

ORCHID Smile

Club Captain & Lady Captain's Cup 2016



20th Super Sprint Series



Golf

CLUB CAPTAIN &
LADY CAPTAIN'S CUP
24 SEP 2017 (SUN)

Sports

21ST SUPER SPRINT SERIES
SWIM CHALLENGE
30 SEP 2017 (SAT)

F&B

OKTOBERFEST
7 OCT 2017 (SAT)



Service with a heart

The Unsung Heroes of OCC

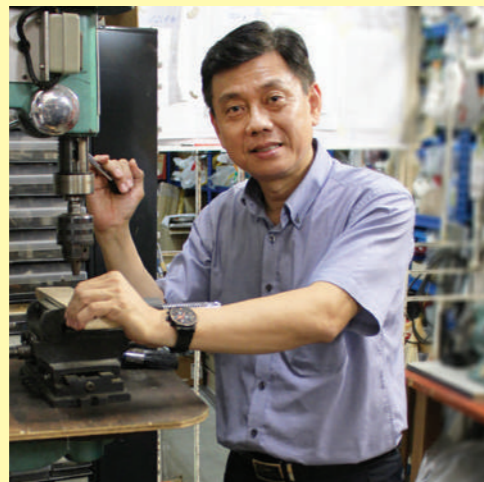
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Aw Ping Ping

Graphic Designer & Marketing Executive

A whiz in design software, Ping Ping is the hands and brains behind the Club's promotional materials.



Jimmy Ng Ee Seng

Acting Senior Logistic Executive

Not afraid to get his hands dirty, Jimmy supervises and guides technicians to keep the Club's premises free from defects.



Lum Yin Sen

Senior Housekeeping Attendant (Golf Changing Room)

A familiar face at the Golf Changing Rooms, Yin Sen is always ready to greet you with a warm smile and fresh towels.



Noraishah Bte Pardi

Senior Housekeeping Supervisor (Hotel)

Always on the move, Noraishah ensures that the Hotel rooms are kept neat, tidy and comfortable for your stay.



Prem A/L Paragawen

Banquet Captain

Looking sharp in a suit, Prem's inviting smile and meticulous arrangement in the Grand Ballroom makes banquet events for our corporate clients special.



Tan See Yong

Stewarding Supervisor

The backbone of the Banquet team, See Yong works tirelessly to provide guests with sparkling glassware, chinaware and cutlery.

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Club General Committee

President	Mr Chong Kee Hiong
Vice President	Mr Yeo Khee Leng
Captain	Mr Tan Ah Ee
Lady Captain	Mrs Susan Gan
Treasurer	Mr Vincent Fong
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	Ms Chan Yoke Theng
Head of Golf	Mr Dennis Ee
Head of Sales & Marketing	Mr Thomas Ng
Head of Jackpot	Mr Andrew Lim
Head of Hotel	Mr Gopal Thangavelu
Head of Human Resource	Mr Charlie Goh
Head of Marcom & Membership	Ms Joan Tay
Head of Housekeeping	Ms Margaret See
Head of IT	Ms Grace Low
Head of Property & Maintenance	Mr Alan Chua
Head of Social & Recreation	Ms Eunice Seoh
Golf Course Superintendent	Mr Ong Pang Thien

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GOLF ◀**GOLF REGISTRATION COUNTER**

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

TEE OFF 18-HOLE

7:07am to 8:59am (Mornings)
12:01pm to 1:53pm (Afternoons)
4:27pm to 5:50pm (Thursdays, unless otherwise stated)

TEE OFF 9-HOLE

7:07am to 8:59am (Weekday mornings)
4:27pm to 5:16pm (Daily)

CHANGING ROOM

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

DRIVING RANGE

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

DK DELIGHTS

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

FATELICIOUS SNACK HOUSE

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

PAN-WEST

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

PHIL BREW GOLF ACADEMY

Tel: 6910 7057
10:00am to 8:00pm (Mon to Fri)
8:00am to 7:00pm (Sat & Sun)

PING

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

F&B ◀**HIMAWARI JAPANESE RESTAURANT**

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

MY LITTLE CAFÉ

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

PAR LOUNGE

Tel: 6750 2204
2:00pm to 12:00 midnight (Sun to Fri)
2:00pm to 1:00am (Sat)

PEACH GARDEN@OCC

Tel: 6759 3833
Lunch: 11:30am to 2:30pm (Mon to Fri)
Dinner: 5:30pm to 10:00pm (Mon to Fri)
Lunch: 10:00am to 2:30pm (Sat, Sun & PH)
Dinner: 5:30pm to 10:00pm (Sat, Sun & PH)

PEACH GARDEN@THE GREEN

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

ROYALE CAFÉ

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

ROYAL PALM @ OCC

Tel: 6555 2165
11:30am 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
9:00am to 10:00pm (Daily)

**FACILITIES ◀****ARANDA LOUNGE**

Tel: 6750 2121
2:00pm to 12:00am (Sun to Thu)
2:00pm to 1:00am (Fri & Sat)

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 from 9:00pm

LITTLE SKOOL-HOUSE

Tel: 6759 0393
7:00am to 7:00pm (Mon to Fri)
7:00am to 2:00pm (Sat)

MAHJONG ROOMS

9:00am to 11:00pm (Sun to Thu & PH)
9:00am 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 & Eve of PH)

ORCHID LODGE

24 hours

ORCHIS PAVILION – PHOTO STUDIO

Tel: 6222 3602
9:00am to 8:00pm (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)

THE LEARNING BOUTIQUE

10:00am to 9:00pm (Mon to Fri)
9:00am to 5:00pm (Sat & Sun)

FUTSAL COURTS

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

NEW**DEAR MEMBERS & FRIENDS,**

Warm Greetings from Sunny Orchid!

I am pleased to share that the recently concluded Members' Satisfaction Survey had drawn a good participation of 716 members and we would like to express our utmost appreciation to all members who had taken the time to complete the questionnaires and gave us your valuable feedback. We would also like to congratulate the 5 lucky members who won the grand prizes which include a pair of tickets to Hong Kong; and the first 300 members who sent in their survey form early to receive a \$20 voucher from Royal Palm. Do flip to page 7 for the winner list of the grand prizes.

The survey results will be comprehensively assessed and evaluated so that we can identify and address any service shortfall, facility improvements and system delivery gaps to improve our service standard and enhance members' experience at the Club. We will be sharing the survey findings in the upcoming Nov/Dec issue of Smile magazine and the next survey will be scheduled in 2019 on a bi-annual basis to ensure members' welfare, interests and benefits are regularly monitored.

*"To improve is to change; to be perfect is to change often" - Sir Winston Churchill,
Former Prime Minister of the United Kingdom*

On the renovation progress of restrooms, we have received encouraging and positive feedback from members and guests on the newly renovated restrooms at the Driving Range and Orchid Lodge (Hotel Wing). We are currently at the final stage where intensive works have progressed to the restrooms beside the Bunker Pool, the Jade Foyer and Grand Ballroom. With close supervision by the Property & Maintenance team; and kind understanding and patience from members and guests, all renovation works are expected to be completed by October 2017.

On the Golf front, last I shared on the new initiative of a mobile "Refreshment" buggy to serve golfers' F&B needs whilst on the Golf courses. I am happy to note that the "OCC Express" implemented since 9 July 2017 has received favourable reviews and feedbacks from members and golfers who have enjoyed the refreshment services and convenience delivered by Fatefulicious (the operator of Dendro Halfway House and OCC Express).

In July and August, we had a few major Golf events such as the annual Secretary-General's Cup on 9 July and Tripartite Golf Friendly on 30 July which we saw stoic support from OCC and Union members coming together to enjoy the game of golf and strengthening the comradeship. In August, members celebrated the

52nd Birthday of Singapore at the OCC National Day Golf event on 9 August, displaying national spirit at the courses with fellow golf kakis, followed by a sumptuous luncheon and prize presentation. Exclusively for the lady golfers, the 19th OCC Ladies' Invitational "Checks & Dots" on 14 August was a great success with all dressed to the theme to display camaraderie. The final event in August was the annual Club President's Cup on 27 August - one of the cherished Club events that most members look forward to. It was a great success that garnered overwhelming participation with members enjoying the friendly game; with great food and prizes at the dinner event.

For golf enthusiasts who prefer a personal challenge, the annual Club Captain & Lady Captain's Cup will take flight on 24 September (Sun); and the fun-filled Oktoberfest will return on 7 October 2017 (Sat), featuring an exciting afternoon of golf challenge and evening dinner with games and lucky draw prizes to give away. Join us and "Wunderbar, Guten Appetit"!

The Club's annual sports event, 3Ten Run had marked a resounding success as OCC partnered with Nee Soon GRC Grassroots Organisations for the first time to bring this event to the next level. We witnessed an impressive turnout of close to 1,000 runners with families and babies on strollers, creating run waves on the Golf courses in shades of luminous green tees for an evening of healthy bonding and family fun. The Race Village (Nee Soon Fiesta) was expansively organised with close to 4,000 visitors coming to the open field at Yishun Street 51, showcasing family-inclusive activities such as "open-air" movie screening for both runners and the Yishun residents to gel and enjoy together as a community. OCC is proud to be a partner in this healthy and wholesome event to enhance the "Kampung" spirit in our neighbourhood and community.

Last but not least, I would like to wish all members a Blessed Hari Raya Haji, Happy Mid-Autumn Festival and a Delightful Deepavali.

See you at the Club soon!

Warmest Regards,
RICHARD FOO
General Manager



New Reciprocal Arrangements

To provide our members with a rewarding golfing experience, check out the new reciprocal Clubs we have below!

BFA International Convention Center Golf Club - Hainan



BFA International Convention Centre Golf Club is located in Dongyu Island, Hainan, an hour drive from Haikou Meilan International Airport. Designed by famous Australian designer Graham Marsh, it has massive lakes between fairways, surrounding waterfalls, and a garden landscape shaping the course. In 2007, it was rated as the National Best Quality Golf Course by Golf World magazine.

The Western Australian Golf Club - Perth



The Western Australian Golf Club is located amongst the rolling hills of Yokine, Perth, eight kilometres (ten minutes) from the city centre. Remodelled by famous Australian designer Graham Marsh, the beautiful Tudor clubhouse overlooks superb fairways, greens, a picturesque lake, and also boasts views to the city and Darling Ranges. In 2010, the Club was voted 'Best Golf Course (WA)'.

Hole-in-One Achiever



Ms Shirley Phua
Dendro Hole 8
15 May 2017



Lee Phuan Weng
Dendro Hole 4
28 June 2017



Hellos and Goodbyes

Thank you for your support!

To our former members, we wish you all the best in your future endeavours and hope to serve you again! Meanwhile, we are pleased to extend a warm welcome to our new members!

Hellos	Goodbyes
Individual Golfing (Gold)	
MR GARY LIN ZISHENG	MR SEAH MOON MING
MR PAUL LIN ZIKAI	MR DAVID MICHAEL BOWDEN
MR YEO ZHIQUAN MARCUS	MR YEO BOON HUAT ANDREW
MR BEH HOOI HUAT	MR SIM CHEK CHWANG JOACHIM
MR DAE HYUN KO	MR JOSEPH CHEE SOON HOCK
MR TEO THIAM SER	MR FOO SHU HUAN LAWRENCE
MR LI JIAN	MR HO KOK LEONG
MR TAN KIA HUAT JAMES	MR TAN POH SENG
Corporate Foreign Golfing (Gold)	
MR MITSUHASHI HARUO	MR KOICHI SUGII
Individual Social	
MR FOO SHU HUAN	MR HENG LOON HENG DANIEL

Teamwork: The Essence Of Victory

OCC junior golfer, Daryl Low, has brought glory to the Club by emerging as the Overall Champion for the Boys' Division in the SGA Junior Golf Challenge 2017! Apart from sheer hard work, teamwork played a big part in the journey where his fellow team mate, Baek InSu (who is also an OCC junior golfer) volunteered to caddy for Daryl. Let's find out the winning formula behind this success.



The power duo Daryl Low (3rd from right) and Baek InSu (2nd from left) keep the future for golf bright with fellow junior golfers.



The Overall Champion of the Boys' Division, Daryl (centre), showing off his proud smile with SLGA President Lyn Sen (left) and SEA Games Team Member Gregory Raymond Foo (right).

To Daryl: What was your first reaction when InSu volunteered to caddy for you?

I was very excited and knew we would make a great team. In addition, I knew he would be a great help as his putting and greens line reading are amazing and I have always wanted to learn from him.

To InSu: What inspired you to caddy for Daryl?

Daryl is a great player for his age, full of potential, and constantly improving. I thought it would be a memorable experience for myself to help Daryl win.

How does teamwork play an important part in golf?

Daryl: As we often play together, he knew my style of play, weaknesses and strong points. In Golf, the mental aspect is very important, especially after hitting a bad shot. With my friend InSu as caddy, he was there to motivate me to focus and score better on the next hole or shot.

InSu: In competitive golf, half the battle occurs in a golfer's mind. As Daryl's caddy, I tried to help him go through the mental game by discussing which were the best strategies to play the course and attack the pins. With better course management and Daryl's game execution, we put up a good fight and led the competition by 5 strokes from the rest.

NEE SOON GRC MP LOUIS NG TOOK ON A WORK STINT @ OCC TO EXPERIENCE LIFE AS A CHAMBERMAID

OCC is honoured to have been graced with a visit from MP Louis Ng who took on the role of being a chambermaid for Orchid Lodge on 27 July 2017. The purpose of his visit was part of his monthly stint in experiencing different jobs of Singaporeans – understanding their difficulties, challenges and satisfaction.

The day began with a briefing for OCC's housekeeping crew and Mr Ng, followed by the assignment of rooms. The to-do tasks included bed-making, sweeping, washing and vacuuming. Throughout his time here, he experienced the back-breaking and repetitive work done by the chambermaids behind the scenes; and the guests they serve seldom get to see them. He was glad to have had the opportunity to personally experience their tasks and show appreciation for their hard work. To express his gratitude for the guidance given, Mr Ng invited our housekeeping colleagues, Ms Rohhayah and Mr Lum Yin Sen, together with their spouses, out for an appreciation dinner.



A group photo of MP Louis Ng and the Housekeeping colleagues during the briefing.



The day in the life of a chambermaid begins!

Experiencing the repetitive and back-breaking work that goes into keeping the hotel rooms spick-and-span.



MP Louis Ng interacting and building rapport with our other colleagues.

MP Louis Ng showing appreciation to Ms Rohhayah, Mr Lum Yin Sen and their spouses with a dinner treat.

Important Announcement: Revised Jackpot Regulations with effect from 1 November 2017 (Wednesday)

In line with the press release by the Ministry of Home Affairs (MHA) on the new restrictions for fruit machines, we will be revising Jackpot's regulations to be in accordance with the new rules.

As such, please take note of the following revisions for our Jackpot facility which will take effect from **1 November 2017 (Wednesday)**:

- Only **members 21 years old and above** can enter the Jackpot facility
- No guests are allowed to enter the Jackpot facility
- Operating hours will be from **10am to 11pm** daily (Monday to Sunday, inclusive of Public Holidays)

We seek your kind cooperation in this matter as we ensure that our Jackpot operations are in compliance with MHA's new regulations and the Singapore Police Force/ Police Licensing and Regulatory Department's new guidelines.



Thank You For Your Feedback 2017 Members' Satisfaction Survey

With the Members' Satisfaction Survey Exercise concluding on 7 August 2017, we would like to express our heartfelt thanks to all members who contributed their valuable feedback. The Club managed to receive 716 submissions. We would like to congratulate the first 300 members who participated early and received a \$20 Royal Palm@OCC Cash Dining Voucher, as well as our five lucky members who won the following grand prizes!

A letter containing the collection details has been mailed to all voucher & prize recipients. Do bring along the original letter and your membership card upon collection, available from now till **13 September 2017 (Wed)**. Meanwhile, the survey results will be shared in our Nov/Dec 2017 edition of Smile!



1st Prize

Ms Lee Si San Anna
A Pair of SQ Return Air Tickets to Hong Kong

2nd Prize

Mr Lem Kok Chan
Weekday Green Fee Vouchers for 4 pax & \$50 Range Card



3rd Prize

Mr Lee Seng Lip Linus
Weekday Green Fee Vouchers for 4 pax & \$20 Range Card

4th Prize

Mr Koo Nan Yong
2D1N Weekday Stay @ Orchid Lodge with 1-hour Body Massage at Healing Touch

5th Prize

Mr Ashvinkumar
\$50 Range Card

Newly Renovated Restrooms At Social Clubhouse Servicing Aranda Lounge And Ruby Suite

From 12 June to 10 August 2017, major renovations were carried out at the Aranda Lounge (Level 2) restrooms as part of our facility renewal programme to serve you better. We would like to take this time to thank you for your patience during our upgrading period. Below are some photos taken during and after the completion of the project.



Upcoming Projects – Grand Ballroom and Jade Foyer (Level 3)

Next in line will be the Grand Ballroom and Jade Foyer (Level 3) restrooms which are targeted for completion in the second week of October. Stay tuned as we keep you updated!



Spreading love with the Intimate Wedding Show @ OCC

Creating a world of love and intimacy was our Malay Wedding Show held in collaboration with Royal Palm @ OCC on 6 August 2017. While indulging in delightful desserts, couples consulted Sales Managers on the various wedding packages. After an insightful look into the exclusive offers and special discounts available, participants were treated to a food-tasting session at Royal Palm.



Participants taking a beautiful shot with the elaborate set-up.



Personalised consultation sessions with the sales managers.



The splendour of the wedding show set-up at the Grand Ballroom.

Members' Appreciation Draw

Oktoberfest Lucky Draw 2017 1 September to 28 September 2017

This September/October Members' Appreciation Draw, let your hair down and join in the Oktoberfest revelry! **Stand to be one of the 6 lucky winners to walk away with Oktoberfest tickets (worth \$48) and a Polaroid Camera with films included (worth \$160)!**

Instructions:

Simply cut along the dotted line shown in the coupon below, answer the quiz and fill in your details. Drop the completed coupon into our lucky draw box located at the Golf Clubhouse (level 2). Coupon must be submitted by 1800 hrs on 28 September 2017 (Thursday).



Quiz: Which country did Oktoberfest originate from?

Name : _____
 Membership Number : _____
 Email : _____
 Contact Number : _____



Terms & Conditions:

- All winners will be notified by phone/email on 29 September 2017.
- Only original coupon with completed information will be accepted; no photocopies are allowed.
- Each member is entitled to one chance at the draw only; multiple entries will not be counted.
- By participating in this lucky draw, you agree that OCC may collect, use and/or disclose the information provided by you to its representatives and service providers for the purpose of selecting and contacting the winner.
- Only winners with the correct entries will be considered for the draw.

UPKEEPING THE GOLF COURSES FOR A BETTER GOLFING EXPERIENCE!

Golf is a self-regulated game in terms of scoring and observing good golfing etiquette. The concerted effort of all golfers is needed to maintain the good reputation of the Club and condition of the course. Golfers are therefore, reminded to observe the following types of golf etiquette while playing on our golf courses.



FAIRWAYS:

- **Repair fairway divots** by filling the divot hole with sand provided on the buggies. For walking golfers, please bring along the sand bottle and repair the divots during your game. Do not overfill the hole and level them with your foot by stepping on the sand gently after filling.
- **Avoid driving the buggy on wet or soggy fairways**, as this will create "grooves" and damage to the turf, which may affect the lie of a golf ball.

Not Enough



Too Much

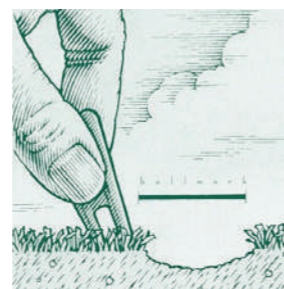


Just Right

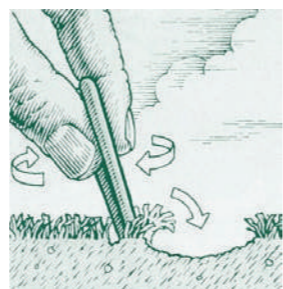


BUNKER:

1. **Enter the sand bunker with the rake from the low side** that is nearest to your ball and avoid walking on the steep face of the sand bunker.
2. Upon successfully hitting your ball onto the Greens, **rake all footprints and disruptions to the sand**. Place the rake outside the bunker when leaving, with the handle running parallel to the fairway.



Use a prolonged ball mark repair tool, preferably a knife, key or tee. Insert at the edges of the mark, not the middle of the depression.



Bring the edges together with a gentle twisting motion without lifting the center or tearing the grass. Smooth the surface with a club or foot until it is even.

(Illustration courtesy of the Golf Course Superintendents Association of America)

PUTTING GREEN:

- Repair ball marks caused by your ball impacting the putting surface when you reach the Green. If possible, do repair other ball marks as well. **Do not repair pitch marks or spike marks on your putting line until after you have puttied.**
- When on the putting green, **do not lean on your putter** while removing the ball from the hole as it could leave a dent on the putting surface.
- During play, **place the flagstick on the Fringe** and not on the putting surface. Before leaving the putting green, place the flagstick carefully into the hole to avoid damaging its rim.

Good golfing etiquette starts with golfers. It goes a long way in improving the condition of our golf courses and making every game truly enjoyable for you and your guests.

RECOVERING FROM TROUBLE: SAVING STROKES



Occasionally find yourself off to one side of the fairway and in among the trees?

The most popular option is to pitch out sideways and effectively forfeit a stroke as you have not progressed your ball closer to the hole. The better option however, is to hit a shot that sees the ball go between the gap in the trees and turn (right or left) towards the Green.

In attempting to execute the second option, we need to understand the principles of ball flight. Most of us have been told at some stage in our careers to "aim your clubface where you want the ball to finish, then take your stance and swing in the direction you want the ball to start". This has been tried many times, mostly unsuccessfully. Refer to ❌ illustration.

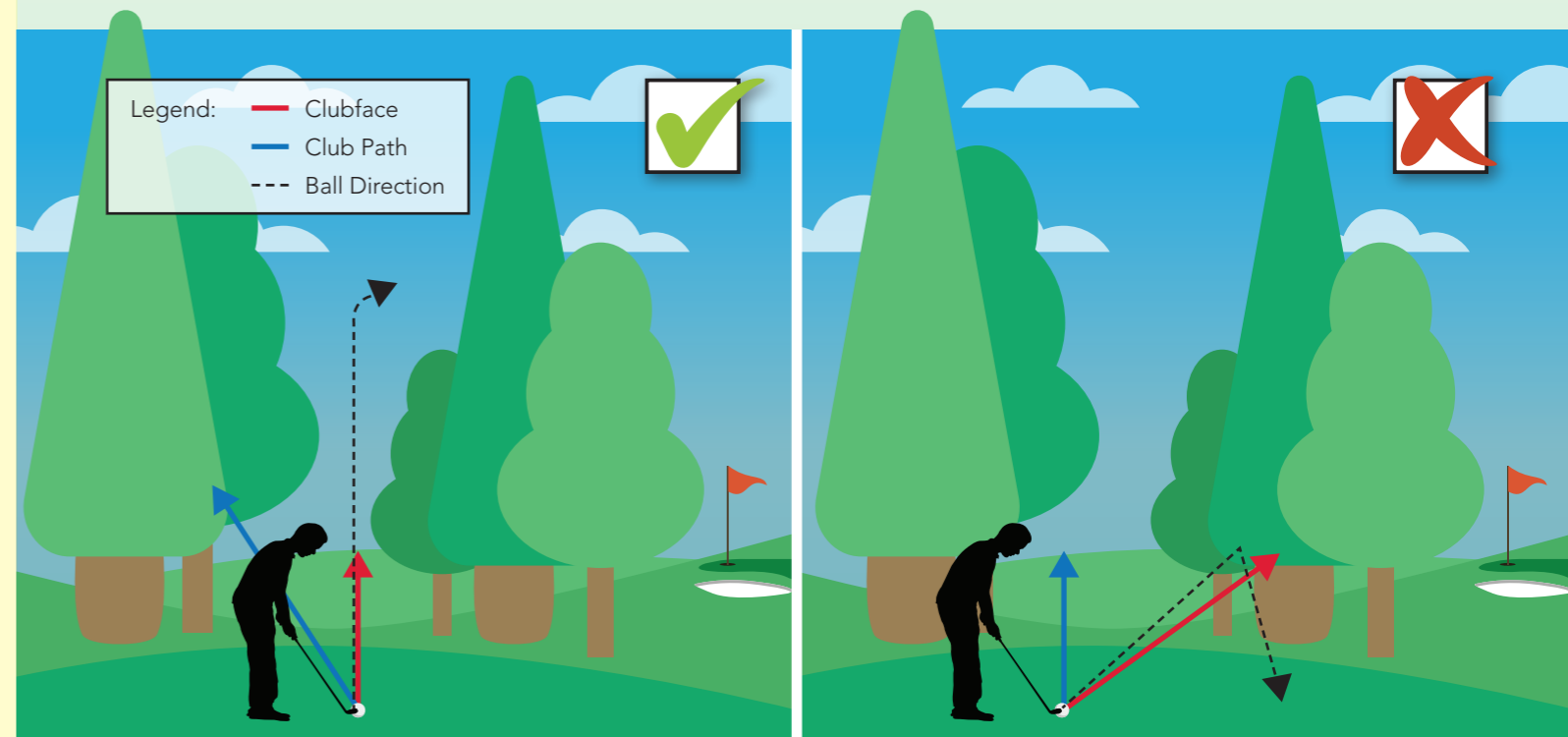
The introduction of advanced technology to the game has resulted in the understanding that the ball actually starts very close to the direction that the clubface is pointing at the moment of impact. The proximity is relative to the loft of the club; the lesser the loft, the closer it is to the clubface direction. Curving the ball (now known as tilting the axis) is created when the direction the club head is moving is different from where the clubface is pointing.

Tips:

1. To hit the ball out of trouble and have it turn right towards the target, a player needs to have the clubface (at impact) pointing at the desired starting direction, which is the gap in the trees in the illustration, and to have the club swinging left of where the clubface is pointing. Refer to ✅ illustration.
2. Conversely, if a player desires the ball to turn left, the player aims the clubface at the desired starting direction and then swing to the right of where the clubface is pointing.

Try this at the range. Pick a target as your "gap", aim the clubface there and experiment swinging left and right of your target. Watch the direction the ball starts and see how much you can curve the flight of the ball. If you are having trouble, approach your teaching professional for assistance.

Acquiring this skill is sure to save you strokes!



Contributed by **Mr Kim Baldwin**
 Certified Golf Professional of Australian PGA
 Advanced in Coaching
 OCC Golf Professional

Tel: 9768 1755 Email: kbaldwin@pgamember.org.au



FUN HIGHLIGHTS OF THE SECRETARY-GENERAL'S CUP 2017



The Secretary-General's Cup is an annual friendly tournament where OCC and Union members gather to enjoy sportsmanship and comradeship through golfing. This year's event was held on 9 July, with 218 golfers tee-ing off in high spirits. The lively atmosphere carried through to the night as the golfers enjoyed savoury food and refreshing drinks with one another. We would like to thank everyone for your active support, making this event a resounding success.



All geared up for an exciting game of golf!

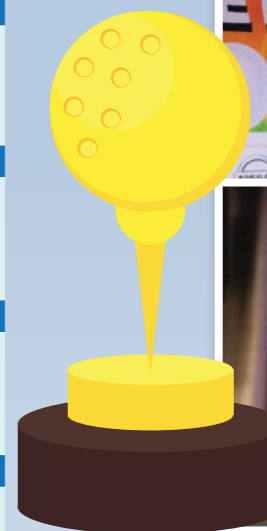


From left: Captain Tan Ah Ee, ACC President Lee Suan Hiang, Minister for Education Ong Ye Kung and Tripartite Partner Emmanuel Lem. From left: Club VP Yeo Khee Leng, Minister for Manpower Lim Swee Say, Minister for Health Gan Kim Yong and Club President Chong Kee Hiong.



Golfers enjoying their time at the golf courses with their fellow kakis!

TOP 3 WINNERS FROM TEAM NTUC: ARANDA/DENDRO		
WINNER	MR SAM LIM HOCK ENG (NTUC)	46 PTS
1 ST RUNNER UP	MR NG HON CHAI (NPASU)	44 PTS
2 ND RUNNER UP	MR PETER TAN TAI LOONG (SISEU)	42 PTS
TOP 3 WINNERS FROM TEAM NTUC: VANDA/ARANDA		
WINNER	MR LEE PIANG (DBSSU)	41 PTS
1 ST RUNNER UP	MS DIANA SEAH (AREU)	40 PTS (OCB)
2 ND RUNNER UP	MS GO TENG TENG (IRASSU)	40 PTS
TOP 3 WINNERS FROM TEAM NTUC: DENDRO/VANDA		
WINNER	MR TAY LAY HIAN (STU)	43 PTS
1 ST RUNNER UP	MR KRISHNA SAMY (UTES)	42 PTS (OCB)
2 ND RUNNER UP	MR ENG WEE TONG (AUPE)	42 PTS
TOP 3 WINNERS FROM TEAM OCC: ARANDA/DENDRO		
WINNER	MR ERIC LAI KOK SENG	42 PTS
1 ST RUNNER UP	MR EMMANUEL LEM	41 PTS (OCB)
2 ND RUNNER UP	MR TAN TIEN SENG	41 PTS
TOP 3 WINNERS FROM TEAM OCC: VANDA/ARANDA		
WINNER	MR LIM KUANG BENG	39 PTS
1 ST RUNNER UP	MR EDWIN KHEW	38 PTS (OCB)
2 ND RUNNER UP	MR OH KOH CHUAN	38 PTS
TOP 3 WINNERS FROM TEAM OCC: DENDRO/VANDA		
WINNER	MR SEAH KIAN PENG	41 PTS
1 ST RUNNER UP	MR DONALD SIEW	40 PTS
2 ND RUNNER UP	MR FOO CHEK PUAT	38 PTS



Secretary-General Chan Chun Sing (top) and Club President Chong Kee Hiong (bottom) giving their welcome speech.

TEAM EVENT	
TEAM OCC	392 PTS
TEAM NTUC	413 PTS (CHAMPION TEAM)



Secretary-General Chan Chun Sing (left) with NTUC President Emeritus John De Payva (right). Club President Chong Kee Hiong (right) with Mr Ong Mah Tiong (left). Captain Tan Ah Ee (right) with Mr T. Pradeep (left).



Bridging friendships over appetising dishes and refreshing drinks.

Celebrating Singapore's 52nd Birthday With The Annual National Day Golf

148 golfers painted the golf courses a hue of red and white as they came together to tee-off for Singapore's 52nd birthday. The National Day golf game started off with the singing of the national anthem, flag-raising and reciting of the pledge as a mark of respect for the nation. The game ensued shortly after with many golfers enthusiastically posing for photos and having a good time while playing. This was followed by a buffet lunch and prize presentation to carry on the spirit of National Day.



Getting ready to tee-off to Singapore's 52nd birthday!



Dendro / Vanda Course

MEN'S DIVISION

WINNER	MR WILLIAM KOH	51 PTS
1 ST RUNNER UP	MR ANG PENG HUAN	49 PTS
2 ND RUNNER UP	MR TAN AH EE	48 PTS
3 RD RUNNER UP	MR GOH KOON JING	47 PTS
4 TH RUNNER UP	MR ENG SEH PING	46 PTS

LADIES DIVISION

WINNER	MS CHEN PEISI	47 PTS
1 ST RUNNER UP	MS JEMAIN NG	45 PTS
2 ND RUNNER UP	MS JANET TAN	41 PTS



Witty poses, high jumps and bright smiles filled the golf courses on National Day.



Prize presentation to honour the tournament and lucky draw winners.



From left to right – Union Leader Lim Kuang Beng, Lady Captain Susan Gan, General Committee Member Chng Chee Beow, Captain Tan Ah Ee, Club VP Yeo Khee Leng, Vice-captain Ted Wong and Tripartite Partner Emmanuel Lem.



THE DAZZLING 19TH OCC LADIES' INVITATIONAL

Decked out in sporty checks and dots attire were close to 200 lovely ladies tee-ing off at the 19th OCC Ladies' Invitational on 14 August 2017 at the Aranda and Vanda courses. Dinner and prize presentation ensued at the Jade Foyer followed by a series of entertainment where the talented ladies danced to the rhythm of the night.

Special thanks to Daimler South East Asia Pte Ltd and Delta Air Lines, Inc for being the hole-in-one sponsors, Guang Cheng Biotechnology Research (S) Pte Ltd for providing golfers with sparkling vinegar at Aranda Halfway House during the game, Tee Up Enterprise for their free flow of wine and champagne during dinner, as well as all the many other corporate and individual sponsors for making this event possible!

Aranda / Vanda Course

14 August 2017, Monday

Overall Champion		
Charissa Goh (OCC)	78 Gross	(Defending Champion)
Overall Runner Up		
Huang Xiao Li (OCC)	79 Gross	
Pink Division - 11.9 & Below		
Winner Edina Szalkai (Laguna National)	81 Gross	OCB
Amber 1 Division - 12.0 to 14.9		
Winner Jamie Cheng (Keppel)	87 Gross	OCB
Amber 2 Division - 15.0 to 16.9		
Winner Sally Odell (Warren)	85 Gross	
Amber 3 Division - 17.0 to 18.9		
Winner Susan Mah (Warren)	90 Gross	
Blue 1 Division - 19.0 to 22.9		
Winner Janis Han (OCC)	98 Gross	OCB
Blue 2 Division - 23.0 to 24.9		
Winner Jenny Sng (OCC)	99 Gross	
Blue 3 Division - 25.0 to 27.4		
Winner Sallie Quek (OCC)	96 Gross	
Champagne Division - 27.5 to 36.4 (Stableford)		
Winner Oon Yuen Beng (OCC)	41 Pts	OCB
Dazzling Dames - Born 1957 and below		
Winner Susan Mah (Warren)	70 Nett	OCB



Painting the golf courses with elegance, zest and fun!



Welcome address by Lady Captain Susan Gan.



The ladies taking lovely shots with the beautiful backdrop.



Prize Presentation to honour the talented ladies of the tournament.



Lady Captain Susan Gan (right) with Winner of Blue 3 Division Sallie Quek (left).



Vice-captain Ted Wong (left) with lucky draw winner Tracee Chan (right).



Head of Golf Dennis Ee (left) with Blue 1 Division 2nd Runner Up Tan Ju Seng (right).



The golfers enjoying food, drinks and dancing the night away with their dazzling dance moves.

JULY 2017 MONTHLY MEDAL RESULTS

Trophy presented by Head Of Golf Dennis Ee | STROKE PLAY (8 JULY 2017)



MR MASILAMANY J

DENDRO/VANDA

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

BEST GROSS	MR MASILAMANY J	(3.3)	79 GROSS
WINNER	MR SOO THEAN LING	(9.9)	69 NETT
RUNNER UP	MR E MAARAN	(7.0)	73 NETT OCB
BALLSWEEP (1ST NINE)			
WINNER	MR TAN JUN HAO	(7.4)	35 NETT
BALLSWEEP (2ND NINE)			
WINNER	MR SOO THEAN LING	(9.9)	33 NETT

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

BEST GROSS	MR JACKY CHAN	(12.4)	89 GROSS OCB
WINNER	MR ANG CHENG YONG	(15.8)	71 NETT
RUNNER UP	MR TAN TIEN SENG	(14.4)	72 NETT
BALLSWEEP (1ST NINE)			
WINNER	MR ANG CHENG YONG	(15.8)	31 NETT
BALLSWEEP (2ND NINE)			
WINNER	MR SIM BENG KIAT DENNIS	(14.0)	35 NETT

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

BEST GROSS	MR MAN WAI SHING ERIC	(16.8)	88 GROSS
WINNER	MR WONG KEEN CHIEW	(21.9)	69 NETT
RUNNER UP	MR TOH AH CHOT	(22.9)	70 NETT
BALLSWEEP (1ST NINE)			
WINNER	MR WONG KEEN CHIEW	(21.9)	33 NETT
BALLSWEEP (2ND NINE)			
WINNER	MR TOH AH CHOT	(22.9)	34 NETT

RESULTS FOR LADIES' 'A' DIVISION (H'CAP 18.4 & BELOW)

BEST GROSS	MS OH CHEW KHOON	(17.3)	92 GROSS
WINNER	MS LIM SIEW LAN	(17.8)	72 NETT
RUNNER UP	MS MARGARET YEOW	(18.3)	74 NETT OCB
BALLSWEEP (1ST NINE)			
WINNER	MS CHENG FONG KIEW	(18.6)	33 NETT
BALLSWEEP (2ND NINE)			
WINNER	MS OH CHEW KHOON	(17.3)	36 NETT



MR JACKY CHAN



MR MAN WAI SHING ERIC



MS OH CHEW KHOON

AUGUST 2017 MONTHLY MEDAL RESULTS

Trophy presented by Lady Captain Susan Gan | STABLEFORD (12 AUGUST 2017)



MR CHEW SWEE MENG SIMON



MR STEPHEN LEONARD TCHEAU

MR R VASUDEVAN
WAS NOT PRESENT AT THE
PRIZE PRESENTATION



MS LIM AH CHUN JACQUELINE

DENDRO/VANDA

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

WINNER	MR CHEW SWEE MENG SIMON	(11.2)	38 PTS
1ST RUNNER UP	MR CHAN BAK THIAM JACKY	(10.8)	37 PTS
2ND RUNNER UP	MR GABRIEL YAP QI LONG	(4.5)	34 PTS
BALLSWEEP (1ST NINE)			
WINNER	MR CHEW SWEE MENG SIMON	(11.2)	22 PTS
BALLSWEEP (2ND NINE)			
WINNER	MR CHAN BAK THIAM JACKY	(10.8)	17 PTS

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

WINNER	MR STEPHEN LEONARD TCHEAU	(13.3)	43 PTS
1ST RUNNER UP	MR TAN JUN WEI	(15.7)	38 PTS OCB
2ND RUNNER UP	MR ANG CHENG YONG	(15.2)	38 PTS
BALLSWEEP (1ST NINE)			
WINNER	MR STEPHEN LEONARD TCHEAU	(13.3)	23 PTS
BALLSWEEP (2ND NINE)			
WINNER	MR STEPHEN LEONARD TCHEAU	(13.3)	20 PTS

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

BEST GROSS	MR R VASUDEVAN	(16.1)	42 PTS
1ST RUNNER UP	MR YEOW SEE ONN	(20.5)	38 PTS
2ND RUNNER UP	MR CHUA AH LENG	(22.3)	37 PTS
BALLSWEEP (1ST NINE)			
WINNER	MR R VASUDEVAN	(16.1)	22 PTS
BALLSWEEP (2ND NINE)			
WINNER	MR R VASUDEVAN	(16.1)	20 PTS

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

BEST GROSS	MS LIM AH CHUN JACQUELINE	(15.4)	43 PTS
1ST RUNNER UP	MS HAN FONG YAU	(9.2)	39 PTS
2ND RUNNER UP	MS LOO LEE BUI LINDA	(17.2)	38 PTS
BALLSWEEP (1ST NINE)			
WINNER	MS LIM AH CHUN JACQUELINE	(15.4)	20 PTS
BALLSWEEP (2ND NINE)			
WINNER	MS LIM AH CHUN JACQUELINE	(15.4)	23 PTS

OCC-U Golf 9-Hole Night Series

STABLEFORD

1 JULY 2017 | VANDA

RESULTS FOR MEN'S DIVISION (HI 24.0 & BELOW)

WINNER	MR JUN TAMOY	24 PTS (OCB)
1 ST RUNNER UP	MR BERNARD LAI	24 PTS
2 ND RUNNER UP	MR SURASAK MANEESRI	23 PTS

RESULTS FOR LADIES' DIVISION (HI 36.0 & BELOW)

WINNER	MS M VIJAYAL	24 PTS
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Union Leader William Leow from the Singapore Union Broadcasting Employees (right) with Winner of the Men's Division Mr Jun Tamoy (left).



1st Runner Up of the Men's Division Mr Bernard Lai (left).



2nd Runner Up of the Men's Division Mr Surasak Maneesri (left).



Winner of the Ladies' Division Ms M Vijayal (left).

STABLEFORD

5 AUGUST 2017 | ARANDA

RESULTS FOR MEN'S DIVISION (HI 24.0 & BELOW)

WINNER	MR R RAMEASH	24 PTS
1 ST RUNNER UP	MR JOHN RICARTE	22 PTS
2 ND RUNNER UP	MR MARAN	21 PTS (OCB)

RESULTS FOR LADIES' DIVISION (HI 36.0 & BELOW)

WINNER	MS M VIJAYAL	16 PTS (OCB)
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Manager of CEM (U Sports, NTUC Club) R V Satish Naidu (left) and Winner of the Men's Division Mr R Rameash (right).



1st Runner Up of the Men's Division Mr John Ricarte (right).



2nd Runner Up of the Men's Division Mr Maran (right).



Winner of the Ladies' Division Ms Vijayal (right).

NO SUGAR ADDED

Florida's Natural Orange Juice SOME PULP

Florida's Natural Ruby Red Grapefruit Juice

100% Orange Juice PASTEURIZED / NOT FROM CONCENTRATE

100% Ruby Red Grapefruit Juice PASTEURIZED / NOT FROM CONCENTRATE

NON GMO Project VERIFIED

Flavorful. Natural. No Sugar Added.

We grow 'em.
We pick 'em.
We squeeze 'em.

We're the only major juice brand that's owned by growers, and you can taste it in every delicious glass. These are our groves. This is our juice.

Taste The Difference!

PRODUCT OF USA

OKT OBERFEST GOLF CHALLENGE

Date : 7 October 2017 (Saturday)
Time : 1:30pm (shotgun start)
Format : System 36
Eligibility : Gold, Silver, Corp Union/MGK and Guest
Entrance : \$68 (Gold member)
Fees : \$138 (Silver member)
 \$158 (Corp Union/ MGK)
 \$238 (Guest)

Registration : 6 September 2017 (Wednesday)
Opens
Register By : 27 September 2017 (Wednesday)



Fees include green fee, buggy fee, dine-in buffet dinner (inclusive of one complimentary mug of draft beer for adults) and are subject to prevailing GST.

Terms and Conditions Apply



Club Captain & Lady Captain's Cup 2017

Date : 24 September 2017 (Sunday)
Time : 1:30pm (Shotgun start)
Format : Stroke Play
Divisions :

OCC Members	Corp Union/MGK*
Men's Division (HI 24.9 & below)	Invitational Division (HI 24.9 & below for Men)
Ladies' Division (HI 36.9 & below)	(HI 36.9 & below for Ladies)

*Not in contention for Club Captain & Lady Captain's Trophy and another set of prizes will be presented.

Eligibility : Gold, Silver and Corp Union/MGK

Entrance Fee : \$30
Green Fee : \$70 (Silver member)
 \$80 (Corp Union/ MGK)

Buggy Fee : \$25

Registration : 23 August 2017
Opens (Wednesday)

Register By : 14 September 2017
 (Thursday)

Entrance fee includes lunch, dinner and free flow of beer during dinner. All fees are subject to prevailing GST. Club reserves the right to form flights and pair participants for the event.



Especially
for Guests
of OCC
Members!

Sign In Guests & Be Rewarded Together

Till 31 Oct 2017

As a member of OCC, your welfare is our pride. You will enjoy **waiver of buggy fee** when you sign in 3 guests to form a flight of 4. To make golfing more enjoyable, your guests can also play at a discounted rate!

Weekday Member's Guest Rate
 (Inclusive of Green & Buggy Fees + GST)
Morning and Afternoon Sessions
@\$105 net per pax
 (U.P. @ \$155 net)

Terms & Conditions:
 Member must be present for the game. Minimum of 3 guests in each booking per flight is required. Valid for weekday morning and afternoon sessions only. Not applicable on weekends and public holidays. Available for the first 10 flights in each session daily. Bookings can be made 7 days in advance and subject to availability. Rate is inclusive of green fee, buggy fee and prevailing GST. OCC reserves the right to amend the Terms & Conditions at any time without prior notice.

For enquiries and bookings, please contact the **Golfing Department** at 6750 2111 or email golfregistration@orchidclub.com


For enquiries and bookings, please contact the **Golfing Department** at 6750 2111 or email golfregistration@orchidclub.com

SEPTEMBER

Mon Tue Wed Thu Fri Sat Sun

Corporate Golf Events

4 September (Mon) 27 September (Wed)
 6 September (Wed) 29 September (Fri)
 11 September (Mon)
 15 September (Fri)
 18 September (Mon)
 19 September (Tue)
 25 September (Mon)

Legend:
 - School Holiday

4 Muay Thai Sim Han Hoon Dance Class Yale Swimming Singapore Masala Bhangra Quattor Swim School	5 SIG – OCC Pool SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness KpopX Fitness Quattor Swim School	6 Scuba Diving Sim Han Hoon Dance Class Yale Swimming Singapore Zumba Gold	7 Karaoke Night SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness Quattor Swim School	1 Muay Thai Scuba Diving Social Dance Night Taekwondo Taijiquan Yale Swimming Singapore Quattor Swim School Hari Raya Haji	2 Aikido (Adults & Kids) Aquaducks SIG – OCC Black 8 Training SIG – OCC Bowling Yale Swimming Singapore Yoga Social Dance Night OCC-U Golf 9-hole Night Series	3 Aquaducks Taijiquan Yale Swimming Singapore Karate
11 Muay Thai Sim Han Hoon Dance Class Yale Swimming Singapore Masala Bhangra Quattor Swim School	12 SIG – OCC Pool SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness KpopX Fitness Quattor Swim School	13 Scuba Diving Sim Han Hoon Dance Class Yale Swimming Singapore Zumba Gold	14 Karaoke Night SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness Quattor Swim School	8 Muay Thai Scuba Diving Social Dance Night Taekwondo Taijiquan Yale Swimming Singapore Rummy-O Quattor Swim School	9 Aikido (Adults & Kids) Aquaducks SIG – OCC Black 8 Training SIG – OCC Bowling Yale Swimming Singapore Yoga Social Dance Night Monthly Medals	10 Aquaducks Taijiquan Yale Swimming Singapore Karate
18 Muay Thai Sim Han Hoon Dance Class Yale Swimming Singapore Masala Bhangra Quattor Swim School	19 SIG – OCC Pool SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness KpopX Fitness Quattor Swim School	20 Scuba Diving Sim Han Hoon Dance Class Yale Swimming Singapore Zumba Gold	21 Karaoke Night SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness Quattor Swim School	15 Muay Thai Scuba Diving Taekwondo Taijiquan Yale Swimming Singapore Practice Dance Night Quattor Swim School	16 Aikido (Adults & Kids) Aquaducks SIG – OCC Black 8 Training SIG – OCC Bowling Social Dance Night Yale Swimming Singapore Yoga	17 Aquaducks Taijiquan Yale Swimming Singapore Karate
25 Muay Thai Sim Han Hoon Dance Class Yale Swimming Singapore Masala Bhangra Quattor Swim School Bi-Monthly Cue Challenge	26 SIG – OCC Pool SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness KpopX Fitness Quattor Swim School	27 Scuba Diving Sim Han Hoon Dance Class Yale Swimming Singapore Zumba Gold	28 Karaoke Night SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness Quattor Swim School Practice Dance Night	22 Muay Thai Scuba Diving Taekwondo Taijiquan Yale Swimming Singapore Social Dance Night Quattor Swim School Scratch-It-To-Win-It-Night	23 Aikido (Adults & Kids) Aquaducks SIG – OCC Bowling SIG – OCC Black 8 Training Social Dance Night Yale Swimming Singapore Yoga	24 Club Captain & Lady Captain's Cup Aquaducks Taijiquan Yale Swimming Singapore Karate
25 Muay Thai Sim Han Hoon Dance Class Yale Swimming Singapore Masala Bhangra Quattor Swim School Bi-Monthly Cue Challenge	26 SIG – OCC Pool SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness KpopX Fitness Quattor Swim School	27 Scuba Diving Sim Han Hoon Dance Class Yale Swimming Singapore Zumba Gold	28 Karaoke Night SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness Quattor Swim School Practice Dance Night	29 Muay Thai Scuba Diving Taekwondo Taijiquan Yale Swimming Singapore Social Dance Night Quattor Swim School	30 Aikido (Adults & Kids) Aquaducks SIG – OCC Bowling SIG – OCC Black 8 Training Social Dance Night Yale Swimming Singapore Yoga U Run/ U Swim 21st Super Sprint Series	

OCTOBER

Mon Tue Wed Thu Fri Sat Sun

30 Muay Thai Sim Han Hoon Dance Class Yale Swimming Singapore Masala Bhangra Quattor Swim School	31 SIG – OCC Pool SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness KpopX Fitness Quattor Swim School	Corporate Golf Events 1 October (Sun) 16 October (Mon) 25 October (Wed) 2 October (Mon) 17 October (Tue) 30 October (Mon) 6 October (Fri) 20 October (Fri) 9 October (Mon) 24 October (Tue) 10 October (Tue) 13 October (Fri)			1 Aquaducks Taijiquan Yale Swimming Singapore Karate	
2 Muay Thai Sim Han Hoon Dance Class Yale Swimming Singapore Masala Bhangra Quattor Swim School	3 SIG – OCC Pool SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness KpopX Fitness Quattor Swim School	4 Scuba Diving Sim Han Hoon Dance Class Yale Swimming Singapore Zumba Gold	5 Karaoke Night SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness Quattor Swim School	6 Muay Thai Scuba Diving Social Dance Night Taekwondo Taijiquan Yale Swimming Singapore Quattor Swim School	7 Aikido (Adults & Kids) Aquaducks SIG – OCC Black 8 Training SIG – OCC Bowling Practice Dance Night Yale Swimming Singapore Yoga Oktoberfest Golf Challenge Oktoberfest Dinner	8 Aquaducks Taijiquan Yale Swimming Singapore Karate
9 Muay Thai Sim Han Hoon Dance Class Yale Swimming Singapore Masala Bhangra Quattor Swim School	10 SIG – OCC Pool SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness KpopX Fitness Quattor Swim School	11 Scuba Diving Sim Han Hoon Dance Class Yale Swimming Singapore Zumba Gold	12 Karaoke Night SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness Quattor Swim School	13 Muay Thai Social Dance Night Scuba Diving Taekwondo Taijiquan Yale Swimming Singapore Quattor Swim School Rummy-O	14 Aikido (Adults & Kids) Aquaducks SIG – OCC Black 8 Training SIG – OCC Bowling Social Dance Night Yale Swimming Singapore Yoga Monthly Medals 1st Round Club Championship	15 Aquaducks Taijiquan Yale Swimming Singapore Karate
16 Muay Thai Sim Han Hoon Dance Class Yale Swimming Singapore Masala Bhangra Quattor Swim School	17 SIG – OCC Pool SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness KpopX Fitness Quattor Swim School	18 Scuba Diving Sim Han Hoon Dance Class Yale Swimming Singapore Zumba Gold Deepavali	19 Karaoke Night SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness Quattor Swim School	20 Muay Thai Scuba Diving Practice Dance Night Taekwondo Taijiquan Yale Swimming Singapore Quattor Swim School	21 Aikido (Adults & Kids) Aquaducks SIG – OCC Black 8 Training SIG – OCC Bowling Social Dance Night Yale Swimming Singapore Yoga 2nd Round Club Championship	22 Aquaducks Table Football Training Taijiquan Yale Swimming Singapore Karate Final Round Club Championship
23 Muay Thai Sim Han Hoon Dance Class Yale Swimming Singapore Masala Bhangra Quattor Swim School	24 SIG – OCC Pool SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness KpopX Fitness Quattor Swim School	25 Scuba Diving Sim Han Hoon Dance Class Yale Swimming Singapore Zumba Gold	26 Karaoke Night SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness Quattor Swim School	27 Muay Thai Scratch-It-To-Win-It-Night Scuba Diving Social Dance Night Taekwondo Taijiquan Yale Swimming Singapore Quattor Swim School	28 Aikido (Adults & Kids) Aquaducks SIG – OCC Black 8 Training SIG – OCC Bowling Social Dance Night Yale Swimming Singapore Yoga	29 Aquaducks Table Football Training Taijiquan Yale Swimming Singapore Karate

OCC SOCIAL & RECREATION WEEKLY PROGRAMMES

DANCE



Social Dance Nights
Aranda Lounge
 7:30pm to 1:00am
 Every Fri and Sat
 (except those days with
 Practice Dance Nights)

Practice Dance Nights
Aranda Lounge
 7:30pm to 1:00am
 15 & 28 September
 7 & 20 October



**Sim Han Hoon
 Dance Class**
Aranda Lounge
 Mon, 8:00pm to 9:30pm
 Wed, 8:00pm to 9:30pm

FITNESS



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



Zumba Fitness
Lifestyle Studio
 Tue, 7:30pm to 8:30pm
 Thu, 7:30pm to 8:30pm

Masala Bhangra
Lifestyle Studio
 Mon, 7:30pm to 8:30pm

KpopX Fitness
Lifestyle Studio
 Tue, 7:30pm to 8:30pm

Zumba Gold*
Lifestyle Studio
 Wed, 7:30pm to 8:30pm

RECREATION



Karaoke Night**
Aranda Lounge
 Thu, 2:00pm to 11:00pm



Mahjong & Cards
Mahjong Rooms (Daily)
 Sun - Thu & PH, 9:00am to 11:00pm
 Fri, Sat & Eve of PH, 9:00am to 12:00am



Darts
Aranda Lounge
**Orchid Bulls One &
 Two Training**
 Tue, 8:00pm to 10:00pm
 Thu, 8:00pm to 10:00pm



Scratch-It-To-Win-It Night*
Sports Hub
 22 September
 27 October
 7:00pm to 10:00pm



SIG - Rummy-O*
Sports Hub
 8 September
 13 October
 7:30pm to 9:30pm

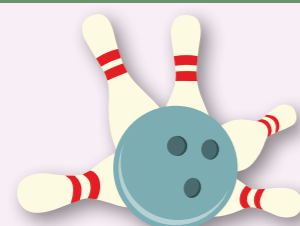
SPORTS



SIG - Pool
Aranda Lounge/Sports Hub@OCC
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
 Sat, 3:00pm to 5:00pm



Yale Swimming Singapore
Competitive Programme (Olympic Pool)
 Mon - Fri, 5:30pm to 8:00pm

Recreation Programme
 (Fun Pool & Olympic Pool)
 Wed, 5:00pm to 7:00pm
 Sat, 9:00am to 11:00am; 4:00pm to 7:00pm
 Sun, 9:00am to 11:15am; 4:00pm to 7:00pm

Quattor Swim School
Fun Pool
 Mon - Fri (except Wed)
 5:00pm to 6:00pm; 6:00pm to 7:00pm

Aquaducks (Swimming)

Fun Pool
 Sat, 9:00am to 12:00pm
 Sat, 1:00pm to 3:00pm
 Sun, 9:00am to 12:00pm



Simply Scuba (Scuba Diving)
Olympic Pool
 Wed and Fri, 7:30pm to 9:00pm

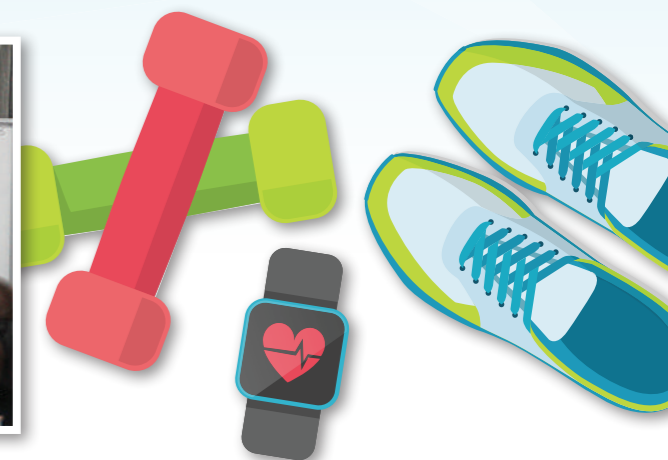
Learning to Run better with the Run Clinic Talk Series

For this year's Nee Soon Fiesta 3Ten Run event, we collaborated with Khoo Teck Puat Hospital (KTPH) over the course of two months leading up to our 3Ten Run event on 29 July 2017. We invited guest consultants from KTPH to come over to OCC and share their expertise on various aspects in relation to running. Topics covered included improving running performance, common running injuries and preventative strategies, and video gait analysis. Participants enjoyed learning to perform better as well as prevent injuries, and had their questions on running answered by the professionals. Here are some highlights of the sessions:

Session on 6 June 2017 (Improving Running Performance)



Podiatrist Mr Yeo Boon Kiak sharing on running footwear tips.



Session on 5 July 2017 (Common Running Injuries and Preventative Strategies)

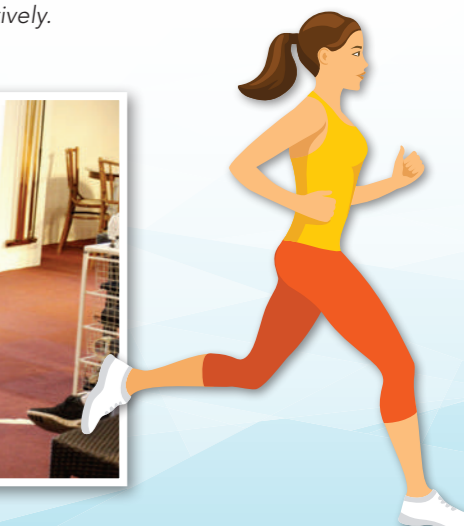


Consultant Dr Sirisena and Dietician Ms Magan Ho educating the audience on running injuries and glucosamine supplements respectively.

Session on 19 July 2017 (Running Retraining)



Podiatrist Mr Yeo Boon Kiak interacting with the audience by showing a demonstration to illustrate running retraining.



* Free for OCC members * Charges apply for first drink

NOTE: All information is correct at time of printing.

Enlivening the night with Nee Soon Fiesta 3Ten Run



OCC flagged off the 3rd season of the Nee Soon Fiesta 3Ten Run on 29 July 2017 with close to 1000 runners with families and babies on strollers taking part this year. Made up of the competitive 10km, non-competitive 5km, the 1.5km family category, and a carnival, the event created big waves at OCC's golf courses with more family-inclusive activities to promote healthy living and community spirit. The 1.5km family category saw many parents and young children (including kids in strollers) bonding through the run.

In support of this event, Nee Soon GRC Grassroots Advisers Mr K. Shanmugam (Minister for Home Affairs and Minister for Law), Assoc Prof Muhammad Faishal Ibrahim (Parliamentary Secretary, Ministry of Education and Ministry of Social & Family Development), Er Dr Lee Bee Wah and Mr Louis Ng Kok Kwang flagged off the various race categories. Captain Tan Ah Ee, Lady Captain Susan Gan and General Manager Richard Foo were also present for the flag-off.



From left: Assoc Prof Muhammad Faishal Ibrahim, Mr K. Shanmugam, Er Dr Lee Bee Wah, Mr Louis Ng Kok Kwang and Captain Tan Ah Ee.



ACC General Manager Toh Poh Kuan (1st from left).



A tiring but rewarding day indeed.



Families and friends cheered to an active lifestyle by completing the challenging golf course terrain.

The cheerful volunteers who kept the runners hydrated throughout the run!

Close to 4000 participants reveled in the superhero themed family carnival held at the open field across OCC. Runners received complimentary tickets to redeem snacks and have a go at claw machines to win souvenirs. Food trucks and a movie screening of Kung-Fu Panda 3 saw families laying out picnic mats to enjoy the night and one another's company. It was truly a rewarding and memorable day for everyone.



The bustling Nee Soon Fiesta complete with food, drinks and superheroes!



Prize Presentation by Assoc Prof Muhammad Faishal Ibrahim to honour the winners of the competitive 10km category.

ANNUAL OCC & ACC BOWLING CHAMPIONSHIP



108 bowling enthusiasts from 36 teams showed off their best strikes at the OCC & ACC Bowling Championship on 16 July 2017. The energetic competition at OCC's Orchid Bowl began with the Team Category where the players gave their all to gain victory. This was followed by a delectable buffet lunch at Aranda Lounge and a prize presentation for the Team Category which saw "HOHUAT" walking away with the top prize. The Individual Category commenced soon after with Mr Ng Kum Mun (Male Champion) and Ms Jenny Oon (Female Champion) bringing home the trophy. Well done to all the players!



ACC President Mr Lee Suan Hiang (5th from right), ACC General Manager Toh Poh Kuan (4th from right) and General Manager Richard Foo (5th from left) with the team behind the scenes.



ACC House Committee Member Steve Ong (right) with Female Individual Champion - Ms Jenny Oon (left).
Mr Steve Ong (right) with Male Individual Champion - Mr Ng Kum Mun (left).



ACC General Manager Toh Poh Kuan presenting the prizes to Team Champion "HOHUAT".



Having some fun before getting into action!



BOWLING TOWARDS FRIENDSHIP AND GOOD TIMES

Together with ACC, we started bowling friendlies with two Clubs, Tanglin Club on 24 June 2017 and Seletar Country Club on 23 July 2017, to offer our bowling interest group members a platform to enjoy bowling, compete against other Clubs in friendly matches and expand their network of bowling kakis. Both games saw participants having fun with fair competition and sportsmanship being displayed.

Game with Seletar Country Club (Held at Seletar Country Club)



OCC and Seletar Country Club players coming together as one big family.



OCC bowlers in action!

Game with Tanglin Club (Held at OCC)



Showing the team spirit in bowling by encouraging one another!



The bowlers enjoyed light refreshments and shared light-hearted moments after the game.

The OCC Team.

Putting Mind & Body To The Test With OCC's SG52 Fitness Challenge

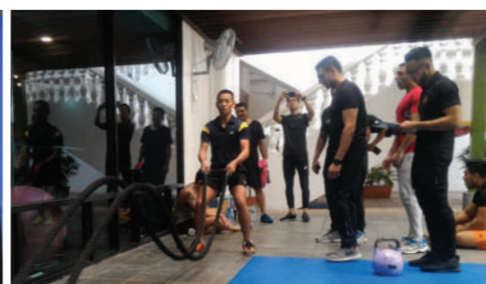
On 9 August 2017, 20 participants consisting of OCC members Eric Tay and Xavier Tan among others participated in the SG52 Fitness Challenge. Conducted at the Gym Outdoor Training Zone, participants were required to complete a circuit consisting of 5 exercises – 52 push-ups, 52 sit-ups, 52 kettlebell swings, 52-metre walking lunges and 52 battling rope. With tenacious spirit displayed and giving their all to complete the challenge, the Gold medal was won by Faisal Kamaludin with the best time of 3.53 minutes. Xavier Tan and Zian Hassan took home the Silver and Bronze, having clocked 4.01 and 4.32 minutes respectively.



Champion Faisal Kamaludin going against all odds to emerge as champion.



OCC Members Eric Tay (left) and Xavier Tan (right) in action!



The gruelling tasks were no match for the participants' tenacious spirit.

Introducing ladder ranking for our monthly Rummy-0!

Participate, earn points and climb up the ladder to victory! Finals will be held in December 2017.

All OCC members are welcome!

Date : Every 2nd Friday of the month

Time : 7:30pm to 9:30pm

Venue: Sports Hub

Please bring along your membership card for verification.



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

SWIM CHALLENGE

21st SUPER SPRINT SERIES

30 September 2017
Saturday
7am @ Olympic Pool

Rise and shine for a splashing good start to your day at OCC! Deck out in your best swimsuit and get ready to show off your swimming abilities!

	Registration Fee*	Event Entry Fee*
OCC/ACC Member	FOC	FOC
NTUC Member	\$3	\$3
Guest	\$5	\$4

Age Groups : 8 years old & under
9-10 years old
11-12 years old
13-17 years old

Categories : 50m & 100m individuals

Closing Date : 10 September 2017 (Sunday)

* Fees are subject to prevailing GST.



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

Futsal Courts Are Now Open!

Rates for renting of the Futsal Courts:

Non-peak hours (Weekdays from 8am to 6pm):

- OCC Member :** \$40/hr
- NTUC Member:** \$50/hr
- Public :** \$60/hr

Peak hours (Monday to Friday from 6pm to 11pm, Weekends and Public Holidays):

- OCC Member :** \$80/hr
- NTUC Member:** \$85/hr
- Public :** \$90/hr



The Futsal Courts operate daily from 8am to 11pm. Start kicking!

For enquiries and renting, please contact Ark Futsal at 9185 2555

OCC PERSONAL TRAINING PROGRAMME



LET OUR QUALIFIED PERSONAL TRAINERS HELP YOU GET INTO SHAPE! WITH CLOSE SUPERVISION AND PROFESSIONAL GUIDANCE BASED ON EFFECTIVE SCIENTIFIC METHODS, WE WILL HELP YOU MEET YOUR FITNESS GOALS. LET'S EMBARK ON YOUR FITNESS JOURNEY TOGETHER!

PERSONAL TRAINING PACKAGES:

Duration	OCC/ACC Member	NTUC Member	Guest
2 months (10 sessions)	\$75 (per session) \$750 (Total)	\$85 (per session) \$850 (Total)	\$90 (per session) \$900 (Total)
4 months (20 sessions)	\$70 (per session) \$1400 (Total)	\$80 (per session) \$1600 (Total)	\$85 (per session) \$1700 (Total)

* All fees subject to prevailing GST

ABT

ABT is a programme that focuses purely on strengthening your abs, butts and thighs. A combination of strength enhancing and muscle toning exercises will target common problem areas. This class delivers an intense regime that is designed to yield results. Join ABT for a fun yet effective workout!

Venue : Lifestyle Studio 1
Time : Saturday, 11:30am to 12:30pm
Fees : \$95 (OCC Member)
\$100 (NTUC Member)
\$105 (Guest)

8 sessions, exclusive of GST. Requires minimum 8 pax to start.

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

asics



Feel
Fast



Dynamis
with **FlyteFoam**

Weightless support,
instant fit.



Muscle Relaxation Tips: Brought to You By Gym Trainer Jeslyn

Learn to relax muscles using the art of foam rolling! As you roll over tight points, the body's natural response causes the muscle to relax, known as self-myofascial release.

Tip: Begin each move featured below by rolling slowly in both directions until you find a tender spot. Hold for 10 seconds, then continue down the length of the muscle. As you roll, take slow deep breaths. For tight spots, try applying constant pressure instead as it may work better.

Equipment Required:

An exercise mat or any carpeted space, and a foam roller.

Frequency:

Perform each foam roll exercise for 20-40 seconds for 3 sets at least 3 times a week to reduce muscle stiffness.

Target muscle: Latissimus Dorsi



Lie on the floor on one side with your arm stretched out, and place the foam roller under your armpit. Tighten your abs and glutes, and move your legs up and down slowly. Repeat on opposite side. Keep the thumb of your extended arm pointed up towards the ceiling.

Target muscle: Thoracic Spine



Sit on the floor and place the foam roller behind your back, underneath your shoulder blades. Bend your knees with feet flat on the ground. Lift your butt and place your hands behind your head. Tighten your abs and roll up and down between the middle of your back and the top of your shoulder blades.

Target muscle: Glutes



Sit on the foam roller, cross your right leg over your left knee and lean towards the right hip, placing your hands on the floor for support. Roll the right side of your glute up and down slowly. Repeat on the opposite side.

Target muscle: Hamstrings



Sit with your right leg on the foam roller, left knee bent, and hands on the floor behind you. Roll from just above your knee to right below your glute. Repeat on the opposite leg.

Target muscle: Iliotibial Band (IT Band)



Lie on your right side with the foam roller just below your hip. Bend your left leg and place your left foot on the floor for support. Roll the side of your right leg between the hip and knee. Repeat on the opposite leg.

Target muscle: Quadriceps



Lie prone on the floor and place the foam roller under your hips. Roll between your hip and knee slowly.

To know more about our Personal Training Programme, please contact our friendly gym instructors at 6750 2199 or email sports@orchidclub.com



DRAGON BATTLE 2017

"ASIA'S FIRST DRAGON BOAT POOL BATTLE"

8 OCTOBER 2017 (SUNDAY)
3-6PM
OLYMPIC POOL@OCC

Join us for an afternoon of splashing good time with your family and friends!
Look forward to a variety of water sport trials for you to experience!

*What's more? Form a team and join in our special Dragon Battle Categories:
(mixed team of 6, minimum 2 ladies)*




OCC INTER-CLUB INVITATIONAL

OCC FAMILY SPECIAL

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








KRAKEN RACERS

Singapore's 1st Four-Lane Mat Racer Slide



Flash your Orchid Country Club Membership Card to enjoy NTUC Member's admission rates at Wild Wild Wet!

Check out our new rides on our facebook page for more information.



STAY > PLAY > EAT > SHOP
A LEISURE & LIFESTYLE DESTINATION BY NTUC CLUB

DOWNTOWNEAST.COM.SG | 1 PASIR RIS CLOSE S519599



CONNECT & STAY UPDATED



@NTUCCLUB



@DOWNTOWNEAST



Waiver of 10% service charge for OCC members

Only \$120⁺⁺ @ Orchid Lodge*

- Valid for check-in after 9pm. (By walk-in only)
- A minimum spending of \$20 at our OCC F&B outlets is required.

* Terms & Conditions apply.

Visit www.orchidclub.com for more details.



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

NATIONAL DAY BUFFET PROMOTION TILL 30TH SEPT 2017

LUNCH - HIGH TEA
MONDAY TO SUNDAY

DINNER
MONDAY TO THURSDAY

@ \$40⁺⁺
1 FOR 1



OPEN TO PUBLIC
FOR RESERVATIONS CALL
6555 2165
www.royalpalmocc.com.sg



Creating Moments For Young Leaders of Tomorrow

Let **Orchid Country Club** be part of your baby's milestones as we help you plan and celebrate the arrival of your **New Family Member!**

Baby Shower Package

@ \$35⁺⁺ per person
(minimum 40 persons)

Enjoy these attractive perks and MORE!

- Selection of Buffet Menus (Halal and Vegetarian Cuisines are Available)
- Free Flow of Soft Drinks with Coffee and Tea
- One Night Complimentary Stay at Orchid Lodge
- Baby Shower Favours for All Your Guests
- Complimentary Use of Audio Visual Equipment
- Fresh Floral Centrepieces for Reception and 2 VIP Tables

All-day complimentary parking and OCC shuttle bus service to and from Yishun MRT Station are available for all guests.

For enquiries and booking, please contact Ms Jenny Ong at 6750 2166 or email s&m@orchidclub.com

peach garden
chinese restaurant

1 DINES FOR FREE WITH EVERY 3 PAYING ADULTS!

A LA CARTE BUFFET	
WEEKDAYS	Adults \$33.80 Children (4 to 12 years old) \$23.80
WEEKENDS	Adults \$38.80 Children (4 to 12 years old) \$28.80

* Available from Monday to Thursday.
* Fri, Sat and Sun, including eve of PH and P.Hs.

WEEKEND HI-TEA DIM SUM BUFFET	
Adults \$23.80	Children (4 to 12 years old) \$16.80

• From 22 July to 17 September 2017 only
• Available from 3.00pm to 5.00pm
• Reservations are required

TERMS AND CONDITIONS • Promotions are only applicable at Peach Garden Orchard Country Club. • Prices quoted are not inclusive of prevailing government taxes and service charge. • Not valid with other offers, vouchers, discount cards and credit card promotions • Peach Garden Management reserves the right to amend or withdraw the promotion and/or other terms and conditions without prior notice.

WE HAVE LAUNCHED A NEW PORRIDGE & HEARTY FARE MENU AT THE GREEN BY PEACH GARDEN @ ORCHID COUNTRY CLUB!

PORRIDGE

SHARING PLATES 多人套餐	\$14.80	nett PER PERSON 每位
Choose 3 from over 30 dishes	\$12.80	nett PER PERSON (OCC MEMBER) 每位 (会员特价)

Served with sweet potato porridge / white rice accompanied with braised peanut
Minimum 4 to share

Mouth-watering dishes include:

- Braised Pork with Preserved Vegetables
 - Pan-fried Egg with Preserved Radish
 - Sautéed Prawn with Sambal Sauce
 - Fried Crispy Egg Plant with Pork Floss
- AND MORE!



THE GREEN
PEACH GARDEN @ ORCHID COUNTRY CLUB

Available at Driving Range.

For enquiries and reservation, please call 6759 3833 or email occ@peachgarden.com.sg



PAN - WEST
SEP/OCT
1st Sept - 31st Oct 2017

We serve you GOLF, all round

Special

Cleveland
GOLF
All-Weather Glove



NOW \$1*
U.P. \$14

KATANA GOLF
Backpack



NOW \$49
U.P. \$89

*with purchase of 1 dozen of
Tour Special Golf Balls at regular price

Exclusively for Orchid Country Club Members Only

Offer valid whilst stocks last. Terms and Conditions Apply.
For any enquiries, please email to golf@pan-west.com
or call us at 6752 3110.

[Facebook.com/PanWestSingapore](https://www.facebook.com/PanWestSingapore)

Par Lounge
September & October 2017
Promotions at Par Lounge

Dalmore 12 yrs
\$129⁺⁺ per bottle
(U.P. \$189⁺⁺)



Glenlivet 18yrs
\$252⁺⁺ per bottle
(U.P. \$295⁺⁺)



Johnnie Walker Black Label
\$88⁺⁺ per bottle
(U.P. \$125⁺⁺)

For enquiries, please call Par Lounge at 6750 2204

HEALING TOUCH
CARRING HANDS DIVINE TREATS



15% off
2 hours
ala carte price

HEALING TOUCH
ASIAN FUSION MASSAGE

Best Aches Busting Massage
(2015/2016 Women's Weekly Awards)

This treatment fuses techniques from a variety of massage like Swedish massage, Deep Tissue massage, Thai massage and Pressure Point massage to create a therapeutic experience for customers according to their body condition and preferences.

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

Terms & conditions

1. Exclusively at Healing Touch, Orchid Country Club, #01-33A (beside Gym)
2. OCC memberships must be presented at counter to enjoy this promotion
3. Each member is entitled to this promotion ONCE

EXCLUSIVE TO OCC MEMBERS ONLY

Promotion is valid till 31 October 2017.



PERFECT GAME CHALLENGE

Put your bowling skills to the test with our Perfect Game Challenge happening at Orchid Bowl @ OCC! Be the first two bowlers to roll a perfect game (twelve times of 'Strikes' within a bowling game) and win \$200!

Promotion is valid till 31 October 2017 (Tuesday).

For enquiries, please contact
Orchid Bowl @ OCC at 6759 4448

Terms and conditions apply.

www.orchidbowl.com.sg

Find us on Facebook
Orchid Bowl

Check out some upcoming ACC events specially extended to OCC members!

Upcoming Activities

SEPTEMBER

2D1N Batam Massage & Shopping Tour

Batam is the perfect weekend getaway from the hectic hustle and bustle of city life! Just an hour ferry ride from Singapore, you will be able to enjoy a rejuvenating massage followed by a delicious seafood lunch in Batam. The highlight of this escapade will be the shopping at Nagoya Hill Mall, the largest mall on the island. Be sure to purchase local produce like Kueh Lapis or the Indomie Mi Goreng from the hypermart. Limited seats are available so register early to avoid disappointment!



Date : 16 & 17 September 2017 (Saturday & Sunday)
Venue : Assemble at HarbourFront Ferry Terminal, 2nd Level Departure Hall at 7:30am sharp
Fee : \$185 (OCC Member)
\$190 (Union Member)
\$200 (Guest)
Min Pax : 25 persons
Closing Date : 9 September 2017 (Saturday)

Retirement Talk



Ever wondered how much money do we really need for retirement? Join us for this talk as the speaker shares with you how you can build up your savings for retirement. In conjunction with CPF, the talk will introduce you to various retirement funding solutions and how to create passive income after we retire. What's more? You can also learn the latest updates about CPF and how to optimize the funds you have saved there.

Date : 23 September 2017 (Saturday)
Time : 2pm - 4pm
Venue : Tulip Room (2nd Level, Clubhouse)
Fee : Free (OCC Member)
\$2 (Union Member)
\$6 (Guest)
Min Pax : 10 persons
Closing Date : 16 September 2017 (Saturday)

OCTOBER

Sleep & Wellness Talk

Poor sleep affects all aspects of our lives and negatively impacts our day to day activities. Productivity is affected, and our ability to focus is significantly impaired. How do you know if you are sleeping well? Join us for a health talk conducted by Ms Veronica Tan. During this talk, learn how the benefits of sleep have helped her defeat Grave's disease and take control of her physical health and well-being. Ms Veronica Tan has also researched a scientific sleep system that leverages our body's immune system to help repair our bodies without medication. This talk will help you understand how our bodies work when we sleep; have a grasp of our natural sleep cycle; go into deep sleep without the use of medical aids and wake up refreshed and full of energy every day!



Date : 7 October 2017 (Saturday)
Time : 2pm - 3pm
Venue : Tulip Room (2nd Level, Clubhouse)
Fee : Free (OCC Member)
\$2 (Union Member)
\$6 (Guest)
Min Pax : 10 pax
Closing Date : 5 October 2017 (Thursday)

4th ACC's Karaoke Idol Contest

Calling all Karaoke enthusiasts and songbirds! Come this October; sign up for the 4th ACC Karaoke Idol Contest. Open to ACC, OCC & NTUC members, the Ten Dollar Club (Family KTV) is the venue for this competition. Participants may choose to sing English, Mandarin, Hokkien or Cantonese songs. All participants stand a chance to win attractive cash prizes, vouchers and a year of idol recognition! Pick up the registration form available at our Member Services Counter and sign up today!



Date : 20 October 2017 (Friday)
Time : 7pm - 10pm
Venue : Ten Dollar Club (Family KTV)
Fee : \$20 (OCC Member)
\$25 (NTUC Member)
Min Pax : 40 persons
Closing Date : 13 October 2017 (Friday)

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

Staff National Day Observance Ceremony

Cheers, laughter and patriotic songs filled Aranda Lounge on 10 August 2017 as OCC staff gathered for the National Day Observance Ceremony. After the singing of the National Anthem and reciting of the pledge, nostalgic National Day songs were played where everyone sang along in harmony. This was followed by a cake-cutting ceremony and an award presentation to long service staff.



OCC staff singing nostalgic National Day songs to celebrate the nation's 52nd birthday.



Happy Birthday to Singapore and the August babies!



The show of patriotism by the ladies and a gentleman.

Ms Shirley Tan (left), Ms Sherina Lee (right) receiving an award from GM Richard Foo to honour long service staff for their efforts and contributions over the 5 years.

Service Compliments

Thank you... We are always at your service

Marcus Chew has been very helpful during our two-day event. He extended his service till 8.30pm even though it was after his working hours. He went the extra mile to help us and all our staff check-in to the rooms. He also helped us to get the projector at peach garden even though it was a last-minute request.

Joyce Tan
Hotel Guest

I have been having personal training sessions with Akmal for the past 3 months. I wish to thank and compliment him on helping me achieve my fitness goals. His commitment and encouragement as my trainer has kept me on track. I have also learnt much from Akmal about taking my fitness and diet to a higher level. He is both warm and approachable as well as professional and this has made my sessions with him thoroughly enjoyable! I look forward to continuing my training with Akmal!

Chitra Pillay-Chua
Gym Patron

Yvonne, Anne and Peggy are wonderful staff. I walk in and their smiles are ready to greet me. Stewart has good promotions for golfers like us to enjoy. I love the new toilets. It is very airy and the place looks spacious and nice with the mural. The golf balls are good even after 4 months - keep it up!

Steven Yam
OCC Member

I lost my handphone when I was attending a function at the Grand Ballroom. I called the Club and Ms Siti helped to locate the phone via the Housekeeping Department. Mr Rudy found it at the Grand Ballroom and kept it safe. Your staff have done a wonderful job. Bravo!

R Karunanetthi
Guest

Dear Management,

I had booked Orchid Country Club's facilities and services for a baby shower on 29 July 17 (Saturday) at Sapphire room from 12 to 4pm.

I would like to convey my most sincere gratitude to Sheena from the banquet team and staff who supported the event on the actual day.

Sheena was informative and proactive since we made initial contact. She was polite and forthcoming even though she was on a 2-day course when I first contacted her. She continued to be patient when I was slow with my information and was professional in her reminders. She had also contacted me and updated about the potential lack of carpark space due to another event at the ballroom.

The team supporting the event led by Swee Chin on the actual day was proactive, professional and accommodating; ever ready to response to our needs. They were were always present yet not intrusive.

We could also tell that the event packages have been designed to keep the needs of the hirer in mind at a competitive pricing and that the venue was well-placed, maintained, equipped and furnished.

I congratulate you on the well-trained and experienced team who maximised the enjoyment of a lovely place and thank them for the wonderful service once again. We look forward to hosting our future events at the country club.

Thank you.

Cher kiat
Guest

Dear Marcus,

Thank you for looking after my parents so well during their stay at the OCC. Please thank all of your staff as well. My mother and father enjoyed every aspect of their stay - the room was perfect, they enjoyed the view, the hospitality, friendly staff, and they had fun trying all the different restaurants.

It was lovely that they could be in Singapore and so close to us to experience the first week of life with their granddaughter. My whole family appreciates what OCC has offered - creating lovely memories for all of us.

We will certainly recommend Orchid Lodge to others!

Emily
Hotel Guest

Dear Richard, George and Sherina,

Thank you very much for the kind hospitality shown to us when we visited OCC today. Thank you for the arrangements and allowing this at the perils of your reputation!

Please convey our thanks to everybody at Housekeeping and to MARCOM as well.

Once again, a big thank you!

Danny NGIAM
MP Louis Ng's Personal Assistant

Dear Mr Stewart Lee,

I would like to sincerely thank you and your staff for helping us find our wallet and passport. We would have run into great difficulties if not for your kind help. Thank you again and I wish you a lovely day.

Kim
Driving Range Patron

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

Reciprocal Clubs

GOLF CLUBS

ARGENTINA

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

AUSTRALIA

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

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

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

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

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

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

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

NEW

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

BRUNEI

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

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

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

CHINA

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

NEW

GUANGZHOU INTERNATIONAL GOLF CLUB
Tel: 86-20-8293-3888
www.gigc.com.cn

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

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

FRANCE

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

INDIA

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

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

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

INDONESIA

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

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

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

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

ITALY

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

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

MALAYSIA

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

SRI LANKA

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

VIETNAM

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

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

SINGAPORE

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

RAFFLES COUNTRY CLUB
Tel: 6861 7649
www.rcc.org.sg

SELETAR COUNTRY CLUB
Tel: 65-6481-4812
www.seletarclub.com.sg

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

SOCIAL CLUBS

CHINA

AMBASSY CLUB, SHANGHAI
Tel: 86-21-6437-9800
www.ambassyclub.com.cn

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

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

HONG KONG

BUTTERFIELD'S CLUB
(closed for upgrading till mid 2017)
Tel: 852-2968-5555
www.butterfields.com.hk

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

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

JAPAN

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

MALAYSIA

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

Access Clubs

GOLF CLUBS

AUSTRALIA

JOONDALUP COUNTRY CLUB, PERTH
Tel: 618-9400-8800
www.joondalupresort.com.au

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

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

CAMBODIA

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

CHINA

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

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

SUN ISLAND INTERNATIONAL CLUB

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

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

INDONESIA

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

NIRWANA BALI GOLF CLUB, BALI
Tel: 62-361-815-960
www.nirwanabaligolf.com

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

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

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

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

JAPAN

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

MALAYSIA

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

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

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

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

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

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

TAIWAN

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

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

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

THAILAND

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

ALPINE GOLF RESORT, CHIANGMAI
Tel: 66-53-880-888
www.alpinegolfresort.com

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

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

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

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

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

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

UNITED KINGDOM

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

VIETNAM

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

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

SOCIAL CLUBS

SINGAPORE

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

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

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

APPLICATION PROCEDURES

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

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

PRIVILEGES

CATEGORY	Reciprocal Clubs	Access Clubs
GOLFING	No green fees payable	Discounted green fees
SOCIAL	Golfing dependant on respective club's policy	All social facilities fees payable can be used

OCC Oktoberfest 2017



**7 October 2017 (Saturday)
6.30pm to 10pm**

Venue:

Vanda Terrace (Golf Clubhouse)

Adult Price for Buffet Dinner

(inclusive of one complimentary mug of draft beer)

\$48nett (OCC Member)

\$58nett (NTUC Member)

\$68nett (Guest)

Child Price for Buffet Dinner (5 to 12 years old)

\$24nett

Programme Highlights:

- Live Band Performance – German Country Music by Swiss Alpine Lions
 - Stage Games
- Sausage Eating & Beer Drinking Contests
 - "Carry The Beer Barrel" Competition
 - Lucky Draw



For enquiries and booking, drop by our
Hotel Reception counter or call 6750 2100.