

Orchid
COUNTRY CLUB



HAPPY LABOUR DAY

MAY - JUNE 2020
MCI (P) 089/11/2019



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by NTUC Club



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membership@orchidclub.com to find out more!**

**Welcome
Pack for new
members!**

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Club General Committee

President
Mr. Chong Kee Hiong

Vice President
Mr. Lim Eng Lee

Captain
Mr. Yeo Khee Leng

Treasurer
Ms. Ho Poh Ching

Lady Captain
Mrs. Maureen Goh

Members
Mr. Chng Chee Beow
Mr. Chua Bor Jern
Mr. Sazali Bin Zainal
Mr. Jeffrey Chua

Secretary
Mr. Emmanuel Lem

Club Management

General Manager
Mr. Emmanuel Lem

Head of Finance
Ms. Ng Siew Cheng

Head of Golf
Ms. Ong Pway Kheng

Head of Hotel
Mr. Gopal Thangavelu

Head of Housekeeping
Ms. Margaret See

Head of Human Resource
Mr. Charlie Goh

Head of IT
Mr. Foo Teck Xian

Head of Marcom & Membership
Ms. Joanne Ng

Head of Property & Maintenance
Mr. Alan Chua

Head of Sales & Marketing
Mr. Thomas Ng

Head of Social & Recreation
Ms. Toh Poh Kuan

Jackpot Manager
Mr. Jasper Woo

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for event photos!



FROM THE CAPTAIN

Dear fellow members and friends,

One-third of a year has gone by in a flash. With the COVID-19 pandemic gripping everyone with great uncertainty, the focus for the past few months has been steered towards the rapidly evolving global situation. With the Government constantly monitoring the local situation and implementing stricter measures to curb further spread of the virus in the local community, the Club has also been making conscientious efforts to keep up with the situation and implementing timely measures to help fight the virus during this critical period.

TEMPORARY CLUB CLOSURE DUE TO 'CIRCUIT BREAKER' MEASURES

All precautionary measures culminated on 3 April 2020, with the Government announcing 'circuit breaker' measures to reduce interaction and movement in all public places. This translated to the closure of all businesses (except those providing essential services) in order to have everyone stay at home. It was mandated that all non-essential businesses, including country clubs, must close from 7 April to 1 June 2020. Only Hotel and some F&B establishments in the Club remained open, with only takeaways allowed from the F&B outlets.

We would like to thank all members for their kind understanding that the Club will not waive members' subscription fees for the period of closure, and for **being very supportive of our endeavour to help our staff keep their jobs during this trying period**. Since the onset of the COVID-19 outbreak, our business units have all been badly affected with poor revenue – the Club's cashflow has been a challenge. Also, with the Hotel and some F&B establishments remaining open during the closure, a

small pool of staff, including property maintenance and security, has had to continue providing services and maintaining the Club. The golf courses also have to be maintained during the closure to ensure they are in playable condition when the Club reopens. In regard to the Club tenants, **we have passed all the savings of our property tax rebates from the Government to them. All tenants had been given 100% free rental for the month of April, and the rebates extend to May in varying proportions.**

All these contribute to the fixed costs that the Club has to bear in order to run even though operations had temporarily ceased. **As OCC is part of the Labour Movement and our priority is to save jobs, members' subscription fees, being the only source of income now, are also vital in helping the Club to ensure that no staff will be laid off.**

To thank all our members for your strong support during this trying period, we are exploring complimentary F&B and other club vouchers for you when the Club reopens.

CANCELLATION OF CLUB EVENTS

In the weeks preceding the 'circuit breaker', the Club had done its part in supporting nationwide measures to minimise activities and exposure, so as to reduce the risk of local transmission. In accordance with these measures, all Club golf competitions and events, such as the OCC Captain & Lady Captain's Cup, Monthly Medals, OCC Maifest, and other social and fitness programmes, have been cancelled till further notice.

ENHANCED PRECAUTIONARY MEASURES AND CLUB-WIDE INITIATIVES

The Club takes the COVID-19 situation very seriously and stricter measures had been put in place, even

before the 'circuit breaker' kicked in, in a bid to encourage safe distancing and protect the safety and well-being of all our members, guests and staff.

Other than the already-implemented mandatory temperature taking and health/travel declarations for all visitors to the Club before the closure on 7 April, increased and intensified cleaning and disinfecting took place around the Club, especially at areas with high footfall, where cleaning took place every two hours. Queue stickers were also taped 1m apart on the floor at all counters, Golf Changing Rooms, F&B outlets and tenants around the Club to ensure safe distancing was observed. The operating capacity of the Male and Female Golf Changing Rooms was also restricted to accommodate 30 male and 20 lady golfers respectively at any one time.

We would like to assure all members that we will continue to monitor the situation even after the Club reopens, with proper measures remaining in force to ensure the safety of everyone.

Timely updates will be sent out via our weekly EDM and disseminated through the Club website and noticeboards around the Club to inform all members and guests of the latest developments in the COVID-19 situation and the corresponding Club measures. Please look out for these updates to keep abreast of the latest happenings.

A collective effort is needed in this fight against the virus and we urge you to support and comply with Club measures that are put in place.

DEFERMENT OF GOLF COURSE UPGRADING

In light of the unexpected COVID-19 outbreak and members' requests for more golfing tee-times before the 'circuit breaker' kicked in, the OCC golf course upgrading project that was targeted to commence in April 2020 has been deferred to August 2020. As everything is still quite fluid, we will provide further updates should there be more changes to the upgrading plans.

CLOSURE OF FAIRPRICE AT OCC

The COVID-19 situation and the 'circuit breaker' have changed consumers' behaviour – more people are turning to shopping online in order to abide by the safe-distancing rules and stay-home advisories.

Hence, NTUC FairPrice has made the decision to **close its doors permanently at OCC from 27 April 2020** to make way for an online fulfilment centre. We would like to thank members and friends who have patronised the OCC outlet for the past years. Turn to page 5 to find out more. With the closure, we are also delighted to share that NTUC FairPrice has agreed to extend some benefits at Wisteria Mall to all OCC members for your enjoyment. These include 2% discount at FairPrice Finest Wisteria Mall, \$10 Wisteria Mall voucher for the first 1000 OCC members who sign up for a WisRewards Card by 15 July 2020, free 2-hour parking at Wisteria Mall till end of 2020, and \$0.50 kopi/teh at Kopitiam Wisteria Mall with purchase of any food item from 1 May to 31 July 2020.

PASSION CAFÉ AT THE VANDA TERRACE

I am pleased to share that a new operator, Passion Restaurants, has officially taken over Vanda Terrace as of 31 March 2020. Called Passion Café, the restaurant will continue to serve all our members and guests with an extensive menu. Turn to pages 6 and 7 for more information on the new operator and what they have to offer.

In closing, I would like to express my deepest gratitude and appreciation to all my fellow members and friends for the support and understanding shown towards the Club in these unprecedented times. Even as we come to terms with how the COVID-19 situation has upended normal Club operations, we are hopeful that the storm will soon pass. We are excited to welcome everyone back when the Club reopens.

May you and your loved ones stay safe and healthy as we stand united in our fight against the virus. Here's wishing everyone a Happy Labour Day!

Warmest regards,



Yeo Khee Leng
Captain



FREE

nEbO Max membership
for OCC members'
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*Limited to 1 child/grandchild per member.



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FIND OUT MORE ABOUT NEBO
www.nEbO.sg/nebo-card



Terms and conditions apply. nEbO membership is applicable to those aged 12-25. nEbO membership will expire when member turns 25 years old.

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READY**





Thank you for your support through the years.
It has been our pleasure to serve you.

Head down to our nearby stores listed below:

- FairPrice Finest Wisteria Mall • FairPrice Khatib
- FairPrice Yishun Ring Rd • FairPrice Yishun MRT
- FairPrice Northpoint City

Scan here to find out more about these nearby stores



PASSION CAFE

@ Vanda Terrace

About us

In 2007, Passion Group of Restaurants moved into the F&B operation in golf clubs when we first set up our Fu Lin Men Chinese Restaurant in Jurong Country Club. With the support from golfers and social members, we took over the Golfers' Terrace and managed all F&B outlets there in 2013 with operation of the Western restaurant, Green Banyan, and the Japanese restaurant, Fukuya.

From 2015 onwards, we have been extending our restaurant services in various cuisines continuously to Raffles Country Club, Keppel Club, and National Service Resort & Country Club that are in the golf club sector, and other members' clubs like Chinese Swimming Club and Singapore Recreation Club.

Passion Cafe (Vanda Terrace)

With the operation of restaurants in various golf clubs setting the precedent for success, the Passion Cafe located at Vanda Terrace in Orchid Country Club is here to bring a new dimension of cafe menu to all golfers and club members.

From local comfort food like Singapore Laksa, Curry Chicken with Rice, and Nasi Lemak, to international delights such as Chef's Prawn Aglio Olio and Chicken Chop with Teriyaki Sauce, we specialise in various types of cuisines to satisfy even those with the most finicky taste buds.

And not to forget our Fu Lin Men-based Wok Hei Zi Char dishes which you should never miss! They include our Fried Kway Teow, Yangzhou Fried Rice, and our long-awaited all-time favourite Claypot Curry Fish Head (coming very soon). For more information, please call **6970 8419**.



TIGER BEER PROMOTION

Member: \$18+ per jug

Public: \$22+ per jug



PASSION
CAFE

@ Vanda Terrace

Open to the Public

Promotion Period: 1 June - 31 July 2020

*Terms & conditions apply.

*Strictly for dine-in only.

*All photos are meant for reference only.

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

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

*Passion Group reserves all rights for final decision.

Disciplinary Committee Hearings

Disciplinary Committee (DC) hearings shall take place on the following dates:

- 6 Jun 2020
- 3 Oct 2020
- 4 Jul 2020
- 7 Nov 2020
- 1 Aug 2020
- 5 Dec 2020
- 5 Sep 2020

The above dates are made known to you in advance. Should any of the parties involved be absent, their case details will be taken as read.

As our DC members are all volunteers and experts in their own fields, such as law and HR, we seek the kind understanding and cooperation of all parties who are involved in any case to not delay hearings when you are called to attend them.

Thank you.



HOLE-IN-ONE
ACHIEVERS!

OCC MEMBER

Dr. Koh Wei Kee

Dendro 4

1 December 2019 (Sunday)



golf

upcoming club competitions

JUNE 2020

JUNE MONTHLY MEDAL

13 Jun 2020 (Sat)

JULY 2020

JULY MONTHLY MEDAL

11 Jul 2020 (Sat)

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

OCC LADIES' FLAG GAME

29 FEB 2020 (SAT)

For the third year running, the OCC Ladies' Flag Game saw 22 lady golfers teeing off at the Dendro and Vanda courses. With the blessing of sunny weather, everyone had lots of fun and enjoyed the afternoon game. Congratulations to all winners and thank you for your support!



Winner, Janice Neo (left)
with Lady Captain, Maureen Goh (right).



OCC/U SPORTS 9-HOLE NIGHT SERIES

21 MAR 2020 (SAT) | DENDRO (STABLEFORD)

RESULTS FOR MEN'S DIVISION

Winner	Mr. Steve Ng	25 Points OCB
1st Runner Up	Mr. Damien Chandran	25 Points
2nd Runner Up	Mr. Ezekiel Lim	24 Points OCB

RESULTS FOR LADIES' DIVISION

Winner	Ms. Melissa Sim	27 Points
1st Runner Up	Ms. Clara Koh	17 Points OCB
2nd Runner Up	Ms. Gabrielle Maswi	17 Points



Winner of the Men's Division,
Steve Ng



Winner of the Ladies' Division,
Melissa Sim

MARCH MONTHLY MEDAL RESULTS

STROKEPLAY (VANDA / DENDRO)
14 MAR 2020 (SAT)



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

Best Gross	Mr. E Maaran	(8.9)	79 Gross
Winner	Mr. Ong You King	(7.2)	72 Nett OCB
Runner Up	Mr. Colin Koh Juin Hao	(11.3)	72 Nett

Ballsweep (1st Nine)

Winner	Mr. E Maaran	(8.9)	33 Nett
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Ballsweep (2nd Nine)

Winner	Mr. Lee Hin Hooi	(9.6)	34 Nett
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MEN'S 'C' DIVISION (H'CAP 16.1 - 24.9)

Best Gross	Mr. Man Wai Shing Erci	(18.3)	88 Gross
Winner	Mr. Joe Wong Hi Lok	(18.8)	72 Nett
Runner Up	Mr. R Rameash	(16.8)	76 Nett OCB

Ballsweep (1st Nine)

Joint Winners	Mr. Chua Ah Leng	(20.6)	35 Nett
	Mr. Khoo Keng Teck	(18.6)	35 Nett

Ballsweep (2nd Nine)

Winner	Mr. Joe Wong Hi Lok	(18.8)	36 Nett
---------------	---------------------	--------	---------

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

Best Gross	Mr. Phuah Cheng Kuei	(13.7)	82 Gross
Winner	Mr. Chin Kwee Yuen	(15.5)	70 Nett
Runner Up	Mr. Eng Wee Tong	(14.1)	71 Nett

Ballsweep (1st Nine)

Winner	Mr. Phuah Cheng Kuei	(13.7)	29 Nett
---------------	----------------------	--------	---------

Ballsweep (2nd Nine)

Joint Winners	Mr. Ng Teck Chew	(13.9)	35 Nett
	Mr. Chin Kwee Yuen	(15.5)	35 Nett

LADIES' DIVISION (H'CAP 36.9 & BELOW)

Best Gross	Ms. Lim Yin Jie Sarah	(5.7)	91 Gross
Winner	Mdm. Lee Yuke Lan	(27.7)	70 Nett
Runner Up	Mdm. Janet Tan	(19.8)	74 Nett

Ballsweep (1st Nine)

Joint Winners	Ms. Tan Yng Jia	(17.0)	35 Nett
	Mdm. Oh Chew Khoon	(17.6)	35 Nett
	Mdm. Lee Yuke Lan	(27.7)	35 Nett

Ballsweep (2nd Nine)

Joint Winners	Mdm. Janet Tan	(19.8)	35 Nett
	Mdm. Lee Yuke Lan	(27.7)	35 Nett

Getting Strike, Start Line & Speed Right

'Start line' and 'speed' make up two of the three components that are necessary to hole a putt, with the third component being 'reading the right line'. How often do you read the right line but cannot start it on line or hit it at the right pace? Here are three simple drills you can run through and practise to improve on your start line and speed, no matter whether you golf indoors or outdoors.



DRILL 1

Place two tees on either side of the putter. This is one of those fantastic go-to drills to guide you with a proper club path and strike. An incorrect club path and strike will cause you to strike either the left or right tee.

DRILL 2

Instead of putting with the putter between the tees, you can try **starting the ball with a position between but away from the tees.** It is up to you to decide how wide you would like the tees to be; it all depends on ability and the challenge you want to give yourself. The idea here is to choose the right start line, hit it through the tees and hole it.



DRILL 3

Find a breaking putt and place a tee in the middle of the hole. Try and hole it on the high side (right side) with a distance of 1 metre away from the hole. Up your game by increasing the distance gradually to 2 and 3 metres away. Try this on both right to left and left to right putts and see how you fare!



A right to left breaking putt. Try and hole it on the high side (right side).

Give these three drills a go and you will see some great results in no time! Happy golfing!



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.



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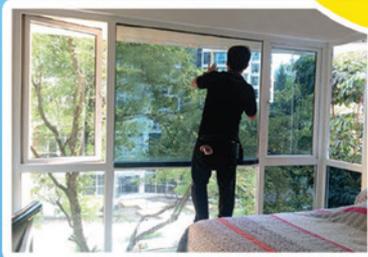
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JUNE

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

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

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

Legend

School Holiday: 5 May (Tue) to 1 Jun (Mon)

*CGE: Corporate Golf Events

^The following Monday will be a public holiday.

OCC SOCIAL & RECREATION WEEKLY PROGRAMMES

DANCE

Social Dance Nights

Aranda Lounge
7:30pm to 1:00am
(Every Fri and Sat)

Sim Han Hoon Dance Class

Aranda Lounge
Mon, 8:00pm to 9:15pm
Wed, 8:00pm to 9:15pm
Thu, 8:00pm to 9:15pm
\$85 (OCC Member)
\$90 (NTUC Member)
\$95 (Guest)

FITNESS

Hatha Yoga

Lifestyle Studio
Sat, 9:00am to 10:00am

Zumba Fitness

Lifestyle Studio
Wed, 7:00pm to 8:00pm

FT60

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

Zumba Gold*

Lifestyle Studio
Wed, 8:00pm to 9:00pm

Calisthenics

Functional Training Zone
Fri, 7:30pm to 8:30pm

HIIT 30

Functional Training Zone
Thu, 7:30pm to 8:00pm

Pilates

Lifestyle Studio
Wed, 7:00pm to 8:00pm

Vinyasa Yoga

Lifestyle Studio
Wed, 8:00am to 9:00am

MARTIAL ARTS

Karate

Lifestyle Studio
Sun, 12:00pm to 1:00pm

Taekwondo

Lifestyle Studio
Fri, 7:30pm to 9:00pm

Aikido (Adults & Kids)

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

Kickboxing

Lifestyle Studio
Mon, 7:30pm to 9:00pm
Tue, 7:30pm to 9:00pm
Thu, 7:30pm to 9:00pm
Fri, 12:00pm to 1:30pm
Sun, 3:00pm to 4:30pm

Kobudo

Lifestyle Studio
Sun, 1:30pm to 2:30pm

RECREATION

Karaoke Night*#

Aranda Lounge
Thu, 12:00pm to 11:00pm

Scratch-It-To-Win-It Night*

Aranda Lounge
7:00pm to 10:00pm
30 Jun



SPORTS

SIG - Black 8 (Pool)

Aranda Lounge
• **OCC Black 8 Training**
Sat, 3:00pm to 6:00pm

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

SIG - Bowling

Orchid Bowl
• **OCC Bowling Training**
Sat, 3:00pm to 6:00pm

• **Bowling Medal**
2nd Saturday of the Month
(subject to change)

SIG - Orchid Bulls (Darts)

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

SITA (Tennis)

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

SpeediSwim (Learn to Swim)

Fun & Olympic Pool
Tue to Thu, 6:00pm to 8:10pm
Fri, 6:00pm to 8:55pm
Sat & Sun, 9:15am to 1:15pm &
3:30pm to 7:25pm

Simply Scuba (Scuba Diving)

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

SpeediSwim (Competitive Swim)

Olympic Pool
Mon to Thu, 5:30pm to 8:00pm
Sat, 4:00pm to 6:30pm (Squad) &
6:30pm to 7:30pm (Half Squad)
Sun, 8:00am to 10:30am (Full Squad) &
10:30am to 11:30am (Half Squad)

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

For more information, email snr@orchidclub.com

NOTE: All information is correct at time of printing.

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

WOKS
OF LIFE



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



SESAME OIL DUCK



Scan to view video recipe

Preparation time : 15 Minutes

Cooking time : 40 Minutes

Serves: 8 Pax

INGREDIENTS

- 20ml - Knife 100% Pure Sesame Oil
- 1/2 no - Duck (cut into pieces and seasoned with salt)
- 200g - Yam (cut into thin strips)
- 60g - Old Ginger (sliced)
- 3 cloves - Garlic (minced)
- 200g - Sichuan Preserved Vegetables (chopped)
- 1 tbsp - White Peppercorn
- 360g - Cooked Chestnuts
- 1 tbsp - Sugar
- 600ml - Water
- 2½ tbsps - Oyster Sauce
- 100ml - Chinese Wine (Hua Tiao Chiew)
- 1 tsp - Dark Soy Sauce
- 250ml - Cooking Oil (for deep-frying)
- Local Lettuce (for garnish)
- Spring Onion (for garnish)
- Red Chilli (for garnish)

METHOD

1. Deep fry the yam sticks till crispy. Set aside.
2. Using sesame oil, fry ginger till crispy. Set crispy ginger aside. Reserve sesame oil for frying duck.
3. Season duck pieces with salt.
4. Using a pressure cooker, add reserved sesame oil, then sear duck to render fat and brown. Remove and set aside.
5. Remove excess oil. Sauté garlic, Sichuan preserved vegetables, white peppercorn and duck.
6. Add sugar and oyster sauce. Continue frying for 2 mins.
7. Deglaze pan with Chinese wine. Add water and bring to a boil.
8. Cover pressure cooker and cook for approximately 25 mins (depending on your pressure cooker).
9. Add chestnuts and bring to a boil.
10. Add dark soy sauce. Mix well.
11. Layer local lettuce on plate, add duck and other ingredients on top.
12. Garnish with yam fries, crispy ginger, spring onion and red chillies.



Recipe by Chef Eric Teo

HYBRID WARM-UP EXERCISES!

A proper warm-up prior to a workout is essential to minimize risks of injuries. By combining multiple movements in your warm-up, it activates the relevant muscles before a total body workout. Give these 3 dynamic exercises a go before your next workout session!

Target muscle groups:

Gluteal, hamstrings, hip flexors, abdominals, shoulders and back muscles

1. GLUTE BRIDGE TO ALTERNATING T-SPINE REACH

- Refrain from arching your lower back
- 8-10 Reps



2. 90/90 T-SPINE REACH

- Reach as far through as possible
- 8-10 Reps per side



3. COBRA TO DOWNWARD DOG TAPS

- Try to keep hips square throughout
- 8-10 Reps per side



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

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

UPCOMING OCC EVENTS



Paper Quilling Workshop

20 JUN 2020 (SAT)

10AM – 12PM

ARANDA LOUNGE

Did you know that the art of quilling dates back to before the 15th century? Quilling is an intricate form of paper craft that involves rolling and curling strips of coloured paper to create different designs. In this workshop, you will learn to make 8 basic shapes – round, oval, teardrop, eye, crescent, square, heart, triangle, and arrange these shapes into various objects and motifs. The possibilities are just endless!

Fee* : \$25 per adult & child
(OCC/ACC/U-Live/eXplorerkids Member)
\$30 per adult & child
(OCC/ACC Member's Guest)

Min Pax : 5 pairs

Closing Date : 15 Jun 2020 (Mon)



Origami Workshop

27 JUN 2020 (SAT)

10AM – 12PM

ARANDA LOUNGE

The art of paper folding is believed to have originated in Japan. With just one or multiple sheets of square paper, you will be able to explore the fun and creativity of turning them into 2 or 3-dimensional objects. Origami is also a great tool for your child to develop fine motor skills, hand-eye coordination, and geometric understanding. Come have loads of fun at this workshop, where you will learn to fold a bag, goldfish and seagrass, as well as use other objects to complement these paper crafts!

Fee* : \$25 per adult & child
(OCC/ACC/U-Live/eXplorerkids Member)
\$30 per adult & child
(OCC/ACC Member's Guest)

Min Pax : 5 pairs

Closing Date : 22 Jun 2020 (Mon)

**All fees are subject to prevailing GST.*

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



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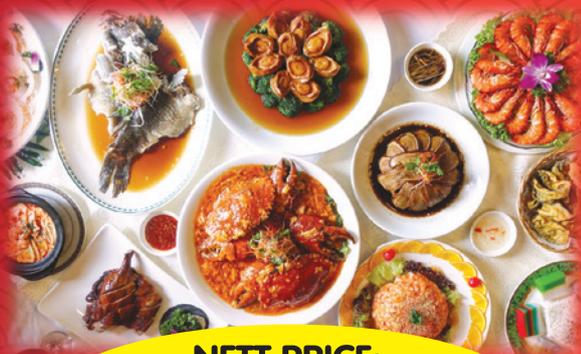


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- ✓ Braised Ee-fu Noodles with Mushrooms (U.P \$16+)
- ✓ Poached Local Spinach with Three Types of Eggs (U.P \$18+)
- ✓ Fried Rice with Dried Scallop and Egg White (U.P \$16+)
- ✓ Roasted Chicken with Prawn Crackers (Half) (U.P \$15+)
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- ✓ Sweet & Sour Pork (U.P \$18+)

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- Five Kinds of Cold Dish Combinations
- Braised Shark's Fin Soup with Fish Maw, Crab Meat & Golden Mushrooms
- Peking Duck
- Steamed Dragon Tiger Garoupa with Preserved Bean Chilli
- Braised 10-headed Abalone with Flower Mushroom & Vegetables
- Pan-fried Live Prawns with Honey Black Pepper Sauce
- Braised Ee-fu Noodles with Duck Meat & Yellow Chives
- Cream of Mango with QQ Balls

EXTRA VALUE SUCKLING PIG SET MENU

\$418⁺⁺ U.P. \$548⁺⁺ **\$668⁺⁺** U.P. \$868⁺⁺
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- Braised Goose Meat in Teochew Style
- Baked Live Prawns with Pine Mushroom in BBQ Sauce
- Braised 10-headed Abalone with Fish Maw & Vegetables
- Seafood Fried Rice with Pine Nuts & Black Truffle
- Double-boiled Bird Nest with Peach Gum & Red Dates

* Ban Heng reserved the rights to make any changes, including change in price, content, description, terms, etc. at any time without prior notice.

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CALL: **6732 7888**
6732 6623

Par Lounge PROMOTIONS

JUNE 2020

AUCHENTOSHAN THREWOOD

\$158⁺⁺ per bottle (U.P. \$198⁺⁺)

\$288⁺⁺ for 2 bottles (U.P. \$396⁺⁺)

JAPANESE WHISKY CHITA

\$108⁺⁺ per bottle (U.P. \$148⁺⁺)

\$178⁺⁺ for 2 bottles (U.P. \$296⁺⁺)

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\$16⁺⁺ for 5 bottles (U.P. \$32⁺⁺)

ASAHI SUPER DRY

\$6⁺⁺ per bottle (U.P. \$10⁺⁺)

Catch Live Band Performance every Thursday & Friday!

Every Thursday



Silver



Nelson

Every Friday



Sherraine



Lee

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

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



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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

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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

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www.wagolfclub.com.au

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http://www.yarrayarra.com.au/cms/

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www.boaoholiday.com

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www.wenchanggolf.com

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www.missionhillschina.com

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www.golfdefourqueux.com

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DELHI GOLF CLUB, DELHI

Tel: 9111-243-60002

www.delhigolfclub.org

KARNATAKA GOLF ASSOCIATION, BANGALORE

Tel: 9180-4009-0000/01

www.kga.in

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www.bukitdarmogolf.com

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www.palmsprings.com.sg

PALM SPRINGS GOLF & COUNTRY CLUB, KARAWANG COURSE

Tel: 62-267-644730/33/42

www.sedanagolf.com

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www.tamandayu.com

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www.labagnaiaresort.com

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.

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

DAMAI GOLF & COUNTRY CLUB, SARAWAK

Tel: 60-82-846-088

www.damaigolf.com

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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

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Tel: 603-6156-6870

www.krpm.com.my

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Tel: 603-5122-3700

www.kotapermai.com.my

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Tel: 60-88-247-533

www.sgccsabah.com

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www.tropicanagolf.com

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www.manorparkgolf.co.nz

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www.pukekohegolf.co.nz

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THE COUNTRY CLUB JOHANNESBURG

Tel: 011-202-1600

www.ccj.co.za

SRI LANKA

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Tel: 94-1126-95431

www.rcgcs.com

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

APPLICATION PROCEDURES

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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.

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www.diamondbaygolf.com

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www.twindovesgolf.com

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www.sembawanggolf.org.sg

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www.ambassyclub.com.cn

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www.theorientalclub.com.cn

THE ORIENTAL CLUB, DALIAN

Tel: 86-411-8370-6666 (Dalian)
www.theorientalclub.com.cn

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www.usrc.org.hk

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www.suteraharbour.com

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Bouquets

Professional Wedding Services

Dear Sir/Mdm,

I would like to give my deepest appreciation and compliments to Orchid Country Club for the recent excellent service that I have received from your staff, with special mention of Serene Tham.

My wife, Geraldine, and I held our wedding banquet at your Grand Ballroom on 21 December 2019, with a total of 71 tables of guests. We signed the promotional package at the Bridal Roadshow at Bugis in 2018. We took up the package and signed the contract with the previous staff, Fabian Tan, who unfortunately left the company last year. The replacement staff assigned to follow up on our package was Serene Tham.

Throughout the process, Serene helped us settle a lot of the administration and logistics aspects and it gave us much less stress in preparation. As we progressed nearer to the actual day, some miscommunication occurred on our end, resulting in the confirmation of the guest list being delayed. However, Serene was very professional and reassuring in helping us to change according to plan right up to the final week before the banquet and we are really grateful to her for that.

On the actual day, Serene herself was also present to congratulate us and to introduce the Banquet Manager-in-charge to us. This gesture really touched us. Our wedding banquet ended on a wonderful note with many guests complimenting the wonderful service and food served. We were glad that all feedback given thus far have all been positive.

From the bottom of our hearts, my wife and I would like to once again thank you and show our appreciation to Orchid Country Club, especially to Serene, who showed professionalism and brought lots of positive feedback and compliments to Orchid Country Club through her service. We will definitely engage OCC again in future for any celebrations and would also recommend your services to our friends.

Thank you very much and we wish you all the best in OCC's future endeavours.

Best Regards,
Mr and Mrs Lai Wee Yeong

Smooth Liaison

Dear Sheena,

On behalf of the LIAS Events Committee, I would like to extend our appreciation to you, Harry and your Banquet and AV team for a job well done.

It was a pleasure working with you for our 2020 CNY Dinner. Thank you for the smooth communication and readiness to assist at all times.

Best regards,
Francine Suriya
LIAS Secretariat

Excellent Service Quality

Dear Thomas,

I am writing in to compliment Sheena and Harry for the excellent quality of service that has been rendered to Beyondsoft International (Singapore) Pte Ltd's first Dinner & Dance held on 16 Jan evening at the Orchid Country Club, Grand Foyer.

Before and throughout the event, we had plenty of last minute request and changes. Surprisingly, Sheena and Harry were able to accommodate them! Both of them had made things that were impossible, possible.

The event was a huge success; our management and staff were delighted. We cannot express how pleased we were with the outstanding services that both of your staff and the team had provided.

Thumbs up!

Aaron Ng

Positive Attitude

I would like to compliment Amu for her attentiveness and friendliness towards members. Her positive attitude rubs off on me to be positive too. Thank you, Amu! 😊

Doris Sim
Member

Welcome
to the
Orchid Family

Mr. Abdul Majid Bin Moideen
Ms. Chia Chin Siew
Mrs. Christine Chi
Mr. Foo Chee Tien
Mr. Gan Ghim Tong Eddie
Mr. Liang Yuk Hyen@Richard
Mrs. Pamela Toh Seow Yen

Mr. Regunarth s/o Thyagarajan
Mr. Tan Kah Lin, William
Mr. Wee Chuen Yuen Adrain
Mr. Wong Chong Hoo
Mr. Wong Lock Chen
Ms. Wong Say Lin
Mr. Wu Chenghak

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)

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

PAN-WEST

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

PING

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

CORPORATE SALES/ EVENTS

☎ 6750 2166
✉ s&m@orchidclub.com

ROOM RESERVATIONS

☎ 6750 2100
✉ roomsales@orchidclub.com

MEMBERSHIP

☎ 6750 2123/2180
✉ membership@orchidclub.com

FOOD & BEVERAGE

BAN HENG @OCC

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

CAFE FATTYCASO

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

HIMAWARI JAPANESE RESTAURANT

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

MY LITTLE CAFÉ

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

NO. 3 CRAB DELICACY SEAFOOD RESTAURANT

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

PAR LOUNGE

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

PASSION CAFÉ @ VANDA TERRACE

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

ROYAL PALM @ OCC

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

SUBWAY

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

GOLF

☎ 6750 2111
✉ golfregistration@orchidclub.com

DRIVING RANGE OFFICE

☎ 6750 2198
✉ drivingrange@orchidclub.com

S&R RECREATION & SOCIAL ENQUIRIES

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

FACILITIES

ARANDA LOUNGE

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

ASIA GYMNASTICS & DANCE ACADEMY

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

AUDIOLINE

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

CHILDREN'S OUTDOOR PLAYGROUND

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

FUNPOOL & BUNKER POOL

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

FUTSAL COURTS

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

GYMNASIUM

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

HEALING TOUCH – MASSAGE AND SPA

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

HEGURU ORCHID COUNTRY CLUB (OCC) CENTRE

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

JACKPOT

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

LITTLE SKOOL-HOUSE

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

MAHJONG ROOMS

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

MUSIC FOR YOUNG CHILDREN SINGAPORE

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

OLYMPIC POOL

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

ORCHID BOWL

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

ORCHID GOLF & RESORT HOTEL

24 hours

PLAY FIT @ OCC

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

POP INSTITUTE

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

READING/TV CORNER

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

TENNIS COURT

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



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- Membership includes spouse and children (below 21 years old)
- Terms and conditions apply.

call our Membership Personnel at

6750 2123/180 or write to

membership@orchidclub.com to find out more!

Welcome
Pack for new
members!