS

AUSTRALIA

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

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

CAMBODIA

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

CHINA

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

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

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

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

INDONESIA

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

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

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

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

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

JAPAN

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

MALAYSIA

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

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

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

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

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

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

TAIWAN

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

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

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

THAILAND

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

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

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

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

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

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

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

UNITED KINGDOM

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

VIETNAM

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

SINGAPORE

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

SOCIAL CLUBS

SINGAPORE

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

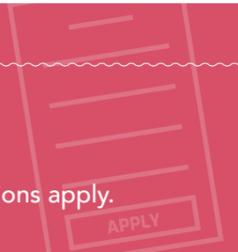
THE GRASSROOTS CLUB
Tel: 65-6554 2350
www.grassrootsclub.org.sg

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

APPLICATION PROCEDURES

GOLFING MEMBERS

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



SOCIAL MEMBERS

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

PRIVILEGES

CATEGORY

Reciprocal Clubs

GOLFING

No green fees payable

SOCIAL

Golfing dependant on respective club's policy

Access Clubs

Discounted green fees

All social facilities fees payable





Golf Challenge

Sat, 5 Oct 2019

Time: 1:30pm (Shotgun Start)
Eligibility: Gold, Silver, Union/NTUC Member and Guest
Entrance Fees: \$78 (Gold) \$168 (Union/NTUC Member)
\$148 (Silver) \$268 (Guest)
No Balloting required for this Event
Registration Opens: Mon, 15 Jul 2019
Closing Date: Wed, 25 Sep 2019

Fees include green fee, buggy fee, lunch, dine-in buffet dinner ticket, \$30 Himawari Japanese Restaurant Voucher (while stocks last), and are subject to prevailing GST. Terms & conditions apply.

NOVELTY EVENTS

- Nearest the Oktoberfest Flags - All Par 3s
- Nearest the Oktoberfest Beer - Dendro 3
- Nearest the Beer & Noodles - Vanda 6
- Nearest the Beer & Sausage - Aranda 7
- Best Dressed Award in Golf Course - 1 Man & 1 Lady

Entry forms will be available at Golf Reception & registration is on a first come, first served basis. The Committee reserves the right to reject any entries without giving any reasons thereof. Allocation of tee time, tee box no. and flight mates is at the discretion of the Club.



Buffet Dinner with Free-flow Beer*^

6.30pm - 10pm • Patio next to Vanda Terrace

\$50 nett (OCC / ACC Member)
\$60 nett (Union / NTUC Member)
\$70 nett (Guest)
\$28 nett (Child: 5 - 12 Years Old)

Registration Opens: Mon, 1 Jul 2019

Back with an Asian twist this year, revel in a night of entertainment with free-flow beer*^, a mix of German and local delicacies, stage games, lucky draw and fringe activities.

Limited OCC Oktoberfest Asian Edition Beer Mug* up for grabs!



For enquiries and registration,

Oktoberfest Golf Challenge:

Please call Golf department at 6750 2102/111 or email golfregistration@orchidclub.com

Oktoberfest Dinner:

Please call Aranda Lounge (opens at 12pm daily) at 6750 2121 or email snr@orchidclub.com