

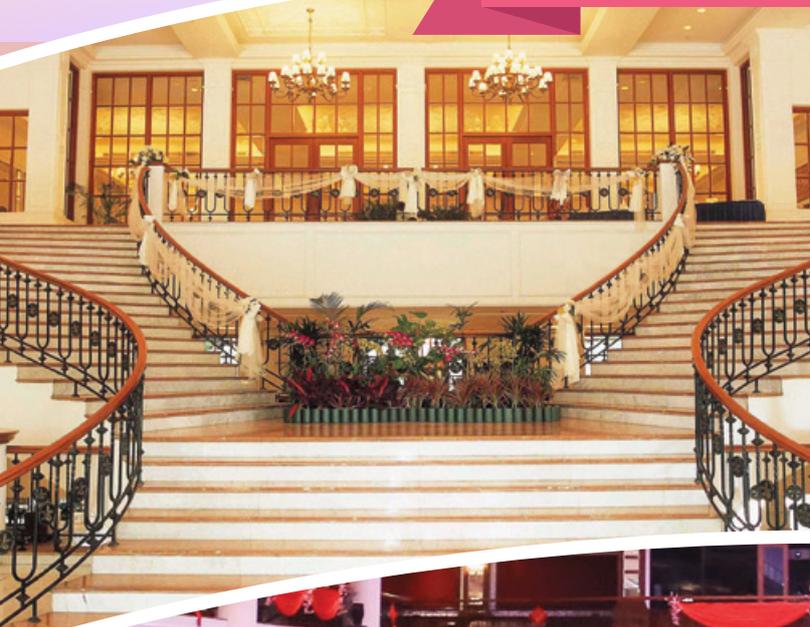
ORCHID Ripples



MARCH - APRIL 2019
ISSUE 60

MCI (P) 095/07/2018
A Publication by Orchid Country Club

Your Perfect Event Venue
We Plan. You Celebrate.



Meet the Gym Team



[From left to right]
Senior Fitness Instructor, Akmal Syafiq; S&R Administrator, Gavin Goh; S&R Intern, Muhammad Firdaus;
Fitness Trainer, Qudus Adib; Assistant Fitness Instructor, Anthony Klyne.

Publisher

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

Editorial Team

Joanne Ng
Wendy Zhu
Tang Weixin
Crystal Wong

Contributors

Akmal Syafiq
Angelica Tan
Candy Toh
Dennis Ee
Mohamed Esa
Ong Shi Hua
Reyes Arlyn
Sau Man Ling
Sherry Chan
Zizie Mohamad

Layout Design

Unigrow Creative Print Pte Ltd

FOR ADVERTISING RATES AND ENQUIRIES,
PLEASE EMAIL MARCOM DEPARTMENT AT
MARCOM@ORCHIDCLUB.COM
OR CALL 6750 2160.



Scan this QR code
for event photos!

Advertisements and information herein are printed in good faith pertaining to their accuracy. Whilst every endeavour has been made to ensure that information provided is up-to-date and accurate, the publisher does not accept responsibilities for any errors or omissions. Copyright reserved. No part of this magazine may be produced in any form without prior permission from Orchid Country Club.

CONTENTS

CLUB GENERAL COMMITTEE

President
Mr. Chong Kee Hiong
Vice President & Captain
Mr. Yeo Khee Leng
Treasurer
Mr. Vincent Fong
Lady Captain
Mrs. Maureen Goh
Members
Mr. Chng Chee Beow
Mr. Chua Bor Jern
Ms. Eileen Yeo
Mr. Lim Eng Lee
Ms. Rita Lau
Secretary
Mr. Richard Foo

CLUB MANAGEMENT

General Manager
Mr. Richard Foo
Head of Finance / Purchasing
Ms. Ng Siew Cheng
Head of Golf
Mr. Dennis Ee
Golf Course Superintendent
Ms. Christine Chungbhivat
Head of Sales & Marketing
Mr. Thomas Ng
Head of Hotel
Mr. Gopal Thangavelu
Head of Human Resource
Mr. Charlie Goh
Head of Marcom & Membership
Ms. Joanne Ng
Head of Housekeeping
Ms. Margaret See
Head of IT
Mr. Foo Teck Xian
Head of Property & Maintenance
Mr. Alan Chua
Head of Social & Recreation / Food & Beverage
Mr. Cristo Fong
Jackpot Manager
Mr. Jasper Woo

MESSAGE FROM THE PRESIDENT 3

CLUB NEWS

OCC & ACC 25th Anniversary Staff Year-End Party 4
Staff CNY Lo Hei 5
OCC 'Share-A-Gift' Project 2018 / Hole-in-one Achievers / Caring For Your Course 6

GOLF

Lion Dance Performance & Hong Bao Golf Special / Hong Bao Dinner 8
OCC Gold Medal 2019 / Christmas Lucky Draw 2018 @ OCC Driving Range 11
January Monthly Medal 12
February Monthly Medal 13
OCC-U Golf 9-Hole Night Series 14
Golf Tips 15

PLAN & PLAY

Mar/Apr 2019 Calendar 16
S&R Weekly Programmes 18

7-Day Refit Getaway Promotion 26

HOME UNDERGOING RENOVATION?



LIFESTYLE

Diamond Night Countdown Party 20
Bowling Rematch with The Tanglin Club / Bowler of the Year 2018 21
Hong Bao Bowl / Scratch-It-To-Win-It Night 22
Social Saturday 23
Fitness Programmes 24
Fitness 101 25



HIP & HAPPENIN' 26

DEALS APPEAL 26

UPCOMING @ ACC 28

BOUQUETS

Our Service Compliments / Hello's & Goodbye's 29

GOLF

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

TEE OFF 18-HOLE
7:07am to 8:59am (Mornings)
12:01pm to 1:53pm (Afternoons)
4:27pm to 5:58pm (Thursdays, unless otherwise stated)

TEE OFF 9-HOLE
7:07am to 8:59am (Weekdays)
4:27pm to 5:16pm (Daily)

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

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

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

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

EAGLE 9 INTERNATIONAL
Tel: 6737 9939
10:00am to 6:00pm (Mon to Sat)
By appointment (Sun)

GOLF PERFORMANCE 360
Tel: 6481 0398
1:00pm to 9:00pm (Mon)
8:00am to 9:00pm (Tue to Fri)
8:00am to 7:00pm (Sat, Sun & PH)

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

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

MEETINGS, CONVENTIONS & BANQUET SERVICES

☎ 6750 2166
✉ s&m@orchidclub.com

ROOM RESERVATIONS
☎ 6750 2100
✉ roomsales@orchidclub.com

MEMBERSHIP
☎ 6750 2123
✉ membership@orchidclub.com

GOLF REGISTRATION
☎ 6750 2111
✉ golfregistration@orchidclub.com

DRIVING RANGE OFFICE
☎ 6750 2198

FOOD & BEVERAGE

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

MY LITTLE CAFÉ
1:00pm to 11:00pm (Daily)

PAR LOUNGE
Tel: 6750 2204
2:00pm to 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)

THE FATTY CASSO CAFÉ
8:00am to 3:00pm (Mon to Fri)

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

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

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

SUPERMARKET

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

S&R FACILITIES

☎ 6750 2122
✉ sports@orchidclub.com

SOCIAL COUNTER
☎ 6750 2121
✉ social@orchidclub.com

FINANCE
☎ 6750 2183
✉ finance@orchidclub.com

MARCOM
☎ 6750 2160
✉ marcom@orchidclub.com

PURCHASING
☎ 6750 2129
✉ purchasing@orchidclub.com

FACILITIES

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

ASIA GYMNASTICS & DANCE ACADEMY
Tel: 8777 3313
9:30am to 9:00pm (Daily)

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

CHILDREN'S OUTDOOR PLAYGROUND
7:00am to 7:00pm (Daily)

FUNPOOL & BUNKER POOL
7:00am to 9:00pm (Daily)

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

HEALING TOUCH – MASSAGE AND SPA
Tel: 6759 0752
11:00am to 10:30pm
Last appointment at 9:00pm

LITTLE SKOOL-HOUSE
Tel: 6759 0393
7:00am to 7:00pm (Weekdays)
7:00am to 2:00pm (Sat)

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

MUSIC FOR YOUNG CHILDREN SINGAPORE
Tel: 6100 0306
4:00pm to 9:00pm (Thu & Fri)
9:00am to 5:00pm (Sat)
9:00am to 12:00pm (Sun)

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

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

ORCHID LODGE
24 hours

ORCHIS PAVILION – PHOTO STUDIO
Tel: 6222 3602
9:00am to 8:00pm (Daily)

PLAY FIT @ OCC
Tel: 6346 5155
11:00am to 9:00pm (Daily)

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

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

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

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

MESSAGE FROM THE PRESIDENT

Greetings to all Orchid members!

I would like to start by thanking our 216 golfing members for participating in the Hong Bao Golf Special on Sunday, 17 February 2019. The day's event culminated with a memorable Hong Bao Dinner at the Grand Ballroom where 400 members were treated to an exciting evening programme that included a lion dance and live band performances. Your enthusiastic participation and support for our Club events is indeed heartening and I look forward to forging stronger ties with you and for us to become a close-knit family.

In the month of March, we will be launching our brand-new RFID membership cards. To ensure a smooth transition to the new cards, please be reminded to visit the Club for a one-for-one exchange with your old cards as soon as you can as the full implementation kicks in on 1 April 2019. The one-for-one exchange allows us the opportunity to engage members personally and to explain the functionality and benefits of the cards as well



Individual Golfing (Gold)

Individual Social

as answer any questions. The cards are Club property and the exchange is part of the Club SOP when new cards are given out to members as it allows the Club to control and prevent obsolete cards from circulating and to mitigate any unauthorised use of these cards. We will be implementing more benefits to the card, so keep your eyes peeled for new updates in the Orchid Ripples.

The Club has been closely monitoring the condition of the golf courses to ensure that they are kept at the best condition for members' enjoyment. Improvements were made in most areas of play particularly on the greens. The greens turf has become more resilient with higher tolerance to foot traffic and change in weather pattern, and turf growth is more sustainable with higher turf density. Various cultural practices are also carried out on the greens resulting in smoother putting surface, truer line of putt and faster greens with improved consistency throughout the 27 greens.

I am happy to announce that with the completion of the restroom upgrading at the Level 2 Conference Room at the Golf Clubhouse in end 2018, we have concluded our Club-wide restroom upgrading project. While it was inconvenient during the renovation stage, the luxury and comfort that the new restrooms provide made the wait worthwhile. I would like to thank our members for their patience during the upgrading phase.

Looking ahead, I would like to share that the Club is looking at large-scale upgrading work on the important

play areas in all 27 holes of the golf course, in which works would begin in early 2020. The upgrading work is necessary to extend the lifespan of the golf course, further improve the playability and enhance its character. The upgrade will incorporate new and exciting ideas on the design and contours of the greens and create one signature hole for each course to enhance the memorability and challenging element of play. Other upgrading work will also include safety enhancement, better quality of turf on fairways and immediate rough, bunker improvement, etc.

We will also be upgrading the Male and Female changing rooms, from 20 February to 20 March 2019 and 24 March to 30 April 2019 respectively. Members will also have another option for booking of golf games as the online golf booking platform will be going live in September/October 2019. More details will be made known to you in due time via our Club announcements.

OCC is also a prime venue for holding banquet events. We have exceptionally good function facilities and capabilities that can cater and accommodate to events of all sizes and occasions. Members are offered preferential rates and we encourage you to hold your events at the Club. Please contact our Sales & Marketing colleagues if you are looking for an event venue to celebrate your special occasions. If you are simply looking for a place to relax and bond with your family and friends, OCC also offers the perfect social retreat with comprehensive state-of-the-art sports facilities like the Gym, swimming pools, tennis and futsal courts, and bowling alley, where the fun is endless. The Gym will also be upgraded to incorporate an outdoor area for functional and kettle weights training; and cardio-vascular programmes.

Before I close, I would like to extend my most sincere appreciation and gratitude to all of you for your strong support and patronage of the Club.

We would also like to acknowledge the contribution of our dear friend and colleague, Mr Stewart Lee who had passed away on 15 February 2019. Stewart managed the Driving Range at the Club and you cannot miss him with his bright-coloured shirts and trousers, which very much depicted his cheerful personality. Stewart was a hardworking and loyal staff and has been with OCC for more than 25 years. His humility, good sense of humour and hard work continue to inspire those who knew him. He will be dearly missed by his colleagues and friends.

Thank you again and I hope to see you at the Club soon.

Warmest Regards,

Kee Hiong



Chong Kee Hiong
President

OCC & ACC 25TH ANNIVERSARY STAFF YEAR-END PARTY

Monday, 17 December, 2018

Excitement filled the atmosphere in the Club on a Monday afternoon, chasing the Monday blues away as staff from OCC and ACC gathered at the Aranda Lounge for the 25th Anniversary Staff Year-End Party. This was a special party as the Club endeavours to promote workplace engagement and team unity among OCC and ACC colleagues. All the staff had a ball at the party catching up with one another over a delectable buffet spread, which included live food stations and even an ice cream cart, whetting everyone's appetite! To express appreciation for the hard work put in by all the staff for the whole year, attractive lucky draw prizes were given out to each and every staff, putting smiles on everyone's faces!



ACC GM, Toh Poh Kuan (standing, 2nd from right), and ACC staff mingling with OCC staff.



The lucky winner, Senior Technician, Tan Chiu Yang (left), receiving the top lucky draw prize from OCC GM, Richard Foo (right).



STAFF CNY LO HEI

Monday, 11 February 2019



OCC GM, Richard Foo (1st from left), presenting a hamper to the Lucky Draw 1st prize winner, Jeanette Lim (centre).



God of Fortune, Tan Boo Kian from HR (2nd from right).

As a part of the tradition, OCC staff were all dressed in red as they gathered for a festive reunion at the Aranda Lounge, tossing Yu Sheng to a year of good fortune and prosperity during the annual staff Chinese New Year Lo Hei. Everyone tucked into a feast of abundance and well wishes were exchanged with one another. Attractive hampers were also given out to lucky winners during the Lucky Draw. Gong Xi Fa Cai and Huat Ahh!



OCC 'SHARE-A-GIFT' PROJECT 2018

The S&R Team collaborated with the **Boys' Brigade** for the OCC Share-A-Gift Project, and a total of 144 wishes were adopted by our generous members, guests and OCC staff. Gifts were then delivered to our beneficiaries, **Care Corner Family Service Centres, Hua Mei Clinic** and **TOUCH Seniors Activity Centres**, on 19 and 21 December 2018 for distribution to the elderly and children. This project was definitely a rewarding one as everyone came together for a good cause!

Special thanks to the following OCC members for contributing to the success of this project!

- Anna Maria Low
- Leong Yee Keong
- Lim Yong Sing
- Raymond
- Sarjit Kaur
- Susan Gan



HOLE-IN-ONE ACHIEVERS! OCC MEMBERS

- | | |
|--|--|
| Mr. Peter Wong
Vanda Hole 2
Saturday, 30 June 2018 | Mr. Lim Joo Seng
Dendro Hole 4
Saturday, 15 December 2018 |
| Mr. Richard Ong
Vanda Hole 4
Wednesday, 8 August 2018 | Mr. Tony Tan Chiew Seng
Vanda Hole 4
Friday, 4 January 2019 |
| Mr. Loh Chang Kaan
Vanda Hole 2
Saturday, 22 September 2018 | Mr. Titus Mohan Alexander
Dendro Hole 8
Sunday, 20 January 2019 |
| Mr. Kam Mock Yong
Aranda Hole 6
Wednesday, 12 December 2018 | |

CARING FOR YOUR COURSE

Starts with OCC Golf Marshals and You!



On weekdays, look out for our Golf Marshals who will be starting the ball rolling by repairing divots on the fairways. We would like to urge every golfer to do the same by repairing divots, whenever possible, even if they are not left behind by you.

If everyone does his or her part, our concerted efforts will keep our golf courses in pristine condition all year round. Let's together show that we truly care!



A Peek Into

GOLF

Upcoming Club Golf Events

MARCH MONTHLY MEDAL

Saturday, 9 March 2019

APRIL MONTHLY MEDAL

Saturday, 13 April 2019





LION DANCE PERFORMANCE & HONG BAO GOLF SPECIAL

Sunday, 17 February 2019

This Chinese New Year, the Club held its traditional auspicious Lion Dance performance at the Golf Clubhouse with a stunning showcase of energetic movements by the colourful and playful lions. The Club, tenants and members were blessed with good luck, fortune and success in the new year as the Lion troupe performed "Cai Qing (plucking the green)" around the Club's premises. Red packets and mandarin oranges were also given out by the God of Fortune to those who graced the event.



(Left to right) OCC GM, Richard Foo; S&R Committee Member, Susan Gan; Lady Captain, Maureen Goh; Advisor for SISEU, Lim Kuang Beng; GC Member, Lim Eng Lee; GC Member, Eileen Yeo; Club VP & Captain, Yeo Khee Leng; Vice-Captain, Ted Wong; Greens Committee Member, Emmanuel Lem; and EXCO Member, Stewart Ang, wishing everyone a Happy Chinese New Year!



(Left to right) Vice-Captain, Ted Wong; OCC Member, Jean Chan; GC Member, Eileen Yeo; and Club VP & Captain, Yeo Khee Leng.



(Left to right) Advisor for SISEU, Lim Kuang Beng; EXCO Member, Stewart Ang; Greens Committee Member, Emmanuel Lem; and GC Member, Lim Eng Lee.

The Club's annual prosperity game, Hong Bao Golf Special, received an overwhelming response of 216 participants. After registration, all the golfers were served a buffet lunch at the Emerald Suite to boost their energy levels before teeing off at 1.30pm at all three golf courses, Vanda, Dendro and Aranda. To keep the Chinese New Year spirits high, three festive items – Fire cracker, Ong Lai (pineapple) and Fortune Bag – were hidden around the golf courses as a special surprise. Golfers who were lucky enough to discover these items during the game were rewarded with a mystery gift.



HONG BAO DINNER

Sunday,
17 February 2019



(Left to right)
Sitting: GC Member, Eileen Yeo; ACC GM, Toh Poh Kuan; and Lady Captain, Maureen Goh.
Standing: Advisor for SISEU, Lim Kuang Beng; EXCO Member, Stewart Ang; Club VP & Captain, Yeo Khee Leng; OCC GM, Richard Foo; GC Member, Lim Eng Lee; Vice-Captain, Ted Wong; and Greens Committee Member, Emmanuel Lem.



Club VP & Captain, Yeo Khee Leng (right) and GC Member, Lim Eng Lee (left) receiving 'Scrolls of Luck'.

The Club was enveloped in a warm and festive atmosphere throughout the day, as the golfers and social members gathered at the Grand Ballroom in the evening for the Hong Bao Dinner. The dinner kick-started with everyone in high spirits as Chinese New Year was celebrated with a traditional Lion Dance "Cai Qing" Performance that was impressive beyond words. Yu Sheng was then tossed to a year of good health and fortune during the Lo Hei session, with the God of Fortune joining in to shower everyone with more blessings



Lucky Draw 1st Prize Winner (Hong Bao Dinner), Elizabeth Cheong (right).



Lucky Draw 1st Prize Winner (Hong Bao Golf), Tan Yew Boo (left).



Winning Buggy!



1st Prize Winners of the Best Buggy Décor, Susan Gan (1st from left) and Kamei Kazuko (1st from right).

of prosperity. Highlights of the night culminated with the highly anticipated prize presentation, where winners of recent golf tournaments – Handicap Matchplay Championship 2018 and Gold Medal 2019, as well as the Hong Bao Golf Special 2019, were honoured and awarded. It was indeed an auspicious night filled with live music, good cheer and fun!



OCC GOLD MEDAL 2019

Sunday,
27 January 2019

Vying for the title of Overall Champion in the OCC Gold Medal 2019 event were 24 winners of the OCC Monthly Medals 2018. Fired up for the event, the participants put their golfing skills to the test in a fierce match for an opportunity to be crowned Champion. Dr. Loh Chang Kaan and Ms. Oh Chew Khoon ultimately emerged as winners of the Men's and Ladies' Divisions respectively. Congratulations to the winners and 'thank you' to all for your enthusiastic participation!

VANDA / ARANDA

MEN'S DIVISION

Position	Name	Score
Champion	Dr. Loh Chang Kaan	71 Nett
Runner Up	Mr. Lee Chai Chew	73 Nett

LADIES' DIVISION

Position	Name	Score
Champion	Ms. Oh Chew Khoon	72 Nett
Runner Up	Ms. Jean Chan	73 Nett



Champion for Men's Division, Dr. Loh Chang Kaan (left) receiving the prize from Club VP & Captain, Yeo Khee Leng (right).



Champion for Ladies' Division, Ms. Oh Chew Khoon (left).



In line with the joyous season of giving, a Christmas Lucky Draw Promotion was held at OCC Driving Range from 1 November to 31 December 2018, making Christmas an even sweeter one for our members and guests. Five lucky participants were drawn and each walked away with an attractive prize. Congratulations to all winners and 'thank you' to all for your continuous support the past year!



1st Prize
Mr. Simon Chew
Cleveland Launcher HB FWY Flex R Fairway #3



2nd Prize
Mr. Toon Boon Poon
Cleveland TFi Satin 1.0 Putter P/34



3rd Prize
Mr. William Tan
Cleveland RTX-4 Tour Satin Wedge mid B 58



4th Prize
Ms. Ivy Lee
Cleveland Huntington Beach #10 Putter P/34



5th Prize
Mr. Herman Leo
Cleveland Huntington Beach #10 Putter P/34

JANUARY 2019 MONTHLY MEDAL RESULTS

Trophy presented by **Head of Golf, Dennis Ee**
STROKEPLAY (SATURDAY, 12 JANUARY 2019)



MR. IRVYN TAN



MR. TAN JUN WEI



MR. JEREMY KWAN



MS. JACQUELINE LIM

ARANDA / VANDA

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

Best Gross	Mr. Irvyn Tan	(4.7)	76 Gross
Winner	Mr. Peh Choon Beng	(9.9)	72 Nett OCB
Runner Up	Mr. Loh Chang Kaan	(9.2)	72 Nett

Ballsweep (1st Nine)

Winner	Mr. Loh Chang Kaan	(9.2)	33 Nett
---------------	--------------------	-------	---------

Ballsweep (2nd Nine)

Winner	Mr. Kummah K S	(10.9)	31 Nett
---------------	----------------	--------	---------

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

Best Gross	Mr. Tan Jun Wei	(14.8)	86 Gross
Winner	Mr. Abdul Karim	(15.4)	72 Nett OCB
Runner Up	Mr. Huang Cheng Te	(13.1)	72 Nett

Ballsweep (1st Nine)

Winner	Mr. Tan Jun Wei	(14.8)	33 Nett
---------------	-----------------	--------	---------

Ballsweep (2nd Nine)

Winner	Mr. Tan Chiew Hua	(11.6)	34 Nett
---------------	-------------------	--------	---------

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

Best Gross	Mr. Jeremy Kwan	(16.6)	89 Gross
Winner	Mr. Michael Van Der Wal	(18.7)	70 Nett OCB
Runner Up	Mr. Albert Toh	(20.0)	72 Nett OCB

Ballsweep (1st Nine)

Joint Winners	Mr. Tan Tien Seng	(16.4)	32 Nett
	Mr. Lee Cheng Peck	(17.8)	32 Nett

Ballsweep (2nd Nine)

Winner	Mr. Michael Van Der Wal	(18.7)	34 Nett
---------------	-------------------------	--------	---------

RESULTS FOR LADIES' DIVISION (H'CAP 36.9 & BELOW)

Best Gross	Ms. Jacqueline Lim	(13.9)	89 Gross
Winner	Ms. Judy Cho Yong Kum	(19.1)	71 Nett
Runner Up	Ms. Poh Lay Guat	(20.5)	72 Nett

Ballsweep (1st Nine)

Winner	Ms. Judy Cho Yong Kum	(19.1)	35 Nett
---------------	-----------------------	--------	---------

Ballsweep (2nd Nine)

Winner	Ms. Poh Lay Guat	(20.5)	35 Nett
---------------	------------------	--------	---------

FEBRUARY 2019 MONTHLY MEDAL RESULTS

Trophy presented by **Head of Golf, Dennis Ee**
STABLEFORD (SATURDAY, 9 FEBRUARY 2019)



(From left to right)

1st row 2nd Runner-Up for Men's 'C' Division, Ng Song Cheng; 1st Runner-Up for Men's 'C' Division, Justin Lim; 1st Runner-Up for Ladies' Division, Oh Chew Khoon; 2nd Runner-Up for Ladies' Division, Janice Neo; 2nd Runner-Up for Men's 'A' Division, Daryl Low.
2nd row 2nd Runner-Up for Men's 'B' Division, Abdul Karim; Winner for Men's 'A' Division, Masilamany; 1st Runner-Up for Men's 'B' Division, Dan Sinawat; Winner for Men's 'C' Division, Albert Tan.

ARANDA / VANDA

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

Winner	Mr. Masilamany	(7.6)	41 Pts
1st Runner Up	Mr. Amit Gulati	(7.6)	34 Pts OCB
2nd Runner Up	Mr. Daryl Low	(0.2)	34 Pts OCB

Ballsweep (1st Nine)

Winner	Mr. Masilamany	(7.6)	22 Pts
---------------	----------------	-------	--------

Ballsweep (2nd Nine)

Joint Winners	Mr. Amit Gulati	(7.6)	19 Pts
	Mr. Masilamany	(7.6)	19 Pts

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

Winner	Mr. Albert Tan Kian Huat	(22.7)	36 Pts OCB
1st Runner Up	Mr. Lim Kim Moh Justin	(19.8)	36 Pts
2nd Runner Up	Mr. Ng Song Cheng	(19.0)	34 Pts

Ballsweep (1st Nine)

Joint Winners	Mr. Choo Chye Hock	(19.5)	19 Pts
	Mr. Albert Tan Kian Huat	(22.7)	19 Pts
	Mr. Lim Kim Moh Justin	(19.8)	19 Pts
	Mr. Joe Wong Hi Lok	(17.3)	19 Pts

Ballsweep (2nd Nine)

Winner	Mr. Ng Song Cheng	(19.0)	18 Pts
---------------	-------------------	--------	--------

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

Winner	Mr. Teo Yong Tat Philip	(13.0)	41 Pts
1st Runner Up	Mr. Sinawat Dan	(14.3)	40 Pts
2nd Runner Up	Mr. Abdul Karim Razak	(14.9)	38 Pts OCB

Ballsweep (1st Nine)

Winner	Mr. Daniel Ang Chuan Gen	(14.6)	20 Pts
---------------	--------------------------	--------	--------

Ballsweep (2nd Nine)

Winner	Mr. Teo Yong Tat Philip	(13.0)	24 Pts
---------------	-------------------------	--------	--------

RESULTS FOR LADIES' DIVISION (H'CAP 36.9 & BELOW)

Winner	Mdm. Tan Joo Ee	(28.1)	42 Pts
1st Runner Up	Ms. Oh Chew Khoon	(16.9)	36 Pts
2nd Runner Up	Ms. Neo Tek Eng Janice	(24.1)	32 Pts OCB

Ballsweep (1st Nine)

Joint Winners	Ms. Oh Chew Khoon	(16.9)	19 Pts
	Mdm. Tan Joo Ee	(28.1)	19 Pts

Ballsweep (2nd Nine)

Winner	Mdm. Tan Joo Ee	(28.1)	23 Pts
---------------	-----------------	--------	--------

OCC-U GOLF 9-HOLE NIGHT SERIES

SATURDAY, 5 JANUARY 2019 | DENDRO



STABLEFORD

RESULTS FOR MEN'S DIVISION

Winner	Mr. Johann Wong Joon Hai	26 Points
1st Runner Up	Mr. Steve Ng	25 Points
2nd Runner Up	Mr. Cheng Kheng Boon	24 Points OCB

RESULTS FOR LADIES' DIVISION

Winner	Ms. Stella	23 Points OCB
1st Runner Up	Ms. Tina Wee Loke Eng	23 Points
2nd Runner Up	Ms. Go Theng Theng	20 Points



Senior Manager of U Sports, NTUC Club, Mr. Eric Lee (left) with Winner of the Men's Division, Mr. Johann Wong (right).

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

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

1st Runner Up of the Ladies' Division, Ms. Tina Wee (right).

IMPROVING IMPACT

One of the prerequisites for good ball striking is ball-first contact, i.e. striking the ball before the ground.



Improper post-impact position that results from striking the ground first



3/4 Foot Length

Often, a golfer would have struck the ground first if he/she has a post-impact position that looks like the one above.

A good way to encourage ball-first contact is to improve the club and ground contact location. To practise this, place a towel 3/4 foot length behind your golf ball.



Striking the towel before the golf ball



Better balance with pressure being put on the front leg

If you swing the golf club and find that your club strikes the towel first before you hit the golf ball, you are positioning yourself in a wrong way.

Therefore, the intent is to practise hitting the golf ball without coming into contact with the towel. This will often result in a better post-impact position like the one above, where you will have better balance with pressure being fully put on the front leg.

Follow the tips above to improve your ball impact position and you will become a better ball striker in no time!



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

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

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

MARCH



KEY EVENTS FOR MARCH

- Golf Monthly Medal Saturday, 9 March
- Bowling Monthly Medal Saturday, 9 March
- 27th Super Sprint Series Saturday, 30 March

Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Legend: - School Holidays *CGE - Corporate Golf Events				1 • Social Dance Night • Taekwondo • Kickboxing • Tabata H2O *CGE	2 • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Yoga • Aikido (Adults & Kids) • Functional Training • OCC-U Golf 9-hole Night Series	3 • Pilates • Karate • Kickboxing	
	4 • Sim Han Hoon Dance Class • Barre-less Barre *CGE	5 • SIG - Orchid Bulls • Pilates • Kickboxing	6 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness	7 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • Cardio Sculpt	8 • Social Dance Night • Taekwondo • Kickboxing • Tabata H2O *CGE	9 • Golf Monthly Medal • Bowling Monthly Medal • Social Dance Night • SIG - OCC Black 8 • Yoga • Aikido (Adults & Kids) • Functional Training	10 • Pilates • Karate • Kickboxing
	11 • Sim Han Hoon Dance Class • Barre-less Barre *CGE	12 • SIG - Orchid Bulls • Pilates • Kickboxing • Diet Nutrition Talk *CGE	13 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness	14 • Rummy-O • Karaoke Night • Cardio Sculpt	15 • Social Dance Night • Taekwondo • Kickboxing • Tabata H2O *CGE	16 • Social Sat: Chicken Pie Make & Bake • Line Dancing Night • SIG - OCC Black 8 • SIG - OCC Bowling • Yoga • Aikido (Adults & Kids) • Functional Training	17 • Pilates • Karate • Kickboxing
	18 • Sim Han Hoon Dance Class • Barre-less Barre	19 • SIG - Orchid Bulls • Pilates • Kickboxing *CGE	20 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness	21 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • Cardio Sculpt	22 • Social Dance Night • Taekwondo • Kickboxing • Tabata H2O *CGE	23 • Line Dancing Night • SIG - OCC Black 8 • SIG - OCC Bowling • Yoga • Aikido (Adults & Kids) • Functional Training	24 • Pilates • Karate • Kickboxing
	25 • Sim Han Hoon Dance Class • Barre-less Barre *CGE	26 • SIG - Orchid Bulls • Pilates • Kickboxing *CGE	27 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness	28 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • Cardio Sculpt	29 • Social Dance Night • Taekwondo • Kickboxing • Tabata H2O	30 • 27th Super Sprint Series • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Yoga • Aikido (Adults & Kids) • Functional Training	31 • Pilates • Karate • Kickboxing

KEY EVENTS FOR APRIL

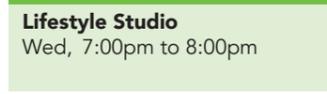
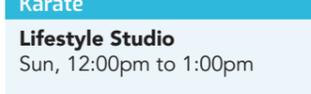
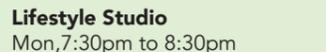
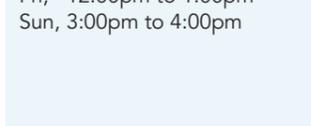
- Golf Monthly Medal Saturday, 13 April
- Bowling Monthly Medal Saturday, 13 April



APRIL

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 • Sim Han Hoon Dance Class • Barre-less Barre	2 • SIG - Orchid Bulls • Pilates • Kickboxing	3 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness	4 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • Cardio Sculpt	5 • Social Dance Night • Taekwondo • Kickboxing • Tabata H2O	6 • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Yoga • Aikido (Adults & Kids) • Functional Training • OCC-U Golf 9-hole Night Series	7 • Pilates • Karate • Kickboxing
8 • Sim Han Hoon Dance Class • Barre-less Barre *CGE	9 • SIG - Orchid Bulls • Pilates • Kickboxing	10 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness	11 • Rummy-O • Karaoke Night • Cardio Sculpt *CGE	12 • Social Dance Night • Taekwondo • Kickboxing • Tabata H2O	13 • Golf Monthly Medal • Bowling Monthly Medal • Social Dance Night • SIG - OCC Black 8 • Yoga • Aikido (Adults & Kids) • Functional Training	14 • Pilates • Karate • Kickboxing
15 • Sim Han Hoon Dance Class • Barre-less Barre *CGE	16 • SIG - Orchid Bulls • Pilates • Kickboxing	17 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness	18 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • Cardio Sculpt	19 Good Friday • Taekwondo • Kickboxing	20 • Social Sat: Korean Skincare Workshop • Line Dancing Night • SIG - OCC Black 8 • SIG - OCC Bowling • Yoga • Aikido (Adults & Kids) • Functional Training	21 Easter Sunday • Pilates • Karate • Kickboxing
22 • Sim Han Hoon Dance Class • Barre-less Barre *CGE	23 • SIG - Orchid Bulls • Pilates • Kickboxing *CGE	24 • Sim Han Hoon Dance Class • Functional Training • Zumba Gold • Zumba Fitness *CGE	25 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • Cardio Sculpt	26 • Scratch-It-To-Win-It • Social Dance Night • Taekwondo • Kickboxing • Tabata H2O	27 • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Yoga • Aikido (Adults & Kids) • Functional Training	28 • Pilates • Karate • Kickboxing
29 • Sim Han Hoon Dance Class • Barre-less Barre *CGE	30 • SIG - Orchid Bulls • Pilates • Kickboxing *CGE					

OCC SOCIAL & RECREATION WEEKLY PROGRAMMES

DANCE	 <p>Social Dance Nights Aranda Lounge 7:30pm to 1:00am Every Fri and Sat</p>	 <p>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)</p>	MARTIAL ARTS
	 <p>Yoga Lifestyle Studio Sat, 9:00am to 10:00am</p>	 <p>Pilates Lifestyle Studio Tue, 7:30pm to 8:30pm Sun, 3:00pm to 4:00pm</p>	
FITNESS	 <p>Cardio Sculpt Lifestyle Studio Thu, 7:30pm to 8:30pm</p>	 <p>Zumba Fitness Lifestyle Studio Wed, 7:00pm to 8:00pm</p>	 <p>Taekwondo Lifestyle Studio Fri, 7:30pm to 9:00pm</p>
	 <p>Barre-less Barre Lifestyle Studio Mon, 7:30pm to 8:30pm</p>	 <p>Functional Training Lifestyle Studio Wed, 7:00pm to 8:00pm Sat, 10:00am to 11:00am</p>	 <p>Aikido (Adults & Kids) Lifestyle Studio Sat, 3:00pm to 4:15pm</p>
RECREATION	 <p>Karaoke Night** Aranda Lounge Thu, 12:00pm to 11:00pm</p>	 <p>OCC Social Saturday Sports Hub 10:00am to 12:00pm 16 Mar & 20 Apr</p>	 <p>Scratch-It-To-Win-It Night* Sports Hub 7:00pm to 10:00pm 26 Apr</p>
	 <p>SIG - Rummy-O* Aranda Lounge 7:00pm to 9:30pm 14 Mar & 11 Apr</p>	 <p>SIG - Bowling Orchid Bowl Sat, 3:00pm to 6:00pm</p>	 <p>Simply Scuba (Scuba Diving) Olympic Pool Mon to Fri, 9:00am to 5:00pm Sat and Sun, 12:00pm to 5:00pm</p>
SPORTS	 <p>SIG - Black 8 (Pool) Aranda Lounge/Sports Hub OCC Black 8 Training Sat, 3:00pm to 6:00pm</p>	 <p>Bowling Monthly Medal Orchid Bowl 2nd saturday of the Month (subject to change)</p>	 <p>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)</p>
	 <p>SIG - Orchid Bulls (Darts) Aranda Lounge Tue, 8:00pm to 10:00pm Thu, 8:00pm to 10:00pm</p>	 <p>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</p>	 <p>SpeediSwim (Tabata H2O) Olympic Pool Fri, 7:30pm to 8:30pm</p>

* 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 sports@orchidclub.com



A Peek Into

LIFESTYLE



Upcoming Club S&R Events

MARCH BOWLING MONTHLY MEDAL
Saturday, 9 March 2019

27TH SUPER SPRINT SERIES
Saturday, 30 March 2019

APRIL BOWLING MONTHLY MEDAL
Saturday, 13 April 2019



DIAMOND NIGHT COUNTDOWN PARTY

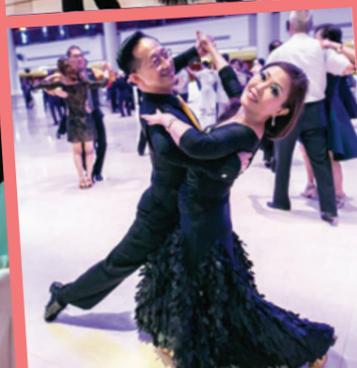
Monday, 31 December 2018

The Grand Ballroom transformed into a magnificent countdown celebration venue on the last day of 2018 as everyone turned up for a fancy New Year's Eve dance extravaganza, shining brightly in their dazzling attire. It was all glam and glitz as dancers danced into the new year with some groovy fun on the brightly illuminated dance floor, and enjoyed a hearty spread of gastronomic delights.

As the clock struck midnight, everyone got back up on their feet and let loose on the dance floor. Cheering in excitement, 2019 was ushered in with a toast to a better year ahead, as well as some confetti and party poppers to top it off!



OCC Dance Instructor, Mr. Sim (3rd from right) revelling in the fun of the party with other dancers.



BOWLING REMATCH WITH THE TANGLIN CLUB

Saturday, 5 January 2019

Friendships continue to blossom as bowlers from OCC, ACC and The Tanglin Club took part in a friendly bowling rematch hosted by The Tanglin Club. Playing in teams of four, the bowlers battled it out in three rounds of games held at Orchid Bowl @ OCC, before catching up over a buffet dinner at Sports Hub.

In spite of the heated competition, OCC Bowling Team managed to finish the event as the first runner-up with a total pinfall of 2,267. Congratulations to all winners and well done to all the bowlers!



The winning Team OCC with OCC Bowling Convenor, Mary Tan (1st from right), receiving their prizes from The Tanglin Club Bowling Convenor, Eugene Lim (3rd from left).



BOWLER OF THE YEAR 2018

Saturday, 12 January 2019

OCC held its very first 'Bowler of the Year 2018' event in January 2019, where the top 10 OCC & ACC bowlers of the Monthly Bowling Medals (May to November 2018) competed against each other in an exhilarating match for a chance to be crowned the ultimate Bowling Champion.

Facing off at Orchid Bowl @ OCC, bowlers vied for the top positions in an intense display of strikes, spares and splits, which left the supporters without a moment to spare as everyone watched with bated breath. The event ended off with a sumptuous buffet spread at Sports Hub, where everyone celebrated the achievements of all the winners. Congratulations to OCC member, Mr. Patrick Phua, who emerged as the esteemed Champion of the day!



OCC Bowling Convenor, Mary Tan (3rd from left) with the top 5 winners.



Overall Champion, Mr. Patrick Phua (right).



HONG BAO BOWL

Saturday, 16 February 2019

There is always time to spare for bowling – all the more so when it is a time for families and friends to bond during Chinese New Year! 20 passionate bowling enthusiasts from OCC and ACC came together with their guests on the 12th day of Chinese New Year to strike their way to a year of luck and fortune.

Held at Orchid Bowl @ OCC, the friendly match started with the Singles event where bowlers played to determine their ranking before proceeding to compete in the Doubles event. OCC member, Jeremiah Tan claimed the singles title while OCC members, Patrick Phua and Jenny Oon clinched the doubles title. All the bowlers were then invited back for a celebratory Hong Bao Dinner the following day, where prizes were given out. Congratulations to all winners!



Bowling Convenor, Mary Tan (1st from left) presenting prizes to the Doubles Match Champions, Patrick Phua and Jenny Oon (2nd and 3rd from left).

SCRATCH-IT-TO-WIN-IT NIGHT

Friday, 28 December 2018 & 25 January 2019

Playing in the 2018 Christmas and January 2019 edition of our Scratch-It-To-Win-It Nights were a total of 60 members each for both months. Before the games started, members tucked into an appetising dinner. With their energy boosted, the participants channelled their mental focus into the rounds of games that ensued. The lucky draw also added an element of suspense and excitement for the night. Congratulations to all the winners!



Lucky Draw 1st Prize Winner for December 2018, Ms. Yap Hong Gek (left).



Lucky Draw 1st Prize Winner for January 2019, Ms. Eunist Toh (right)



SOCIAL SATURDAY – GINGERBREAD COOKIES MAKE AND BAKE

Saturday, 15 December 2018



The Christmas spirit filled the air in December 2018 as OCC members and staff welcomed the festive season with a sweet edition of 'Gingerbread Cookies Make and Bake'. All the participants learnt to make the classic festive treat step-by-step from Chef Lim. Starting with making the cookie dough, to learning the baking techniques and cutting the dough into various Christmas-themed shapes, the session ended off with everyone decorating their handmade cookies with icing. It was a perfect morning of creating fun memories and savouring one's own masterpieces!



SOCIAL SATURDAY – ALMOND COOKIES MAKE AND BAKE

Saturday, 12 January 2019

Continuing the sweet series of festive treats is a 'Almond Cookies Make and Bake' session in January 2019, with Chef Lim, holding a class to share his recipe for the traditional Chinese New Year favourite – almond cookies. OCC members and staff were taught how to make the cookies from scratch to give it a delightful crunch and slight buttery taste. The inviting aroma of freshly baked almond cookies, served hot from the oven, made everyone excited to try their hands at baking this classic treat at home again, to impress their family and friends for the upcoming Chinese New Year!



Chef Lim guiding the participants along.



WORK OUT WITH US!



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 Member)
\$120 (NTUC Member)
\$130 (Guest)

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



CARDIO SCULPT

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

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

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

KICKBOXING

Enjoy high-intensity cardio and strength building drills in a highly motivating group environment to boost your metabolism. Sweat it out and learn proper techniques to achieve a leaner body and healthier state of mind. Suitable for people of any fitness level!



Day & Time : Every Tuesday, 7:30pm to 8:30pm
Every Friday, 12pm to 1pm
Every Sunday, 3pm to 4pm
Venue : Lifestyle Studio
Fee* : \$50 (OCC Member)
\$55 (NTUC Member)
\$60 (Guest)

*Fees are for 4 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, 3pm to 4pm
Venue : Lifestyle Studio
Fee* : \$100 (OCC Member)
\$105 (NTUC Member)
\$110 (Guest)

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

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 Member)
\$155 (NTUC Member)
\$165 (Guest)

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

BARRE-LESS BARRE

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



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

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

TIGHT AND STIFF SHOULDERS? TRY OUT THESE 6 MOBILITY STRETCHES!

1. HEEL SIT CAT/COW



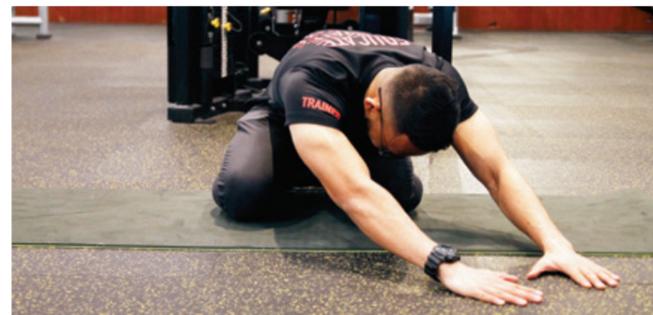
- Set up on hands & knees
- Sit hips back toward heels
- Push into floor & round upper back (cat)
- Then look up toward ceiling & arch back (cow)
- Go back & forth through full range of motion
- 8 reps

2. QUADRUPED SCAPULA ROLLS



- Set up on hands & knees
- Sink chest down toward floor & retract shoulder blades
- Create big circles with your shoulder blades by pushing back into floor & then sinking back down in a forward circular motion
- Repeat in a backward circular motion
- 8 reps each direction

3. CHILD'S POSE LATS STRETCH



- Set up on hands & knees
- Sit hips back toward heels & reach arms overhead
- Walk hands over to 1 side until you feel a stretch in your lats
- Hold 60 secs per side

4. HAND BEHIND BACK T-SPINE ROTATIONS



- Set up on knees & elbows
- Place right hand behind back, palm up toward ceiling
- Lower left shoulder toward floor, then rotate toward ceiling
- Try to increase range of motion each rep
- 10 reps per side

5. HEEL SIT SINGLE ARM LIFT-OFFS



- Sit back toward heels with arms overhead & wrists on foam roller
- Thumbs pointed up toward ceiling
- Without lifting hips off heels, lift 1 hand off roller, keeping elbows straight
- Hold for 3 seconds, then switch sides
- 8 reps per side

6. FOAM ROLLER PEC STRETCH



- Lie down with roller along spine & head supported
- Allow arms to stretch out to sides at 90 degrees
- Breathe & hold stretch for 60 secs

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

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

28th SUPER SPRINT SERIES

Saturday, 1 June 2019
3pm @ Olympic Pool

Age Group:	Categories:
7-8 years old	50m Butterfly
9-10 years old	50m Backstroke
11-12 years old	50m Breaststroke
13-14 years old	50m Freestyle
15-16 years old	Closing Date:
17-21 years old	Sunday, 5 May 2019

(Primary, Secondary & Tertiary Edition)

TAKE UP THE SWIMMING CHALLENGE AND UNLEASH YOUR POTENTIAL!

	Registration Fee*	Event Entry Fee**
OCC / ACC Member	FOC	FOC
NTUC	\$4	\$4
Guest	\$5	\$5

*Fees are subject to prevailing GST. **Per Event

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

SHERRAINE & LEE

AT OCC PAR LOUNGE

STARTING ON 18 JAN EVERY FRIDAY



SHOWTIMES:
7.30PM - 8.15PM
8.45PM - 9.30PM
9.45PM - 10.30PM



OCC Par Lounge

Silver & Nelson

EVERY THURSDAY



SHOWTIMES:
7.30PM - 8.15PM
8.45PM - 9.30PM
9.45PM - 10.30PM

HOME UNDERGOING RENOVATION?

STAY AT OCC!

7-DAY Refit Getaway in our Deluxe Room at only \$1000++

BOOK 2 PACKAGES (12 NIGHTS) AND GET THE 13TH NIGHT FREE!

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

MARCH TO APRIL 2019 Promotions at Par Lounge

- Asahi Super Dry Black **\$39++ for 5 bottles** (U.P. \$60++)
- Carlsberg Tower **\$49++** (U.P. \$82++)
- Chivas Regal 18yrs **\$168++ per bottle** (U.P. \$230++)
- Carlsberg Draught Beer **\$19++ per jug** (Only Sat & Sun) (U.P. \$27.50++)

Catch the EPL Live Screening @ Par Lounge every weekend!

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

MISSION HILLS HAIKOU 觀瀾湖·海口

Welcome to Hainan: Golf Heaven of China

Freedomhainan.com China Golf Specialist

Access Package Rate For OCC Members

1: 3D2N2G Package

OCC Gold/Silver Members	\$518 / (Tue/Thu-Sat)	\$568 / (Tue/Thu-Sat)
OCC Associate Members	\$580 / (Tue/Thu-Mar)	\$668 / (Tue/Thu-Mar)

2: 4D3N3G Package

OCC Gold/Silver Members	\$698 / (Tue/Thu-Sat)	\$750 / (Tue/Thu-Sat)
OCC Associate Members	\$780 / (Tue/Thu-Mar)	\$880 / (Tue/Thu-Mar)

Price is valid from Apr 2019 to Mar 2020

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 Vantage 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

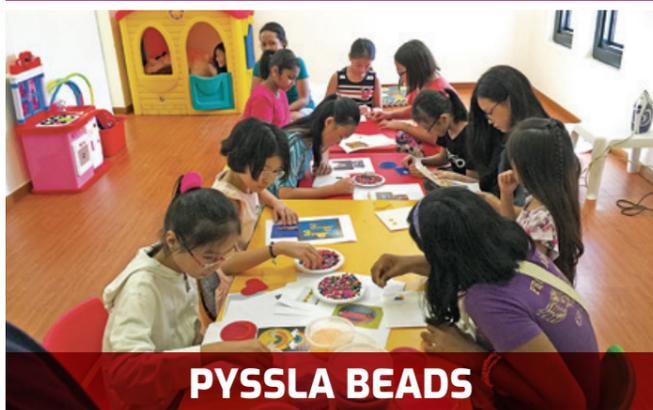
For Enquiries, Please Contact Martin At 90118255 Or Email: zhn68@yahoo.com

 hainangolf

UPCOMING ARANDA COUNTRY CLUB (ACC) EVENTS

Extended to OCC Members

MARCH



PYSSLA BEADS

Pyssla beads are colourful, tiny plastic beads that can be arranged into two-dimensional shapes and fused together by applying heat to the beads. This activity is ideal for helping young children develop fine motor skills while improving eye-hand coordination. It encourages patience and creativity as children discover how to use their imagination to create art. Enrol your child for an afternoon of creative fun.

- Date** : Saturday, 23 March 2019
 - Time** : 2pm – 4pm
 - Venue** : Kids' Playroom
 - Fee*** : \$10 (OCC Member's Child)
\$12 (Union Member's Child)
\$16 (Guest's Child)
 - Min Pax** : 10 persons
 - Closing Date** : Saturday, 16 March 2019
- *Child is between 3 to 12 years old. Materials will be provided.



TREK DE EVERTON & MURAL TRAIL

Join us on an urban trek as we go on a mission to locate iconic murals drawn by acclaimed self-taught local and international artist YC Yip. Some of the iconic murals waiting to be discovered include Amah, Provision Shop, Bird Singing Corner, Pasar, Barber and others. On this journey, you will discover the interesting history and stories behind each of the historical locations we visit. Get your cameras ready as we trek into the heartlands of Everton and Tiong Bahru.

- Date** : Saturday, 30 March 2019
- Time** : 3pm
- Venue** : TBA
- Fee** : \$10 (OCC Member)
\$12 (Union Member)
\$15 (Guest)
- Min Pax** : 15 persons
- Closing Date** : Saturday, 23 March 2019

APRIL



GUITAR & PIANO TRIAL LESSON

"Playing music is not always about talent; it is about having passion and a good instructor to guide you in the right direction." Did you ever wish you could play the Guitar or the Piano but do not know where to begin? Or are you looking to learn music together with your family and friends? Open to all age groups, join us for the Guitar & Piano Trial Lesson to gain a basic understanding of both instruments and vocals.

- Date** : Sunday, 14 April 2019
- Time** : 2pm - 4pm
- Venue** : Tulip Room (2nd Level Clubhouse)
- Fee** : Free (OCC Member)
\$2 (Union Member)
\$6 (Guest)
- Min Pax** : 10 persons
- Closing Date** : Sunday, 7 April 2019



2D1N LABIS SUNRISE FARM TOUR AT SEGAMAT, JOHOR

Take a break from city life and enjoy a weekend at the Labis Sunrise Farm in Johor. From your villa, enjoy the panoramic views of green hills and rubber trees. You will also get to tour the orchard in a four-wheel drive vehicle and have ample opportunities to shop and sample local products from a bee farm and bird's nest farm. Register early to secure your spot.

- Date** : Saturday & Sunday, 27 & 28 April 2019
- Venue** : Assemble at ACC Lobby at 6:30am sharp
- Fee*** : \$175 (OCC Member),
\$150 (OCC Member's Child)
\$180 (Union Member)
\$155 (Union Member's Child)
\$190 (Guest), \$165 (Guest's Child)
- Min Pax** : 25 persons
- Closing Date** : Saturday, 13 April 2019

*Child is between 3 to 12 years old.

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

Bouquets

~ Our service compliments ~

Impressive Course Condition

Dear Dennis,
Thank you again for your help in putting together our Catholic Junior College monthly golf game. I'm happy to report that this was our largest turnout since we started the league three years ago. Seems that many of our alumni want to play at OCC.

I also want to commend your registration and course staff for their superb service. It was seamless from the payment process to getting on and off the course. Furthermore, the Aranda/Dendro courses were in great condition, and the greens were running true and quick. Kudos to your maintenance team. It has been quite a while since I played at Orchid Country Club and I was suitably impressed by how well it presented itself yesterday.

Congratulations to the great work your team has put in, and all the best for 2019!

Best Regards,
Ju Kuang Tan
International Editor,
Golf Digest (International)



Honest and Responsible Hotel Team

We would like to thank the staff & management of Orchid Country Club for their big help. We stayed at OCC in mid-Dec for one week. We left our cash money and some valuable items in the hotel safe, and we continued with our cruise holiday after checking out from OCC. We totally forgot about the items in the safe until OCC called us. They found my IC copy from the items and did a few verifications to make sure that those are my belongings. We truly appreciate them for their honesty and responsibility, especially Edison. Thumbs-up to the hotel team! Thank you!

Fong Chin Yen
Guest



Attentive Housekeeping Staff



I would like to share my pleasant experience with your staff, Ms Toh Bee Hong. She is responsive and attentive to members' needs. She ensures the room is pleasant and clean. Every time I asked for help, she would say "No problem", like when I left my sunglasses or my personal belongings. She will ensure it is well kept till I return to the Club later. Many thanks! She is wonderful!

Adeline Choo
Member

Excellent Wedding Service

Dear Adim,
First of all, I would like to say a very big 'thank you' to you. You're brilliant and the best thumbs up x 100!!!! Thanks for being so attentive towards and patient with this clumsy couple (Johnson & Acacia), and helping us so much throughout the past few months. YOU DID A VERY VERY VERY GOOD JOB, Adim; it's our pleasure to have you leading us. 10/10 cheers!

We would like to say a big 'thank you' to the banquet staff as well for making our dinner so successful and smooth on 5/8/2018. The food was beyond our expectations and was excellent! THEY DID A GREAT JOB TOO!

Last but not least, we are so glad and satisfied to have held our banquet in OCC! Every one of our guests left so many good comments about OCC, THANK YOU SO MUCH EVERYONE & ADIM!!!! It is very much appreciated!

Best Regards,
Acacia Chan



Warm Welcome

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

- | | |
|----------------------------------|-----------------------------|
| Mr. Adrian Tan Wee | Mr. Murali S/O Subramaniam |
| Mr. Allan Tan Kee Sze | Mr. Neo Kian Loon Kelvin |
| Mdm. Choy Yuet Peng | Dr. Nguyen Le Thu Truc |
| Mdm. Chun Soon Cheng Judy Janice | Mr. Phan Duc Tuan |
| Mr. Go Siang Goan | Ms. Png Hui Hoon |
| Mr. Jerry Lim Heng Geok | Mr. Sathananthar Suresh |
| Mr. Koh Lip Kee | Mr. Sinkaram Philip Kumaran |
| Mr. Lim Teng Liang Nelson | Mr. Tan Yew Boon |
| Mr. Liu Kwai Wah | Mr. Wee Hiang Keong |
| Mr. Lucas Ignatius Loh Jen Yuh | Ms. Yeo Jin Kiang Audrey |

Fond Farewell

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

- | | |
|--------------------------|--------------------------|
| Mdm. Ang Bee Liang | Mr. Png Koon Ann |
| Mdm. Choo Ngee Neo | Ms. Tan Rong Rong |
| Mr. Foo Tee Heng | Mr. Tan Sing Min |
| Mdm. Gnanamani | Mr. Tan Wei Liang Samuel |
| Mdm. Huang Xiao Li | Mr. Wee Tien Liang |
| Mr. Iswarlal S/O Aitabir | Mr. Yap Tong Yin |
| Mdm. Lee Siok Mui | Mr. Yeo Zhiquan Marcus |
| Mr. Low Seng Kee | Ms. Yeo Yih Juan |
| Mr. Ng Aik Khoon | Mr. Yip Hoong Mun |
| Mr. Ng Hon Wing | |



BOOK YOUR WEDDING PACKAGE WITH OCC

FREE

HONEYMOON
(BANGKOK/HOCHIMINH)



LION DANCE
PERFORMANCE



SAPPHIRE SUITE



EMERALD SUITE



GRAND BALLROOM

Seal your vows at Orchid Country Club by celebrating in the elegant Grand Ballroom (1,200 seater capacity) or function suites; and impress your guests with premier multimedia technology, thematic decors and choice of Buffet, Chinese, Vegetarian and Halal menus to choose from. Enjoy wedding lunch and dinner packages priced from **\$838++ per table** (minimum 10 table).

For enquiries, please contact us at **6750 2166** or email **s&m@orchidclub.com**.

Terms and conditions apply.