



# ORCHID Ripples



NOVEMBER - DECEMBER 2019  
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A Publication by Orchid Country Club



WISHING YOU A  
*MERRY*  
CHRISTMAS



**EXCITING EVENTS  
COMING YOUR WAY!**

**OCC CHRISTMAS LIGHT-UP &  
HEALTH/ WELLNESS MARKET**

Saturday, 16 November 2019

**OCC CHRISTMAS GOLF**

Sunday, 15 December 2019

**COUNTDOWN TO 2020**

Tuesday, 31 December 2019

# Meet the Sales & Marketing Team



(From left to right)

## Front row

Senior Sales Manager (MICE & Convention Service), Sheena Ooi; Senior Sales Manager (MICE & Convention Service), Serene Tham; Head of Sales & Marketing, Thomas Ng; Sales Manager (Golf), Egna Wee; Sales Support Executive, Adim.

## Back row

Sales Support Executive, Jenny Ong; Senior Sales Manager (MICE & Convention Service), Cornie Wee; Senior Sales Manager (MICE & Convention Service), William Chan.

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## CLUB DIRECTORY

## GOLF

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

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

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

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

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

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

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

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

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

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

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

## CORPORATE SALES/ EVENTS

☎ 6750 2166  
✉ s&m@orchidclub.com

## ROOM RESERVATIONS

☎ 6750 2100  
✉ roomsales@orchidclub.com

## MEMBERSHIP

☎ 6750 2123/2180  
✉ membership@orchidclub.com

## GOLF

☎ 6750 2111  
✉ golfregistration@orchidclub.com

## FOOD &amp; BEVERAGE

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

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

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

**MY LITTLE CAFÉ**  
1:00pm - 11:00pm (Daily)

**NO. 3 CRAB DELICACY SEAFOOD RESTAURANT**  
Tel: 6327 2148  
Lunch: 11:45am - 2:30pm  
Dinner: 5:00pm - 10:00pm

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

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

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

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

## SUPERMARKET

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

## DRIVING RANGE OFFICE

☎ 6750 2198  
✉ drivingrange@orchidclub.com

## S&amp;R RECREATION ENQUIRIES

☎ 6750 2122  
✉ snr@orchidclub.com

## S&amp;R SOCIAL ENQUIRIES

☎ 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 LODGE**  
24 hours

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

**POP INSTITUTE**  
Tel: 6346 5155  
9:00am - 6:00pm

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

**TENNIS COURT**  
7:00am - 10:00pm (Daily)

MESSAGE FROM THE S&R  
COMMITTEE CHAIRPERSON

Greetings to all OCC Members and Friends!

A very big THANK YOU for your support in all Club activities and events since the beginning of this year. It is indeed heartening to see active participation from both Social and Golf members in all Club activities and events, such as the recent OCC Nee Soon FUNtARTstic Fiesta 3Ten Run 2019, August Ball, Social Dance Night cum National Day Celebration, Health Talks & Workshops, SG Cup 2019, National Day Golf and the more recent ones, namely the OCC Captain and Lady Captain's Cup and the Oktoberfest Asian Edition Golf Challenge and Dinner. The S&R team is very much encouraged by the turnouts at these events.

We understand the importance of striking a balance in organising different types of activities and events that would appeal to members from different age groups, gender, physical capacities and competitiveness and also to those who are more inclined towards recreation, talks/workshops and short trips to neighbouring countries with families and friends. Hence, the 3 social enterprises: OCC, Aranda Country Club and NTUC Club, have come together to collaborate for better sharing of resources and creativity, as well as for better synergy to enhance members' experiences.

For a start, we are pleased to announce that the inaugural OCC-ACC Family Day 2019 will be taking place on Saturday, 2 November, at Wild Wild Wet, located at Downtown East. For those who have signed up, we look forward to seeing you. Be prepared for lots of fun in the sun and unlimited water play!

The Club's highly anticipated new Outdoor Gym opened in September. This functional training zone was specially designed to allow functional-based exercises that primarily improve overall fitness. The new outdoor training zone comes equipped with cutting-edge fitness equipment such as crossfit rig, torque tank, flip tyres, corebags and more. Look out for exciting programmes such as outdoor yoga, high intensity interval training and strength conditioning that will be coming your way soon! This is certainly in line with the active and healthy lifestyle that we are promoting at OCC.

Kicking off the festive cheer is the Christmas Light-Up happening in November! This year's Christmas Light-Up is happening at the Pool Pavilion (next to the Fun Pool) in conjunction with the OCC Christmas Health & Wellness Market, Outdoor Gym Grand Opening and Super Sprint Series on Saturday, 16 November. Turn to page 35 to read up on the full details! Shop early for Christmas presents at the bazaar booths and meet Santa Claus!

Bowling enthusiasts can pit their skills at the OCC Christmas Bowling 2019 on Saturday, 14 December. Work up an appetite for a delectable Christmas dinner that follows the bowling event! Join in the festive fun on Sunday, 15 December, for the Christmas Golf and participate in the Best-Dressed buggy competition!

Looking for a place and event to usher in the New Year? Look no further! Join us at our Countdown Party on 31 December! There's no better place to celebrate the countdown than at OCC!

With so much happening at the Club in the final two months of 2019, it is no wonder that so many of you make OCC your second home! For short staycations, book our hotel rooms to rejuvenate and recharge before school reopens in January! We also recently saw the completion of The Grand Pavilion located at the Social Clubhouse. The octagonal gazebo sits prettily in an idyllic setting, surrounded by lush greenery; and it is the ideal place for a wedding solemnisation. For those who are looking for an ideal place to say "I do", the Grand Pavilion is worth considering.

In closing, on behalf of the Social & Recreation Committee and team, I would like to wish all members and their families a wonderful and joyous Christmas and a blessed New Year!

Best regards,  
Kay Min



**Kay Min**  
S&R Committee Chairperson

# HOLE-IN-ONE ACHIEVERS!

## OCC MEMBERS

**Ms. Tjan Mei Tji (May)**  
Aranda Hole 6  
Sunday, 23 June 2019

**Mr. KS Kummah**  
Aranda Hole 6  
Saturday, 13 July 2019

**Mr. Jimmy Chang Joo Whut**  
Dendro Hole 8  
Wednesday, 31 July 2019



# INTRODUCING OUR NEW TENANT

Ban Heng @ OCC officially opened at the Recreation Clubhouse on 30 August 2019, offering an extensive menu of traditional Teochew and Cantonese cuisine. Do not miss out on their attractive lunch, dinner and dim sum buffets, and other set menus that cater specially for festive occasions and celebrations!



Ban Heng Group of Restaurants

# 360° STAFF BOWLING CHALLENGE 2019

Wednesday,  
25 September  
2019



Starting the ball rolling!

Orchid Bowl @ OCC was ablaze with excitement as a total of 121 bowlers from NTUC Club, OCC and ACC got ready for the 360° Staff Bowling Challenge 2019. The bowling challenge rolled off at 1.30pm with NTUC Club CEO, Lim Eng Lee making the first roll of the event. Encouraging bonding and forging stronger ties among one another, each lane consisted of participants from each of the three clubs. After three rounds of games, all the staff and supporters headed to Aranda Lounge for refreshments and prize presentation. Congratulations to all winners!



# NEW OUTDOOR GYM - FUNCTIONAL TRAINING ZONE

The Club's highly anticipated new Outdoor Gym has opened in September 2019! This functional training zone was specially designed to allow functional-based exercises that primarily improve overall fitness.

So, what exactly is functional training? Functional training is simply training that focuses on exercises that have a purpose for your body. It is very much adapted from exercises that are used in physiotherapy and occupational therapy, with an ultimate goal to improve one's functional independence and strength. This dynamic approach incorporates compound exercises that require different muscle groups to work together – the way your body tackles everyday tasks, instead of working on just one muscle. These exercises help to improve your overall physical stability and posture, and develop core strength and agility, making it easier to perform daily activities while minimising the risk of injuries.

The new outdoor training zone comes equipped with intriguing fitness equipment such as **Crossfit Rig, Torque Tank, Flip Tyres, Corebags** and more to incorporate fun in your workout sessions. Look out for more exciting programmes coming your way – Outdoor Yoga, High Intensity Interval Training and Strength Conditioning to name a few!

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



Crossfit Rig & Battle Ropes



Torque Tank, Flip Tyres & Corebags



(From right to left) NTUC Club CEO, Lim Eng Lee; ACC GM, Toh Poh Kuan; OCC Executive Committee Member, Franz Yeo; and OCC Head of HR, Charlie Goh.



Winners of the Men's and Ladies' Divisions with Orchid Bowl GM, Benny Lee (1st from right) and OCC Head of HR, Charlie Goh (1st from left).



# NEW DRIVING RANGE TEE-UP SYSTEM - COMING YOUR WAY!

An upgrading project for a new Driving Range tee-up system with improved performance and convenience will commence in November 2019. The current bay panels will be replaced by touchscreen tablets with RFID card readers attached to them. Members will be able to use their OCC RFID membership cards and charge directly to their membership accounts when playing at the Driving Range. You no longer need to validate your cards too! Validating your RFID membership card or the Visitor Driving Range card before play will be a thing of the past with this new system!

## FAQs

### 1. Will I still be able to use my old Driving Range card?

Old Driving Range cards can still be used during the transition period at the Ball Dispenser on the 2nd level of Driving Range and at a limited number of bays on the ground level. The old Driving Range cards shall be phased out once these two conditions are met:

1. The new system is up and running.
2. Reasonable time has been given to old Driving Range card holders to clear their remaining balance. Onsite and newspaper notices will be published six months before termination of old Range cards.

### 2. Will I be able to transfer the remaining balance in my old Driving Range card to the new RFID membership card or Visitor Driving Range card?

No. Once implemented, the new system will be run parallel with the old system for at least the first 6 months. Any balance in the old card can be cleared during this period. Members and visitors are reminded to use up all remaining balance before termination of the old cards.

### 3. Do I need a new RFID Driving Range Card to use the new system?

OCC Members can use their RFID membership cards to access the new system. Non-members will need to purchase a new RFID Visitor Driving Range card at the Driving Range Counter. No validation of Driving Range card is required before playing with this new system. OCC Members and visitors may proceed directly to the bays or ball dispensers.

### 4. Is the new system easy to use?

A step-by-step Guide on how to use the system will be displayed prominently at the Driving Range. For assistance, please approach any of the staff at the Driving Range Counter.

### 5. Can I pass my OCC RFID membership card to my friends and family members so that they can enjoy Members' rate and play at Members' bays?

No. All membership cards are strictly non-transferable.

### 6. I am a student of the Golf Academy. Can I still enjoy student rates?

Students of Golf Professionals registered with the Club will continue to enjoy student rates. However, verification and validation at the counter is required before playing.

### 7. I am a Reciprocal Member. Can I still enjoy Reciprocal Member's rate?

To enjoy Reciprocal privileges, Reciprocal Members will need to validate their Visitor Driving Range cards at the Driving Range Counter for verification purposes. If the Reciprocal Membership cannot be established, the Driving Range card will not be validated and will remain as a Visitor Driving Range card.

### 8. How do I replace a lost Driving Range card?

Lost Driving Range cards must be reported immediately to the Driving Range Counter personally or by calling 6750 2198. For loss of OCC RFID membership cards, please contact Membership department at 6750 2180/123/158. The Club will proceed to block the use of reported lost cards after verification. Please note that the replacement of lost cards is chargeable.



CONTACT : +65 6966 6788 (24HRS)  
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FACEBOOK : WWW.FACEBOOK.COM/ANDIGITALLOCK/

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A Peek Into

# GOLF

## Upcoming Golf Events

**OCC PRESIDENT'S CUP 2019**

Sun, 3 Nov 2019

**NOVEMBER MONTHLY MEDAL CUM QUALIFYING ROUND  
FOR CLUB MATCHPLAY CHAMPIONSHIP**

Sat, 9 Nov 2019

**QUARTER-FINALS FOR CLUB MATCHPLAY CHAMPIONSHIP**

Sat, 16 Nov 2019

**SEMI-FINALS & FINALS FOR CLUB MATCHPLAY CHAMPIONSHIP**

Sun, 17 Nov 2019

**OCC LADIES' GREENSOME COMPETITION**

Sat, 7 Dec 2019

**DECEMBER MONTHLY MEDAL**

Sat, 14 Dec 2019

**OCC CHRISTMAS GOLF**

Sun, 15 Dec 2019

## SGA INTER-CLUB LEAGUE 2019



Participants representing OCC for the SGA ICL 2019 event.

The annual Singapore Golf Association (SGA) Inter-Club League 2019 started on Sunday, 7 April 2019 and the last match was held at Changi Golf Club on Sunday, 4 August 2019, concluding a total of nine league matches for this year's event. We are proud to share that the OCC Ladies' League Team had trained hard, clinching the title of Ladies' Division Champion! Congratulations to our Ladies' Team and the great work from all participants!

**We spoke to the ladies from the Ladies' League Team, and this is what they had to say...**

**Q: How did the ladies feel when the OCC Ladies' Team emerged as Ladies' Division Champion for SGA ICL?**

**A:** Needless to say, we were ecstatic! It was not an easy feat to achieve the Championship while competing against traditionally strong clubs. We trained and fought hard, taking every match seriously. Last year, we came close, finishing second. Tears were shed. This year, we finally made it and we were also shedding tears, but tears of joy!

**Q: What is the team's winning formula?**

**A:** OCC team has good team spirit and camaraderie. For match play, chemistry between partners is critical (more so than game strength) because we have to mentally support each other. This is especially so with no divisional handicapping for the new ICL Ladies' Division 2019 in open category. It is key to focus on the game too. The team gives special thanks to the Club for their support as well as Golf Pro, Balraj, who gave much guidance on our short game.

**Q: How did the Ladies' Team prepare themselves before each league match? Is there a special routine or practice that is different from the Men's Team?**

**A:** The whole OCC team had weekly practices on the course together. For each round, we would get paired up with a different teammate to work out every pair's chemistry. Nearing to the league matches, the weekly practice rounds focused on the pairing with actual partners that we had lined up for the league rounds. This allows us to better understand each other's playing style and way of working on the greens, which helped greatly in the actual matches.



(From left to right)

**1st row:** Jean Chan; Angel Lim; Rachel Annabelle Maswi; and Risa Leong.

**2nd row:** Lady Captain, Maureen Goh; Lim Jia Yi; Charissa Goh; and Judy Quek.

**3rd row:** Greens Committee Member and League Vice Captain, Emmanuel Lem; Ng Soo Kum; Iveta Henderson; Au-Yeung Almaz; and OCC League Captain, Jasper Lim.

**Q: How did the ladies prepare themselves mentally before a game?**

**A:** We interacted regularly during practices throughout the weeks. In these sessions, we discussed game strategies leading up to each round, encouraged one another to believe in ourselves, motivated each other to focus on the game and do our best!

**Q: Any advice/tips for aspiring lady golfers?**

**A:** Practise hard, do not find excuses and work towards your dream. Put the team's interest above your own. Train hard and seek to improve your own game. More importantly, enjoy the game and make new friends! We hope that more golfers will join us next year. Come for our open selection and be part of the winning team!

# OCC LADIES' OPEN

Tuesday,  
13 August 2019

## Back to the 60's

Ninety-seven ladies teed off exuberantly at the Dendro and Vanda courses and a pleasant afternoon ensued as the golfers bonded over the friendly golf game. Everyone then adjourned to the Jade Foyer for a Chinese sit-down dinner. All the ladies were dressed in retro 60's fashion befitting the theme of this year's event, 'Back to the 60's'. Spirits ran high as everyone enthusiastically joined in a series of games and reveled in a night of entertainment, with sassy ladies dancing to lively music. Thank you to all the participants and sponsors for your support and making this event a great success! Congratulations to winners as well!



From left to right  
(Seated) Sponsor, Oh Koh Chuan; Advisor for SISEU, Lim Kuang Beng; Lady Captain, Maureen Goh; Lady Captain of Sembawang CC, Emily Lee; PA to MD of MST Golf, Betty.  
(Standing) Lady Captain of NSRCC, Tan Lay Har; Vice President of SGA & Lady Captain of Sentosa Golf Club, Lyn Sen; Club VP & Captain, Yeo Khee Leng; MD of MST Golf, Dato Loh; Acting GM, Stewart Ang.



Club VP & Captain, Yeo Khee Leng (left) with Overall Runner-Up, Rachel Annabelle Maswi (right).



Lady Captain, Maureen Goh (left) with Premier Division Winner, Norlia Embong (right).



Greens Committee Member, Emmanuel Lem (left) with Dazzling Dames Division Winner, Susan Mah (right).



# OCC CAPTAIN & LADY CAPTAIN'S CUP

Sunday, 22 September 2019

It was a par-tee as 96 male and 34 female golfers teed off at Dendro and Vanda courses. Despite the hazy weather condition that day, golfers were unaffected and displayed their prowess during the game. A Chinese sit-down dinner then ensued at the Sapphire Suite with an exciting evening programme. Congratulations to all winners and thank you for your support!



Club VP & Captain, Yeo Khee Leng (3rd from left) with Winners of Men's Division.



Lady Captain, Maureen Goh (2nd from left) with Winners of Ladies' Division.



Vice-Captain, Ted Wong (2nd from left) with Novelty Prize Winners.





# OKTOBERFEST ASIAN EDITION 2019 - GOLF CHALLENGE & DINNER

Saturday,  
5 October 2019



The annual Oktoberfest celebration in OCC made an exciting comeback with an Asian twist this year! "When in Singapore, do as the Singaporeans do" – now that's how we got an Asian-themed Oktoberfest Golf Challenge going with novelty events in Asian style included in this year's game. An overwhelming 210 golfers teed off at the Dendro, Vanda and Aranda courses and everyone was excited trying to get their ball nearest to the Oktoberfest Beer, Laksa Noodles and Sausage – definitely a break in tradition!



U Golf Tri-Nations Adviser, Brother William (left) with Winner of the Ladies' Division for Oktoberfest Golf Challenge, Susan Gan (right).



Vice Captain, Ted Wong (left) with the Best-Dressed Gentleman in Golf Course, Rasoul Madadi (right).



After the game, golfers, social members and guests were greeted at the Oktoberfest Asian Edition Dinner, where they immersed themselves in a beery fun night of local and German delights, free flow of refreshing beer, and live band performances by 'Sherraine & Lee'. There was even a spectacular traditional German dance performance that gripped everyone's attention. A line-up of stage games such as 'Guess the Songs – Asian Edition' and 'Drinking Relay' amped up the atmosphere as the spectators cheered the participants on. The event culminated in a prize presentation, concluding this year's Oktoberfest with roaring success!



# SEPTEMBER 2019 MONTHLY MEDAL RESULTS

STROKEPLAY (14 SEPTEMBER 2019)



## ARANDA / VANDA

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

<b>Best Gross</b>	Mr. Felix Raphael Wigley	(7.0)	82 Gross
<b>Winner</b>	Mr. Dai Shenqi	(10.8)	71 Nett
<b>Runner Up</b>	Mr. Tay Boon Mong	(9.9)	72 Nett

<b>Ballsweep (1st Nine)</b>			
<b>Winner</b>	Mr. Dai Shenqi	(10.8)	34 Nett

<b>Ballsweep (2nd Nine)</b>			
<b>Winner</b>	Mr. Sebastian Song	(7.6)	35 Nett

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

<b>Best Gross</b>	Mr. Wong Kuan Kong	(18.0)	86 Gross OCB
<b>Winner</b>	Mr. Tay Peng Yong	(21.2)	63 Nett
<b>Runner Up</b>	Mr. Lee Chai Chew	(16.9)	69 Nett

<b>Ballsweep (1st Nine)</b>			
<b>Winner</b>	Mr. Tay Peng Yong	(21.2)	31 Nett

<b>Ballsweep (2nd Nine)</b>			
<b>Joint Winners</b>	Mr. Lee Chai Chew	(16.9)	32 Nett
	Mr. Tay Peng Yong	(21.2)	32 Nett

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

<b>Best Gross</b>	Mr. Joseph Samy	(12.1)	87 Gross
<b>Winner</b>	Mr. Ng Teck Chew	(13.7)	73 Nett OCB
<b>Runner Up</b>	Mr. Yap Sung Kuang Leonard	(14.6)	73 Nett

<b>Ballsweep (1st Nine)</b>			
<b>Winner</b>	Mr. Yap Sung Kuang Leonard	(14.6)	32 Nett

<b>Ballsweep (2nd Nine)</b>			
<b>Joint Winners</b>	Mr. R Rameash	(15.6)	34 Nett
	Mr. Joseph Samy	(12.1)	34 Nett

### LADIES' DIVISION (H'CAP 36.9 & BELOW)

<b>Best Gross</b>	Ms. Miniandy Vijayal	(17.1)	96 Gross
<b>Winner</b>	Ms. Cho Yong Kum Judy	(19.6)	73 Nett
<b>Runner Up</b>	Ms. Fan Suet Lay	(23.2)	74 Nett

<b>Ballsweep (1st Nine)</b>			
<b>Winner</b>	Ms. Cho Yong Kum Judy	(19.6)	35 Nett

<b>Ballsweep (2nd Nine)</b>			
<b>Winner</b>	Ms. Fan Suet Lay	(23.2)	35 Nett

# OCTOBER 2019 MONTHLY MEDAL

Saturday, 12 October 2019

Due to inclement weather, October Monthly Medal was cancelled and the tournament that day was played as a social game. Lucky draw prizes were then given out to the winners by Acting GM, Stewart Ang and Greens Committee Member, Emmanuel Lem.

## LUCKY DRAW PRIZE WINNERS



# OCC LADIES' ROSEBOWL

Saturday, 28 September 2019

It was all sunshine and bright smiles at the OCC Ladies' Rosebowl event organised for our lady golfers. Forty-five ladies teed off at the Dendro and Vanda courses in the afternoon and had a friendly competition, fostering bonds and motivating each other to improve their skills. After the game, a dinner was hosted at Vanda Terrace and lucky draw prizes were given out. Congratulations to all winners and 'thank you' for your support!



Lady Captain, Maureen Goh (left) with Lucky Draw 1st Prize Winner, Fan Suet Lay (right).



# OCC-U GOLF 9-HOLE NIGHT SERIES

Saturday, 7 September 2019 | VANDA



## STABLEFORD RESULTS FOR MEN'S DIVISION

Winner	Mr. Steve Ng	25 Points
1st Runner Up	Mr. Ng Teck Chew	24 Points
2nd Runner Up	Mr. Ng Lih Jen	23 Points OCB

## RESULTS FOR LADIES' DIVISION

Winner	Ms. Clara Koh	21 Points
1st Runner Up	Ms. Xiao Xu	19 Points
2nd Runner Up	Ms. Florence Show	16 Points



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



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



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



1st Runner Up of the Ladies' Division, Ms. Xiao Xu (right).

# FIXING AN OVER-THE-TOP SWING

An over-the-top swing occurs when, at the start of the downswing, the chest spins to face the target before the arms and club get to drop, resulting in a motion that chops down on the ball and left of the target line very aggressively. This movement, together with an open-face club, is a cause of the dreaded slice (ball curves to the right).

A good visualisation to help fix an over-the-top move is to imagine yourself swinging a heavy bucket of water with the intention of throwing it and its contents towards your target, while paying close attention to the most efficient path in which the bucket and your hands take from start to end.

### Correct Swing



At the top of the swing, the weight of the bucket will result in you wanting to drop it straight down.



As you allow the bucket to drop (long arrow), the right shoulder should feel like it is dropping in the same direction (short arrow). Make sure to turn your hips while the bucket drops.



This will allow the bucket to swing under your chest and out towards the target.

### Incorrect Swing



Same as above, the weight of the bucket will result in you wanting to drop it straight down.



If we rush to turn our chest towards the target too soon, the right shoulder will rotate forwards (short arrow), throwing the bucket outwards (long arrow).



The result is a hand path that swings from out to in, causing the bucket to release to the left without aiming at the target properly.



Article contributed by

**Ian Sim**

**Golf Professional at Golf Performance 360 @ OCC Driving Range**

Member of Singapore Professional Golf Association (Class AA)

If you require more information or assistance, please contact the academy at **6481 0398**.



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Premium Queen Size Advance Zoned Individual Pocketed Spring with Cool Micro Gel Visco Latex Supreme Top

\*IMAGE IS FOR ILLUSTRATION PURPOSES ONLY, NOT IN CONJUNCTION WITH OTHER PROMOTIONS

**OCC SOCIAL & RECREATION WEEKLY PROGRAMMES**

<b>DANCE</b>	<b>Social Dance Nights</b> Aranda Lounge 7:30pm to 1:00am Every Fri and Sat	<b>Sim Han Hoon Dance Class</b> 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)	<b>MARTIAL ARTS</b>
	<b>FITNESS</b>	<b>Zumba Gold*</b> Lifestyle Studio Wed, 8:00pm to 9:00pm	
<b>RECREATION</b>	<b>Yoga</b> Lifestyle Studio Sat, 9:00am to 10:00am	<b>Functional Training</b> Lifestyle Studio Wed, 7:15pm to 8:15pm Sat, 10:00am to 11:00am	<b>Taekwondo</b> Lifestyle Studio Fri, 7:30pm to 9:00pm
	<b>Karaoke Night*</b> Aranda Lounge Thu, 12:00pm to 11:00pm	<b>Zumba Fitness</b> Lifestyle Studio Wed, 7:00pm to 8:00pm	<b>Aikido (Adults &amp; Kids)</b> Lifestyle Studio Sat, 3:00pm to 4:15pm
<b>SPORTS</b>	<b>OCC Social Saturday</b> Aranda Lounge 10:00am to 12:00pm 9 Nov & 14 Dec	<b>Barre-less Barre</b> Lifestyle Studio Mon, 7:30pm to 8:30pm	<b>Kickboxing</b> Lifestyle Studio Tue, 7:30pm to 9:00pm Fri, 12:00pm to 1:30pm Sun, 3:00pm to 4:30pm
	<b>SIG - Rummy-O*</b> Aranda Lounge 7:00pm to 9:30pm 14 Nov & 12 Dec	<b>Scratch-It-To-Win-It Night*</b> Aranda Lounge 7:00pm to 10:00pm 26 Nov	<b>Simply Scuba (Scuba Diving)</b> Olympic Pool Mon to Fri, 9:00am to 5:00pm Sat and Sun, 12:00pm to 5:00pm
<b>SPORTS</b>	<b>SIG - Black 8 (Pool)</b> Aranda Lounge OCC Black 8 Training Sat, 3:00pm to 6:00pm	<b>SITA (Tennis)</b> Tennis Court Sat, 7:00am to 11:00am	<b>SpeediSwim (Competitive Swim)</b> 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)
	<b>Bi-Monthly Cue Challenge</b> Last Monday of Odd Months, 7:00pm onwards	<b>Bowling Monthly Medal</b> Orchid Bowl 2nd Saturday of the Month (subject to change)	
<b>SPORTS</b>	<b>SIG - Bowling</b> Orchid Bowl Sat, 3:00pm to 6:00pm	<b>SpeediSwim (Learn to Swim)</b> 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	<b>SpeediSwim (Learn to Swim)</b> 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
	<b>SIG - Orchid Bulls (Darts)</b> Aranda Lounge Tue, 8:00pm to 10:00pm Thu, 8:00pm to 10:00pm	<b>SpeediSwim (Learn to Swim)</b> 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	

\* Free for OCC members, please bring along your membership card for verification # Charges apply for first drink NOTE: All information is correct at time of printing.

For the full programme listing, please visit our website at [www.orchidclub.com](http://www.orchidclub.com)

For more information, email [snr@orchidclub.com](mailto:snr@orchidclub.com)

# KEY EVENTS FOR NOVEMBER

# KEY EVENTS FOR DECEMBER

# NOVEMBER

# DECEMBER

- OCC-ACC Family Day Sat, 2 Nov 2019
- OCC President's Cup 2019 Sun, 3 Nov 2019
- Golf Medal Sat, 9 Nov 2019
- Bowling Medal Sat, 9 Nov 2019
- OCC Christmas Light-Up & Health/Wellness Market Sat, 16 Nov 2019
- 30th Super Sprint Series Sat, 16 Nov 2019
- OCC Fitness Race Sat, 16 Nov 2019

- Golf Medal Sat, 14 Dec 2019
- OCC Christmas Bowling Sat, 14 Dec 2019
- OCC Christmas Golf Sun, 15 Dec 2019
- Dance Fiesta Christmas Tue, 24 Dec 2019
- New Year's Eve Countdown Party Tue, 31 Dec 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>Legend:</b>		

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>30</b>	<b>31</b>			<b>1</b>	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>

**Legend:**  
 - School Holidays  
 \*CGE - Corporate Golf Events



# A Peek Into LIFESTYLE

## Upcoming S&R Events

### BOWLING MEDAL

Sat, 9 Nov 2019

### HONEY NUTRITION & HEALTH BENEFITS TALK (ACC)

Sat, 9 Nov 2019

### OCC CHRISTMAS LIGHT-UP & HEALTH/WELLNESS MARKET

Sat, 16 Nov 2019

### 30TH SUPER SPRINT SERIES - SPECIAL EDITION

Sat, 16 Nov 2019

### 1-DAY BATAM ISLAND TOUR (ACC)

Sat, 16 Nov 2019

### SOCIAL SATURDAY – ANTI-AGING BASIC REGIMEN

Sat, 23 Nov 2019

### 'BARELY JUST PROBIOTICS IN YOUR BELLY' TALK

Sat, 23 Nov 2019

### HEALTHY EATING WITH THERMOMIX (ACC)

Sat, 23 Nov 2019

### COMMON DIGESTIVE SYMPTOMS (HEARTBURN, INDIGESTION & ABDOMINAL PAIN) TALK

Fri, 6 Dec 2019

### BIRD NEST HEALTH TALK (ACC)

Sat, 7 Dec 2019

### OCC CHRISTMAS BOWLING

Sat, 14 Dec 2019

### SOCIAL SATURDAY – GUASHA PARTY

Sat, 14 Dec 2019

### PILATES TRIAL LESSON (ACC)

Sat, 21 Dec 2019

### DANCE FIESTA – CHRISTMAS

Tue, 24 Dec 2019

### CHILDREN'S CHRISTMAS COUNTDOWN PARTY (ACC)

Tue, 24 Dec 2019

### 3D2N KUALA SELANGOR TOUR (ACC)

Sat, 28 Dec – Mon, 30 Dec 2019

### NEW YEAR'S EVE COUNTDOWN PARTY

Tue, 31 Dec 2019

## SOCIAL DANCE NIGHT CUM NATIONAL DAY CELEBRATIONS

Friday,  
9 August 2019

The evening was set in a buoyant mood at Aranda Lounge as 120 OCC members and guests donned red and white outfits to celebrate Singapore's 54th birthday during a special dance night. Dancers watched the National Day Parade live while twirling the night away to music arranged by our Social Dance Night deejay, DJ Dennis. Adding to the joyous atmosphere were a pledge recital and sing-along session of classic National Day songs, followed by a cake-cutting ceremony as the event came to an end.



Happy Birthday, Singapore!



## PAIN & TENSION RELIEF TALK

Friday,  
6 September 2019



We are all living in a fast-paced society and it is important for us to learn to de-stress so that we can find balance and wellness in our lives. A certified aromatherapist, Adeline, was specially invited to conduct a talk for members and teach them to relieve pain and release bottled-up tensions using various essential oils. It was a relaxing and fruitful session as participants learnt useful tips on safe and effective therapeutic ways to unwind.



Aromatherapist explaining the use of essential oils.





**AUGUST BALL** | Saturday, 17 August 2019

The Grand Ballroom was alive with music, laughter and excited voices as more than 340 dance enthusiasts from OCC, ACC and NTUC came dressed to the theme 'Colours of the Rainbow' for the Club's signature dance event – August Ball.

This year's August Ball featured a new pre-dinner line dance jam session for the dancers to warm up before the start of the event. Everyone had a whale of a time as they savoured a sumptuous sit-down dinner before hitting the dance floor to a mix of ballroom and social dance music played by the live band 'Lynn and the Lovebirds' and the Club's Social Dance Night deejay, DJ Dennis. The event then culminated in a display of splendid dance moves by the dancers till midnight as well as a presentation of lucky draw prizes. What an awesome night of dance and fun!



# 29TH SUPER SPRINT SERIES / U SWIM

Saturday, 7 September 2019



Ranging from as young as six years old to 62 years old, 191 swimmers from more than 15 swimming teams and clubs took part in the 29th Super Sprint Series – an event in partnership with U Swim by U Sports. Seventy swimmers from across 12 Unions also joined in the race as they contested in the 200m Breaststroke and Freestyle Relay. Amidst unabating cheers from the sidelines, participants had a taste of glory as they endeavoured to beat their personal best to reach the finishing point in the fastest time possible. What a morning it was with exciting water action and swimmers proving that no race is too tough – it's all about the mindset.



# AUGUST & SEPTEMBER OCC & ACC BOWLING MEDALS

Saturdays, 24 August & 14 September 2019

The August and September Bowling Medals rolled out with 24 OCC and ACC bowlers participating in each of the two months. Despite a hiatus in July, bowlers were still filled with enthusiasm as they vied for the title of Bowling Champions, turning the monthly event into a lively affair. Congratulations to all winners!



August Bowling Medal.



September Bowling Medal.



OCC Bowling Convenor, Mary Tan (2nd from right) with winners for August Bowling Medal.



Winners for September Bowling Medal.

# 25TH INTER-CLUB BOWLING MIXED LEAGUE MASTERS & VICTORY DINNER

Saturday & Sunday 28 & 29 September 2019

Passion fuelled the enthusiasm of bowlers from eight participating clubs as they fought hard for the title of Bowling Champions in this year's Adult-Inter Club Bowling Mixed League. Persevering through the many rounds, our 18-member strong OCC & ACC bowling team concluded the 24-week-long League with a total pinfall of 48,102. In appreciation of the bowlers' efforts, a Masters Event and Victory Dinner was hosted by Serangoon Gardens Country Club, where everyone celebrated over a night of dinner and performances. Once again, well done to all bowlers!



Bowling Convenors from the participating clubs.



OCC & ACC Bowling Team with OCC Bowling Convenor, Mary Tan (seated, 2nd from left).

# SOCIAL SATURDAY – SLOWING AGE DEGENERATION WITH CELLULAR THERAPY WORKSHOP

Saturday, 14 September 2019

Stress and environmental pollution are causing all of us to age prematurely. In September's edition of Social Saturday, 18 members learnt about cutting-edge cellular therapy and how it can help the trillions of cells in our body repair and regenerate healthily. The highlight of the session was the free shoulder Guasha that the speaker, Mr. Ho Eee Kid, and his team gave to all participants at the end of the talk. Thank you, Mr. Ho, for sharing the valuable knowledge!



# SOCIAL SATURDAY – PIZZA MAKE & BAKE

Saturday, 12 October 2019

This October, members indulged in a fun pizza making workshop conducted by Chef Lim from Bud of Joy. Participants learnt the secrets and techniques that go into making organic pizzas from scratch – from rolling the dough to sprinkling the final touches of shredded cheese before putting them into the oven. Everyone sunk their teeth into the gooey, cheesy goodness as the pizzas were served hot from the oven. What an extraordinary culinary experience!



# SCRATCH-IT-TO-WIN-IT NIGHT

Tuesdays, 27 August & 24 September 2019

It was an intense night as members tested their luck at the August and September Scratch-It-To-Win-It Night. Everyone held their breath as each number was announced, eager to strike it off their papers. Attractive prizes were then given out to the lucky winners. We hope to see you at the next event!



Lucky Draw 1st Prize Winner for August, Mr. Paulus Tan (right).



Lucky Draw 1st Prize Winner for September, Mdm. Choong Wee Lan (right).

# RUMMY-O

Thursdays, 12 September & 10 October 2019

Thirty and 31 members took part in September and October's edition of Rummy-O respectively. Members had a thrilling time at the game, albeit it was challenging as they strategised to strike with the best moves. 'Thank you' to all for your enthusiastic participation and congratulations to the winners!



Top Winner for September, Mdm. Woong Gee Wah (right).



Top Winner for October, Mrs. Doris Sim (right).



# TOTAL BODY TRX WORKOUT

Give these four TRX exercises a shot at our new Outdoor Functional Training Zone! Perform the four movements consecutively for as many rounds as possible within 20 minutes. Keep your rest periods minimal in between rounds to increase the effectiveness of your workout.

**1**  
**TALL PLANK TO KNEE TUCK**  
PERFORM SLOWLY AND IN CONTROLLED MANNER  
10 REPS



**2**  
**FACE-PULL**  
ARMS AT 90 DEGREES UPON PULLING  
10 REPS



**3**  
**SQUAT JUMP**  
USE TRX FOR SLIGHT ASSISTANCE  
10 REPS



**4**  
**REAR FOOT ELEVATED SQUAT**  
LOWER THE REAR KNEE ONTO FLOOR BEFORE STANDING BACK UP  
10 REPS PER SIDE



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

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

# FITNESS PROGRAMMES

## HATHA YOGA

Yoga is an ancient practice that involves breathing and meditation techniques and body postures. It aims to calm the mind to attain peace and harmony in oneself. Hatha Yoga is a system of exercises that builds physical and mental strength, focusing on body alignment.



**Day & Time:** Every Saturday, 9am to 10am  
**Venue:** Lifestyle Studio  
**Fee\*:** \$150 (OCC/ACC Member)  
\$160 (NTUC Member)  
\$180 (Guest)

\*Fees are for 12 sessions per term, subject to GST

## PERSONAL TRAINING

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



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

\*Fees are for 10 sessions, subject to GST

## KICKBOXING

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



**Day & Time:** Every Tuesday, 7:30pm to 9pm  
Every Friday, 12pm to 1:30pm  
Every Sunday, 3pm to 4:30pm  
**Venue:** Lifestyle Studio  
**Fee\*:** \$50 (OCC/ACC Member)  
\$55 (NTUC Member)  
\$60 (Guest)

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

## ZUMBA FITNESS



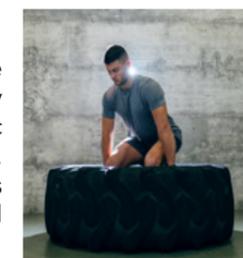
Zumba involves dance and rhythmic aerobic movements that are performed to energetic music. With dance moves incorporating elements of hip-hop, soca, samba, salsa, merengue and mambo, this fun group programme is geared towards improving all elements of fitness!

**Day & Time:** Every Wednesday, 7pm to 8pm  
**Venue:** Lifestyle Studio  
**Fee\*:** \$95 (OCC/ACC Member)  
\$100 (NTUC Member)  
\$105 (Guest)

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

## FT 60

Group functional training programme that involves strengthening the body for daily life activities, with dynamic and challenging total body exercises. The fun calorie-burning workouts are designed to improve overall strength, mobility and endurance!

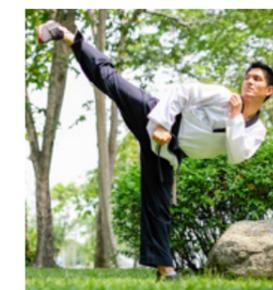


**Day & Time:** Every Wednesday, 7:15pm to 8:15pm  
Every Saturday, 10am to 11am  
**Venue:** Functional Training Zone & Lifestyle Studio  
**Fee\*:** \$110 (OCC/ACC Member)  
\$120 (NTUC Member)  
\$130 (Guest)

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

## KARATE

As an ancient Japanese art of self-defense, Karate is a great way to maintain good health and is suitable for anyone aged between 5 to 70 years old. It involves good cardio exercises, joints and muscle development, and bones and tendon conditioning.



**Day & Time:** Every Sunday, 12pm to 1pm  
**Venue:** Lifestyle Studio  
**Fee\*:** \$180 (OCC/ACC Member)  
\$190 (NTUC Member)  
\$200 (Guest)

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

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

# OCC Christmas BOWLING 2019

Sat, 14 Dec 2019  
12pm to 6.30pm

**You're Invited!**  
Strike those pins and get in the mood of the festive season with six rounds of bowling games with refreshments, followed by Christmas dinner and lucky draw.

**VENUE**  
Orchid Bowl @ OCC,  
Aranda Lounge

**FEE\***  
\$15 (OCC/ACC Member)  
\$30 (Member's Guest)

**CLOSING DATE**  
Sun, 1 Dec 2019

**PRIZES**  
Top 3 Singles  
Top 3 Doubles  
Best-Dressed Male & Female

**FORMAT OF PLAY**  
• Ten Pin Bowling  
• 3 Rounds Single  
• 3 Rounds Doubles  
(1 Female<sup>^</sup>, 1 Male)

<sup>^</sup>10 pins handicap per game.

\*Fees are subject to prevailing GST and include bowling games, refreshments, lucky draw and dinner.

For enquiries and registration, please call Sports Counter at **6750 2122** or email [snr@orchidclub.com](mailto:snr@orchidclub.com)

# OCC CHRISTMAS LIGHT-UP & HEALTH/ WELLNESS MARKET

SAT, 16 NOV 2019 | 12PM TO 6PM

**POOL PAVILION**

(RECREATION CLUBHOUSE LEVEL 1, BESIDE FUN POOL)

Bask in the magic of the season and watch the Club transform into a stunning wonderland with a dazzling light-up of the Christmas tree! You can also join in the festivities while stocking up on healthy holiday gifts at exclusive discounts.

## HIGHLIGHTS

Health & Wellness Bazaar Booths

Festive Fringe Activities\*

Santa Claus Meet & Greet Session

Christmas Light-Up Ceremony

\*Limited slots available

PARTNERS:

ROYAL HAACH

NATURAL HEALINGS

REFRESH WELLNESS

For enquiries and registration, please call **6750 2122** or email [snr@orchidclub.com](mailto:snr@orchidclub.com).

# Glamour & Glitz



OCC GRAND BALLROOM

## 31 DEC 2019

**SIT-DOWN CHINESE DINNER  
LIVE BAND & DJ  
LUCKY DRAW PRIZES**

OCC/ACC Member: \$98  
NTUC Member: \$108  
Guest: \$118  
Free waiver of wine corkage

**RSVP Dennis 9852 9395 | Doors Open 6.30pm**

## UPCOMING OCC EVENTS

### SOCIAL SATURDAY – ANTI-AGING BASIC REGIMEN



Harsh environmental factors and stress are huge culprits of aging skin. It's time for you to look as young as you feel! Learn simple and effective skin care routines in this workshop and combat signs of aging. You will regain youthful skin in no time!

**Date:** Sat, 23 Nov 2019  
**Time:** 10am – 12pm  
**Venue:** Aranda Lounge  
**Fee:** Free (OCC Member)  
\$4 (ACC Member)  
\$8 (OCC/ACC Member's Guest)  
**Min Pax:** 5 persons  
**Closing Date:** Thu, 7 Nov 2019

Fees are subject to prevailing GST.

### 'COMMON DIGESTIVE SYMPTOMS (HEARTBURN, INDIGESTION & ABDOMINAL PAIN)' TALK



Heartburn and indigestion are common digestive complaints that can happen to anyone. Many people use these terms interchangeably, which may cause confusion. Understanding your symptoms can give valuable clues to the underlying problem. Find out more about the causes of these symptoms and when you should seek medical help for diagnosis and treatment.

**Date:** Fri, 6 Dec 2019  
**Time:** 2pm – 4pm  
**Venue:** Aranda Lounge  
**Fee:** Free (OCC/ACC Member)  
\$3 (NTUC Member)  
\$6 (OCC/ACC Member's Guest)  
**Min Pax:** 20 persons  
**Closing Date:** Tue, 3 Dec 2019

Fees are subject to prevailing GST.

### 'BARELY JUST PROBIOTICS IN YOUR BELLY' TALK



Do you know that good bacteria in your gut works more than just maintaining regular bowel movement? A healthy pool of probiotics can help to improve immunity, skin complexion, cardiovascular health, oral health and even your stress level. Join Dietician Caleb Mok as he enlightens us on the various health benefits of probiotics. You will also get to sample a healthy and yummy probiotic recipe with super-foods as ingredients!

**Date:** Sat, 23 Nov 2019  
**Time:** 2pm – 4pm  
**Venue:** Aranda Lounge  
**Fee:** Free (OCC/ACC Member)  
\$3 (NTUC Member)  
\$6 (OCC/ACC Member's Guest)  
**Min Pax:** 20 persons  
**Closing Date:** Wed, 20 Nov 2019

Fee is subject to prevailing GST.



### SOCIAL SATURDAY – GUASHA PARTY

Guasha is a natural therapy that involves scraping along your body meridian line and acupressure points with a Guasha tool to unblock chi and blood stagnation in the body. In this workshop, you will learn:

- Theory of Guasha and TCM oils
- Useful acupressure points and meridian lines
- How to perform basic Guasha to improve your health

**Date:** Sat, 14 Dec 2019  
**Time:** 10am – 12pm  
**Venue:** Aranda Lounge  
**Fee:** \$5 (OCC/ACC Member)  
\$8 (OCC/ACC Member's Guest)  
**Min Pax:** 5 persons  
**Closing Date:** Wed, 11 Dec 2019

Fees are subject to prevailing GST.

# UPCOMING ACC EVENTS

Extended To OCC Members

## NOVEMBER



### 1-DAY BATAM ISLAND TOUR

Hit the road with us as we travel to Batam Island and visit places like the Deer Farm and Batam's iconic landmark – Batam Monument. You will also get to immerse yourself in the beauty of nature at SBS Resort – an idyllic paradise set amidst beautiful green landscaping with a lovely sea view. Try out local delights and shop to your heart's content at local outlets! This relaxing trip promises you a fun foodie and shopping experience to unwind and relax. Reserve your seat early to avoid disappointment!

**Date:** Sat, 16 Nov 2019  
**Venue:** Assemble at Harbourfront Centre  
**Fee:** \$150 (OCC/ACC Member)  
 \$155 (Union Member)  
 \$170 (Guest)  
**Min Pax:** 20 persons  
**Closing Date:** Sat, 2 Nov 2019



### HEALTHY EATING WITH THERMOMIX

In this personal cooking experience with the award-winning Thermomix, you will be cooking 5-6 dishes and learning how you can churn out healthy and delicious dishes in record time for your loved ones without compromising on taste. Join us and explore endless possibilities with Thermomix - the perfect kitchen companion for families to cook and bond over food!

**Date:** Sat, 23 Nov 2019  
**Time:** 2pm – 4pm  
**Venue:** Pool Pavilion  
**Fee:** Free (OCC/ACC Member)  
 \$2 (Union Member)  
 \$5 (Guest)  
**Min Pax:** 10 persons  
**Closing Date:** Sat, 16 Nov 2019

## DECEMBER



### CHILDREN'S CHRISTMAS COUNTDOWN PARTY

Everyone's favourite Santa is here in town this Christmas! Celebrate the magical joy of Christmas with your kids and take part in the events we have lined up specially for you! There will be door gifts, photo session with Santa Claus, exchange of gifts and tasty snacks to savour!

**Date:** Tue, 24 Dec 2019  
**Time:** 9pm – 12.30am  
**Venue:** Kids' Playroom  
**Fee:** \$18 (OCC/ACC Member's Child)  
 \$20 (Union Member's Child)  
 \$22 (Guest's Child)  
**Min Pax:** 10 persons  
**Closing Date:** Tue, 17 Dec 2019

\*Child is between 3 to 12 years old



### 3D2N KUALA SELANGOR TOUR

This 3D2N getaway to Kuala Selangor is a trip you won't want to miss. We will visit local factories, travel to the paddy fields of Sekinchan, hop on a boat ride to catch the blue tears and bioluminescent plankton in the sea near Kuala Selangor, eat, shop and many more! The highlight of this trip is a chance to witness "Sky Mirror", a natural phenomenon that occurs when tides subside to reveal a mirror-like surface that reflects the beauty of the sky. Register early to avoid disappointment!

**Date:** Sat, 28 Dec – Mon, 30 Dec 2019  
**Venue:** Assemble at ACC Lobby at 6am sharp  
**Fee\*:** \$315 (OCC/ACC Member),  
 \$285 (OCC/ACC Member's Child),  
 \$320 (Union Member), \$290 (Union Member's Child),  
 \$330 (Guest), \$300 (Guest's Child)  
**Min Pax:** 25 persons  
**Closing Date:** Sat, 14 Dec 2019

\*Child is between 3 to 12 years old

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

# 3D2N Festive Season Getaway Fun Promotion

1 NOV 2019 - 31 JAN 2020

#### Package Includes:

- ☑ 3 Days / 2 Nights stay at Orchid Golf & Resort Hotel
- ☑ Complimentary \$50 nett Orchid Dollars Voucher (valid for selected F&B outlets and OCC FairPrice supermarket)
- ☑ Complimentary four bowling games
- ☑ 1 bottle of sparkling juice

#### Facilities Available:

Karaoke rooms, Par lounge, Swimming pools, Bowling, Gym, Sauna

#### Terms and Conditions:

- Not valid for 24, 25 & 31 December 2019
- \$50++ surcharge per package applies on Fri, Sat, Eve of PH & School Holidays
- Breakfast is at an additional charge of \$15++ per person per day
- Rates are subject to 10% service charge & 7% prevailing GST
- Other T&Cs apply

OCC MEMBERS ENJOY WAIVER OF 10% SERVICE CHARGE & NTUC MEMBERS ENJOY LINKPOINTS

DELUXE ROOM @ \$350++  
 DELUXE FAMILY ROOM @ \$400++

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

## Promotions at Par Lounge

NOVEMBER & DECEMBER 2019

Glenlivet 12 Years  
 \$125++ per bottle (U.P. \$150++)  
 \$235++ for 2 bottles (U.P. \$300++)

Glenlivet 15 Years  
 \$168++ per bottle (U.P. \$235++)

Glenlivet 18 Years  
 \$228++ per bottle (U.P. \$295++)

Carlsberg Beer Tower\*  
 \$55++ (U.P. \$82++)

Catch a special NEW YEAR'S EVE PERFORMANCE by 'Sherraine & Lee'! Tue, 31 Dec 2019

8.15pm to 9pm  
 10pm to 10.45pm  
 11.45pm to 12.30am



\*Valid every Mon - Wed (except Eve of PH & PH)

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



Ban Heng Group of Restaurants

# 萬興酒樓 2020除夕团圆宴

## Lunar New Year Reunion Dinner at Orchid Country Club Grand Ballroom | 24 Jan 2020, 7pm to 9pm

Reunion Dinner Open for Reservation! 除夕夜已开放定位!

Full payment shall be paid for guarantee of reservation 确认订位以收到全数付款为准  
Complimentary one can of 12-headed abalone per table for guests who made full payment before 31/12/2019 好消息! 凡在31/12/2019之前全款买单的顾客每桌将获送12头装鲍鱼一罐

Menu A  
**\$658<sup>++</sup>**

万兴双鱼捞生, 南乳全只烤乳猪, 干贝蟹肉鱼翅, 港蒸游水笋壳鱼, 花雕酒活虾, 发财十头鲍鱼扒菠菜, 新春腊味荷叶饭, 金瓜芋泥

- Ban Heng Yusheng with Salmon & Crispy Fish Skin
- Crispy Whole Suckling Pig
- Braised Shark's Fin with Dried Scallop and Crab Meat
- Steamed Live Soon Hock Fish with Superior Soya Sauce in Hong Kong Style
- Poached Live Prawns with Chinese Wine
- Braised 10-headed Abalone with Black Moss & Spinach
- Fried Rice with Chinese Sausage in Lotus Leaf
- Sweetened Yam Paste with Pumpkin

Menu B  
**\$698<sup>++</sup>**

万兴双鱼捞生, 干贝蟹肉鱼翅, 港蒸游水笋壳鱼, XO雀巢绿玉带, 花雕酒活虾, 发财十头鲍鱼扒菠菜, 新春腊味荷叶饭, 金瓜芋泥

- Ban Heng Yusheng with Salmon & Crispy Fish Skin
- Braised Shark's Fin with Dried Scallop and Crab Meat
- Steamed Live Soon Hock Fish with Superior Soya Sauce in Hong Kong Style
- Sautéed Fresh Scallops & Vegetables with XO Sauce in Golden Nest
- Poached Live Prawns with Chinese Wine
- Braised 10-headed Abalone with Black Moss & Spinach
- Fried Rice with Chinese Sausage in Lotus Leaf
- Sweetened Yam Paste with Pumpkin

### 新春/除夕夜外卖 CNY TAKE-AWAY

#### Pot of Happiness Set Menu

外卖聚宝盆菜五组合

**\$538** +7% GST

(for 8 to 10 persons)

鸿运双鱼捞起

Smoked Salmon & Crispy Fish Skin  
Yu Sheng Lo Hei

聚宝盆菜

Pot of Happiness

(10头金鲍, 海参, 原粒干贝, 活虾, 带子, 元蹄, 扣肉, 油鸡, 鹅掌, 发菜, 冬菇, 芋头, 白萝卜)  
(10-headed Abalone, Sea Cucumber, Dried Scallop, Live Prawns, Fresh Scallop, Pig Trotters, Braised Pork Belly, Soya Sauce Chicken, Goose Webs, Black Sea Moss, Chinese Mushroom, Chinese Yam, Radish)

挂炉脆皮烧鸭

Roasted BBQ Whole Duck

生炒腊味糯米饭

Fried Glutinous Rice with Cure Wax Meat

敬送新年发财年糕

Complimentary Fa Cai Nian Gao

#### CNY TAKE-AWAY ALA CARTE ORDERS

1. 聚宝盆菜 (4至6位用) **\$298+7%**  
Pot of Happiness (Small 4-6pax)
2. 聚宝盆菜 (8至10位用) **\$388+7%**  
Pot of Happiness (Large 8-10pax)
3. 脆皮烧肉 (1 公斤) **\$58+7%**  
Crispy Roasted Pork (1 KG)
4. 脆挂炉脆皮烧鸭 (一只) **\$68+7%**  
Roasted Duck (whole)



Tel: 6732 7888 / 6732 6623

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

# Bouquets

~ Our service compliments ~

## Excellent Wedding Service

Hi Bro,

Would like to give compliments to your OCC staff for their excellent service during my wedding reception on 6 July 2019. In fact, they have been helpful throughout the entire planning stage, preparation and seeing the reception through. My invited guests consisting of family, friends, relatives, key union leaders and Members of Parliament have given feedback that they enjoyed the reception very much. This wouldn't be possible without the efforts and hard work of several key people such as the Banquet Captain, Stephanie, Senior Technical Officer (AV), Tyrone, and of course, Sheena, who had been most helpful in making the reception a breeze to plan and execute.

I would greatly appreciate it if you could convey my thanks to these wonderful staff and recognise them for their go-the-extra-mile service. Thanks!

**Tommy**  
National Trades Union Congress



## Home Away From Home

I have never seen this type of facility in my life. I am totally satisfied with your good service and will recommend Orchid Country Club to other people because it felt like it is my other home. Thank you for providing excellent service!

**Akshuy Patel**  
Guest



## Great Event Service

Hi Sheena,

Good evening. Grateful to you for the wonderfully planned 'SHP Nurses Day 2019' event.

Please convey a BIG THANK YOU to Mr. Prem Kumar, Arnan & the Grand Ballroom waitresses & waiters. Their service was excellent, and they were quick to help and were patient with our requests. Great teamwork!

Best Wishes,  
**Sister Yeo Guat Hoon**  
SingHealth Polyclinics

## Wonderful Event Support

Dear Serene,

Thank you very much for your email. We are most grateful for your kind assistance and support towards our event. You had been most helpful, thank you. We would also like to extend our special thanks to Harry, Kumar and Lawrence for their wonderful support on 24 July.

We hope to be back soon. Till then, take care and best wishes.

Warm Regards  
**Ms. Dora Lai**  
People's Action Party HQ



## Well-organised Event

I wish to thank the Social and Recreation Committee for a very well-organised August Ball. The food was good, and so was the music. Poh Kuan and her team were at hand throughout the event, mingling with the members and guests, and making sure everything went smoothly. We all had a very good time. Thank you for a job well done!

**Elizabeth Lim**  
Member



## Welcome to the Orchid Family

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

Mr. Chu Teh Yu  
Mrs. Chua Carolyn Grace  
Cukingnan  
Mr. Chua Soon Chiang  
Ms. Elaine Heng Yinxuan  
Mr. Horie Masahiro  
Mr. Kerwin Ng Long Fa  
Ms. Lee Hui Zhen Melissa

Mr. Lee Jin Khin  
Mr. Mohamed Abdul Halim  
Bin Jamil  
Mr. Ong Ngjin Loy  
Mr. Ong Swee Guan  
Mr. Ong Wee Heng  
Mr. P Tamil Alagan  
Mr. Poh Kui Rong

Mr. Tan Chik Hai  
Mr. Tan Chin Siong  
Mrs. Tan Gek Hoon  
Ms. Tan Peck Geok  
Mr. Tan Tee Meng  
Ms. Wang Huijun  
Ms. Wong Wei Ling

# OCC CHRISTMAS GOLF 2019

**SUN, 15 DEC 2019 | 1.30PM SHOTGUN**

**FORMAT OF PLAY:** DOUBLE PEORIA (STABLEFORD)

**DIVISIONS:** MEN'S DIVISION (HI 24.9 & BELOW)

LADIES' DIVISION (HI 36.9 & BELOW)

**ELIGIBILITY:** GOLD, SILVER, AFFILIATE MEMBER & WTGM

**ENTRANCE FEE:** \$30

**GREEN FEE:** \$70 (SILVER)  
\$80 (AFFILIATE)  
\$90 (WTGM)

**BUGGY FEE:** \$25

**REGISTRATION  
OPENS:**

**THU, 14 NOV 2019**

**CLOSING DATE:**

**THU, 5 DEC 2019**

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

Terms & conditions apply.

One member is only allowed to book one flight. Entry forms will be available at Golf Reception and registration is on a first come, first served basis. The Club reserves the right to reject any entries without giving any reasons thereof and to form flights and pair participants for the event. Allocation of tee time, tee box no. and flight mates is at the discretion of the Club.

For enquiries and registration, please call **Golf department** at **6750 2102/111** or email **[golfregistration@orchidclub.com](mailto:golfregistration@orchidclub.com)**.