

# ORCHID **Ripples**



JULY - AUGUST 2019

ISSUE 62

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A Publication by Orchid Country Club

## **HAPPY 54<sup>TH</sup> NATIONAL DAY**

**LOOK OUT FOR EXCITING  
EVENTS COMING YOUR WAY!**

### **SECRETARY-GENERAL'S CUP**

Sunday, 14 July 2019

### **NEE SOON FUNTARTSTIC FIESTA 3TEN RUN**

Saturday, 27 July 2019

### **NATIONAL DAY GOLF**

Friday, 9 August 2019

### **CAPTAIN & LADY CAPTAIN'S CUP**

Sunday, 22 September 2019



A Member of  
The Labour Movement



# Meet the Golf Team



(From left to right)

## Front row

Golf Admin Executive, Carol Yew; Golf Course Superintendent, Christine Chungbhivat; Driving Range Receptionist, Evon Lim; Driving Range Receptionist, Annie Lim; Golf Receptionist, Jos Chong.

## Back row

Head of Golf, Dennis Ee; Golf Executive, Wong Pik Joon; Chief Golf Steward, Sanjeev S/O Rahman; Driving Range Manager, Edison Sabat; Senior Golf Executive, Hamzah Bin Ahmad; Golf Receptionist, Ceci Tan; Golf Receptionist, Ann Chong.

## Not in photo

Senior Golf Executive, July Chan; Golf Relations Executive, Suhana Binte Rahmad; Golf Officer, Mohamed Esa; Driving Range Reception Supervisor, Peggy Chue.

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**Scan this QR code  
for event photos!**

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## CLUB GENERAL COMMITTEE

### President

Mr. Chong Kee Hiong

### Vice President & Captain

Mr. Yeo Khee Leng

### Treasurer

Mr. Vincent Fong

### Lady Captain

Mrs. Maureen Goh

### Members

Mr. Chng Chee Beow

Mr. Chua Bor Jern

Ms. Eileen Yeo

Mr. Lim Eng Lee

Ms. Rita Lau

### Secretary

Mr. Stewart Ang

## CLUB MANAGEMENT

### Acting General Manager

Mr. Stewart Ang

### Head of Finance / Purchasing

Ms. Ng Siew Cheng

### Head of Golf

Mr. Dennis Ee

### Golf Course Superintendent

Ms. Christine Chungbhivat

### Head of Sales & Marketing

Mr. Thomas Ng

### Head of Hotel

Mr. Gopal Thangavelu

### Head of Human Resource

Mr. Charlie Goh

### Head of Marcom & Membership

Ms. Joanne Ng

### Head of Housekeeping

Ms. Margaret See

### Head of IT

Mr. Foo Teck Xian

### Head of Property & Maintenance

Mr. Alan Chua

### Head of Food & Beverage

Mr. Cristo Fong

### Head of Social & Recreation

Ms. Toh Poh Kuan

### Jackpot Manager

Mr. Jasper Woo

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# CLUB DIRECTORY



## GOLF

### GOLF REGISTRATION COUNTER

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

### TEE OFF 18-HOLE

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

### TEE OFF 9-HOLE

7:07am - 8:59am (Weekdays)  
4:27pm - 5:16pm (Daily)

### CHANGING ROOM

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

### DRIVING RANGE

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

### DK DELIGHTS

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

### FATELICIOUS SNACK HOUSE (DENDRO HALFWAY HOUSE)

8:00am - 5:30pm (Daily)

### EAGLE 9 INTERNATIONAL

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

### GOLF PERFORMANCE 360

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

### PAN-WEST

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

### PING

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



## FOOD & BEVERAGE

### HIMAWARI JAPANESE RESTAURANT

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

### MY LITTLE CAFÉ

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

### PAR LOUNGE

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

### NO. 3 CRAB DELICACY SEAFOOD RESTAURANT

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

### THE FATTY CASSO CAFÉ

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

### ROYAL PALM @ OCC

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

### SUBWAY

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

### VANDA TERRACE

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



## SUPERMARKET

### FAIRPRICE

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



## FACILITIES

### ARANDA LOUNGE

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

### ASIA GYMNASTICS & DANCE ACADEMY

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

### AUDIOLINE

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

### CHILDREN'S OUTDOOR PLAYGROUND

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

### FUNPOOL & BUNKER POOL

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

### GYMNASIUM

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

### HEALING TOUCH - MASSAGE AND SPA

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

### 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)

### FUTSAL COURTS

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

### JACKPOT

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

## CORPORATE SALES/ EVENTS

☎ 6750 2166  
✉ s&m@orchidclub.com

## ROOM RESERVATIONS

☎ 6750 2100  
✉ roomsales@orchidclub.com

## MEMBERSHIP

☎ 6750 2123/2180  
✉ membership@orchidclub.com

## GOLF

☎ 6750 2111  
✉ golfregistration@orchidclub.com

## DRIVING RANGE OFFICE

☎ 6750 2198  
✉ drivingrange@orchidclub.com

## S&R RECREATION ENQUIRIES

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## S&R SOCIAL ENQUIRIES

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✉ snr@orchidclub.com

# MESSAGE FROM THE PRESIDENT

*Warm greetings to all Members and Friends!*

I am pleased to share with you a number of exciting developments, events and activities that are coming your way in the next few months.

We will be introducing the '**Outdoor Gym**' which is expected to be ready by end-September. Together with the existing gym, we will be able to conduct more training and fitness programmes including outdoor yoga and mobility exercises for members.

On the Food & Beverage front, two new eateries will be opening in the next few months. We can look forward to the opening of "**No. 3 Crab Delicacy Seafood Restaurant**" in July at the Driving Range. Do not miss out on their signature Chilli Crab and tantalising zhi char dishes! **Ban Heng @ OCC**, a Chinese restaurant offering an extensive menu of traditional Teochew and Cantonese cuisine, will also be opening at the Recreation Clubhouse in September. These two new outlets will enhance the F&B mix in the Club, giving members more variety and making the Club environment more vibrant.

For golfers, the annual **Secretary-General (SG) Cup** will be held on 14 July (Sun). I would like to take this opportunity to express my gratitude to all OCC and union members for the great response we have received for this event. Members can also look forward to other upcoming golf events such as the **National Day Golf** on 9 August (Fri), **Captain & Lady Captain's Cup** on 22 September (Sun) and **Oktoberfest Asian Edition Golf Challenge** on 5 October (Sat).

To give members a greater variety of activities, OCC and Aranda Country Club have come together to curate a wider selection of engaging events and programmes for our members. We hope more members will participate in these joint activities and build stronger ties between the two clubs. A new "**Care Interest Group**" has also been formed and we encourage you to join us as volunteers to participate in visits to old folks' homes, organise educational tours and plan meaningful events to give back to society.

Members can also look forward to the **Nee Soon FUNtARTstic 3Ten Run** on 27 July (Sat), **August Ball** on 17 August (Sat), and the exciting **Oktoberfest Asian Edition** on 5 October (Sat). You can expect an Asian twist to this year's Oktoberfest, with a mix of local and German delights, free flow of beer, live entertainment, games, and bazaar stalls. Register early to avoid disappointment! These are great opportunities to bond with other members, family and friends.

I am pleased to also announce an exciting collaboration with Downtown East. For the month of August, OCC members get to enjoy **30% off** when they stay at **D'Resort** plus a free BBQ pit for a day. Members can also purchase **Wild & Wet Premium Membership** (Adult Annual Pass) that comes with a \$20 Wild Wild Wet voucher at only \$98. Head down to Downtown East for these attractive offers! More details are on page 5.

I would like to conclude by wishing all members a very Happy 54th National Day. I look forward to your continued support and see you and your family at the Club soon!

Best wishes,

**Chong Kee Hiong**  
President





# HOLE-IN-ONE ACHIEVERS!

## OCC MEMBERS

**Mr. Bernard Chia Meng Khng**  
Aranda Hole 6  
Thursday, 7 March 2019

**Mr. Kinjavdekar Shekhar**  
Vanda Hole 2  
Tuesday, 19 March 2019

**Mr. Pang Yong Horng**  
Aranda Hole 6  
Saturday, 23 March 2019

**Ms. Judy Quek Lee Tiam**  
Vanda Hole 2  
Sunday, 21 April 2019

# LOOK OUT FOR OUR OUTDOOR GYM COMING TO YOU IN SEPTEMBER 2019!



The upgrading project to convert the current outdoor area outside the gym to an Outdoor Gym will be commencing soon. The new Outdoor Gym will allow functional-based training to be conducted, and a greater mix of exciting programmes such as Outdoor Yoga, High Intensity Interval Training, Strength Conditioning and many others to be explored. New exercise equipment will also be available in time to come.

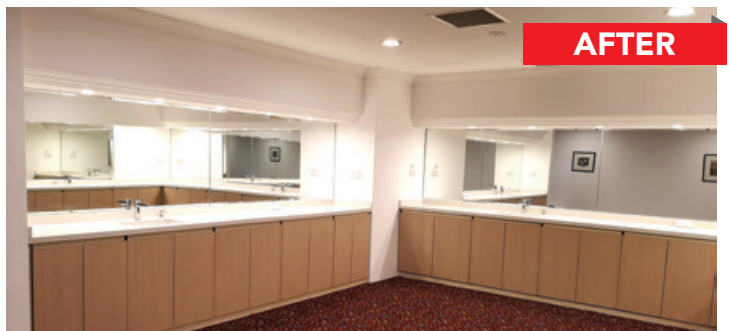
**Get ready to enhance your workout experience!**

## NEWLY RENOVATED GOLF FEMALE CHANGING ROOM

As part of our facility renewal programme to serve you better, renovation was carried out at the Golf Female Changing Room (Golf Clubhouse Level 1) from end March to early May 2019. 'Thank you' for your patience during the upgrading period!



New Carpet, Re-varnished Carpentry Works, Brighter LED Light Fittings, Repainted Ceiling



Extended Powder Area, New Vanity Top, Brighter LED Light Fittings, Increase in Number of Basins (2 to 4), New Cabinet Doors



# SINGAPORE'S 1<sup>ST</sup> INTEGRATED WATER PARK RESORT



## Exclusive Promotions for OCC Member



**Enjoy 30% OFF**  
Best Flexible Rate + 1 day BBQ pit usage

Book Period: 21 Jun – 27 Jul 2019

Stay Period: 1 – 31 Aug 2019

Promo Code: **DROCC19Q**

Terms & Conditions apply. [www.dresort.com.sg/OCC19](http://www.dresort.com.sg/OCC19)



**\$98**

**Wild & Wet Premium Membership**  
(Adult Annual Pass) + \$20 WWW Voucher

Valid from 1 – 31 August 2019

Terms & Conditions apply. [www.wildwildwet.com/OCC19](http://www.wildwildwet.com/OCC19)

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Enjoy exclusive deals when you present your OCC membership at Maxi-Cash's 1st outlet store at Wisteria Mall. Massive savings on preloved, unused branded bags, luxury timepieces and brand new Citigems jewellery.

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A Peek Into

# GOLF



## Upcoming Golf Events

### **JULY MONTHLY MEDAL**

Sat, 13 Jul 2019



### **SECRETARY-GENERAL'S CUP**

Sun, 14 Jul 2019



### **NATIONAL DAY GOLF**

Fri, 9 Aug 2019



### **AUGUST MONTHLY MEDAL**

Sat, 10 Aug 2019



### **OCC LADIES' OPEN 2019**

Tue, 13 Aug 2019



# OCC-U GOLF 9-HOLE NIGHT SERIES

Saturday, 4 May 2019 | DENDRO



**STABLEFORD**

**RESULTS FOR MEN'S DIVISION**

Winner	Mr. Jeffrey Wong	27 Points
1st Runner Up	Mr. Damien Chandran	26 Points
2nd Runner Up	Mr. Royston Jalleh	24 Points

**RESULTS FOR LADIES' DIVISION**

Winner	Ms. Sammi Liu Li	18 Points OCB
1st Runner Up	Ms. Li Ai Yun	18 Points
2nd Runner Up	Ms. Cheryl Ong	16 Points



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



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



Winner of the Ladies' Division, Ms. Sammi Liu Li (left).



1st Runner Up of the Ladies' Division, Ms. Li Ai Yun (left).

# OCC-U GOLF 9-HOLE NIGHT SERIES

Saturday, 1 June 2019 | VANDA



## STABLEFORD

### RESULTS FOR MEN'S DIVISION

Winner	Mr. Jeffrey Wong	27 Points
1st Runner Up	Mr. Cheng Kheng Boon	24 Points
2nd Runner Up	Mr. Danial Rasikin	23 Points OCB

### RESULTS FOR LADIES' DIVISION

Winner	Ms. Melissa Sim	25 Points OCB
1st Runner Up	Ms. Stella Li	21 Points
2nd Runner Up	Ms. Tina Wee	20 Points OCB



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



1st Runner Up of the Men's Division, Mr. Cheng Kheng Boon (left).



Winner of the Ladies' Division, Ms. Melissa Sim (left).



1st Runner Up of the Ladies' Division, Ms. Stella Li (right).

# MAY 2019 MONTHLY MEDAL RESULTS

## STROKEPLAY (11 MAY 2019)



### ARANDA / VANDA

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

<b>Best Gross</b>	Mr. Micaiah William Meuer	(2.4)	73 Gross
<b>Winner</b>	Mr. Loh Chang Kaan	(8.9)	69 Nett
<b>Runner Up</b>	Mr. Eio Hock Siang	(6.5)	70 Nett

#### Ballsweep (1st Nine)

<b>Winner</b>	Mr. Loh Chang Kaan	(8.9)	34 Nett
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#### Ballsweep (2nd Nine)

<b>Joint Winners</b>	Mr. Soo Thean Ling	(8.3)	34 Nett
	Mr. Dai Shenqi	(9.0)	34 Nett
	Mr. Felix Raphael Wigley	(7.2)	34 Nett

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

<b>Best Gross</b>	Mr. Man Wai Shing Eric	(17.2)	86 Gross
<b>Winner</b>	Mr. Tan Kian Huat Albert	(22.9)	64 Nett
<b>Runner Up</b>	Mr. Jon Han Pek Kwang	(22.9)	65 Nett

#### Ballsweep (1st Nine)

<b>Winner</b>	Mr. Koh Tiam Huat William	(18.9)	30 Nett
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#### Ballsweep (2nd Nine)

<b>Winner</b>	Mr. Tan Kian Huat Albert	(22.9)	31 Nett
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#### LADIES 'B' DIVISION (H'CAP 18.5 - 36.9)

<b>Best Gross</b>	Ms. Poh Lay Guat	(20.8)	93 Gross
<b>Winner</b>	Ms. Teow Bee Kim	(25.3)	69 Nett
<b>Runner Up</b>	Ms. Ng Siow Hoon Shirley	(26.5)	71 Nett

#### Ballsweep (1st Nine)

<b>Winner</b>	Ms. Ng Siow Hoon Shirley	(26.5)	31 Nett
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#### Ballsweep (2nd Nine)

<b>Winner</b>	Ms. Poh Lay Guat	(20.8)	31 Nett
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#### MEN'S 'B' DIVISION (H'CAP 11.5 - 16.0)

<b>Best Gross</b>	Mr. C Mohan	(12.2)	78 Gross
<b>Winner</b>	Mr. Lee Hin Hooi	(15.6)	62 Nett
<b>Runner Up</b>	Mr. Lem Kok Chan Emmanuel	(12.1)	69 Nett

#### Ballsweep (1st Nine)

<b>Joint Winners</b>	Mr. Lee Hin Hooi	(15.6)	32 Nett
	Mr. C Mohan	(12.2)	32 Nett

#### Ballsweep (2nd Nine)

<b>Winner</b>	Mr. Lee Hin Hooi	(15.6)	30 Nett
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#### LADIES 'A' DIVISION (H'CAP 18.4 & BELOW)

<b>Best Gross</b>	Ms. Jean Chan	(10.5)	88 Gross OCB
<b>Winner</b>	Ms. Tan Yng Jia	(18.2)	69 Nett
<b>Runner Up</b>	Ms. Miniandy Vijayal	(17.6)	72 Nett OCB

#### Ballsweep (1st Nine)

<b>Winner</b>	Ms. Quek Lee Tiam Judy	(14.1)	34 Nett
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#### Ballsweep (2nd Nine)

<b>Winner</b>	Ms. Tan Yng Jia	(18.2)	32 Nett
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# JUNE 2019 MONTHLY MEDAL RESULTS

## STABLEFORD (8 JUNE 2019)



### ARANDA / VANDA

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

<b>Winner</b>	Mr. E Maaran	(9.8)	38 PTS
<b>1st Runner Up</b>	Mr. Amit Gulati	(8.4)	37 PTS
<b>2nd Runner Up</b>	Mr. Xue Sheng Nian	(9.1)	36 PTS OCB

#### Ballsweep (1st Nine)

<b>Joint Winners</b>	Mr. Daryl Low	(0.6)	19 PTS
	Mr. Amit Gulati	(8.4)	19 PTS

#### Ballsweep (2nd Nine)

<b>Joint Winners</b>	Mr. Xue Sheng Nian	(9.1)	20 PTS
	Mr. E Maaran	(9.8)	20 PTS

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

<b>Winner</b>	Mr. Koh Tiam Huat William	(16.7)	39 PTS
<b>1st Runner Up</b>	Mr. Chin Kwee Yuen	(18.6)	38 PTS OCB
<b>2nd Runner Up</b>	Mr. Lim Kim Moh Justin	(18.7)	38 PTS

#### Ballsweep (1st Nine)

<b>Joint Winners</b>	Mr. Jon Han Pek Kwang	(17.8)	20 PTS
	Mr. Lim Kim Moh Justin	(18.7)	20 PTS

#### Ballsweep (2nd Nine)

<b>Winner</b>	Mr. Koh Tiam Huat William	(16.7)	22 PTS
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#### LADIES 'B' DIVISION (H'CAP 18.5 - 36.9)

<b>Winner</b>	Ms. Koh Lay Choo Susan	(26.2)	35 PTS
<b>1st Runner Up</b>	Ms. Janis Han Guiqing	(19.6)	34 PTS
<b>2nd Runner Up</b>	Ms. Ng Siow Hoon Shirley	(26.2)	32 PTS

#### Ballsweep (1st Nine)

<b>Winner</b>	Ms. Koh Lay Choo Susan	(26.2)	20 PTS
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#### Ballsweep (2nd Nine)

<b>Winner</b>	Ms. Janis Han Guiqing	(19.6)	18 PTS
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#### MEN'S 'B' DIVISION (H'CAP 11.5 - 16.0)

<b>Winner</b>	Mr. Teo Yong Tat Philip	(13.1)	40 PTS
<b>1st Runner Up</b>	Mr. Huang Cheng Te	(12.6)	39 PTS
<b>2nd Runner Up</b>	Mr. Toh Chye Soon	(12.6)	37 PTS

#### Ballsweep (1st Nine)

<b>Winner</b>	Mr. Teo Yong Tat Philip	(13.1)	21 PTS
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#### Ballsweep (2nd Nine)

<b>Winner</b>	Mr. Thirunavukarasu S	(14.1)	22 PTS
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#### LADIES 'A' DIVISION (H'CAP 18.4 & BELOW)

<b>Winner</b>	Ms. Miniandy Vijayal	(17.5)	35 PTS
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#### Ballsweep (1st Nine)

<b>Joint Winners</b>	Ms. Han Fong Yau	(9.5)	17 PTS
	Ms. Miniandy Vijayal	(17.5)	17 PTS

#### Ballsweep (2nd Nine)

<b>Winner</b>	Ms. Miniandy Vijayal	(17.5)	18 PTS
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# 3 TIPS TO STOP YOUR SLICE!

## What is a Slice?

Assuming one is a right-handed golfer, a slice is the curving of a golf ball from left to right when it is hit. This is undesirable as it will affect your performance. Here are three tips that will help you to get rid of that unwanted slice!

### Tip 1 - Grip

Golfers who struggle with slice shots will often find that their left hand is too far underneath the club at address position. This inevitably opens the club face and contributes to a slice.

#### SOLUTION

To combat this issue, rotate your left-hand grip clockwise until you can see three knuckles.

This is a stronger grip, which will enable you to square up the club face better through the point of impact, and also help eliminate your slice.

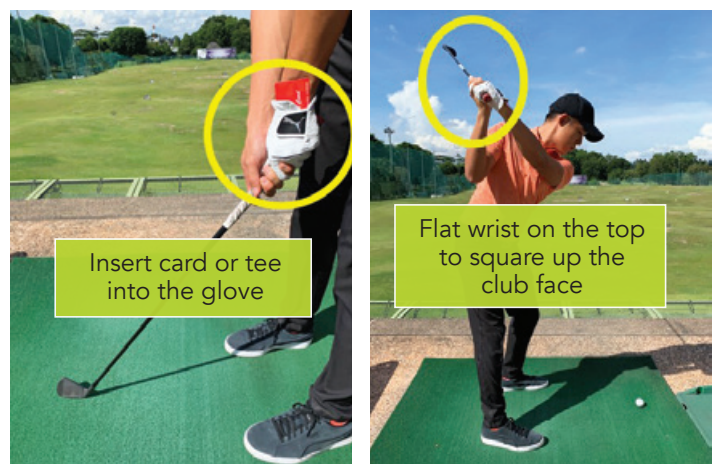


### Tip 2 - Backswing

**Set it up correctly at the top of the backswing!** Always remember that club face is king when it comes to a hook or, in this case, a slice. When you hit a slice, it is simply because the club face is open at impact! Setting the club face at the right position on the top of the back swing will help you hit it straighter.

#### SOLUTION

Insert a card or a tee into the top part of the glove leaving half of it sticking out and touching your wrist. This helps to prevent your wrist from extending too much at the top of the back swing. Having a flat lead wrist at the top of your swing will cause the club face to square up which will give you a better chance of getting a square impact.



### Tip 3 - Swing Path

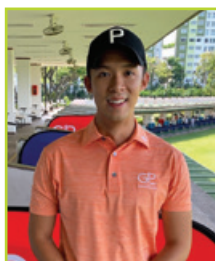
**Getting on the RIGHT path!** Most players who struggle with slices tend to swing it from the "outside to inside", and trying to swing it "in to out" is easier said than done! Here is a drill that can help you achieve a better swing path.

#### SOLUTION

Take two alignment sticks, align them slightly to the right of your target and place your golf ball in between. On the downswing, the club should travel in between the two alignment sticks and out to the right of the target, thus ensuring an "in to out" swing.



Yellow alignment stick is aligned to the target while the two red alignment sticks are aligned slightly to the right of the target.



Article contributed by

**Brandon Lee**

**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**.

# OCC LADIES' OPEN 2019



# Back to the 60's

**TUESDAY,  
13 AUGUST  
2019**

## FORMAT OF PLAY & DIVISIONS\*:

### Premier Division:

HI 9.4 & below (Strokeplay)

### A Division:

HI 9.5 – 18.4 (Strokeplay)

### B Division:

HI 18.5 – 27.4 (Strokeplay)

### C Division:

HI 27.5 – 30.7 (Stableford)

## HOLE-IN-ONE PRIZES

### Sponsored by

- **MST Golf** - TaylorMade M6 Ladies Full Set (Asian Spec)
- **Natural Cool Holdings Ltd** - Mitsubishi Electric System 3
- **SLGA** - S\$1,000 Cash

## ENTRY FEES:

**\$148 nett** (Gold Member)

**\$188 nett** (Weekday Term & Silver Member)

**\$198 nett** (Corporate Union & Affiliate/MGK Member)

**\$228 nett** (Guest)

**Register by :** Monday, 15 July 2019

**Practice round :** Monday, 29 July 2019

(**\$100 nett** inclusive of Green and Buggy Fees for Guests)

\*The Organising Committee reserves the right to adjust the Handicap Index (HI) range for each division. Other T&Cs apply.

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

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

## SPONSORS

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Everything Golf

**Natural Cool Holdings Limited**



# NATIONAL DAY GOLF

FRI, 9 AUG, 2019

**Time:** 7:45am (Shotgun Start)  
**Format of Play:** 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 Member)  
\$80 (Affiliate Member)  
\$90 (WTGM)  
**Buggy Fee:** \$25  
**Registration Opens:** Monday, 8 July 2019  
**Closing Date:** Friday, 26 July 2019

All fees are subject to prevailing GST and include registration, lunch & free flow of beer.

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



## Golf Challenge

Sat, 5 Oct 2019

**Time:** 1:30pm (Shotgun Start)  
**Eligibility:** Gold, Silver, Union/NTUC Member and Guest  
**Entrance Fees:** \$78 (Gold) \$168 (Union/NTUC Member)  
\$148 (Silver) \$268 (Guest)  
No Balloting required for this Event

**Registration Opens:** Mon, 15 Jul 2019

**Closing Date:** Wed, 25 Sep 2019

Fees include green fee, buggy fee, lunch, dine-in buffet dinner ticket and are subject to prevailing GST. Terms & conditions apply.

### NOVELTY EVENTS

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

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

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



### Oktoberfest Asian Edition

#### Oktoberfest Dinner

Revel in a night of entertainment with **free-flow beer** after your golf game!

**COMPLIMENTARY**  
OCC Oktoberfest Asian Edition Beer Mug\* and \$30 Himawari Japanese Restaurant Voucher\*

\*while stocks last





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**It is that simple**

\*Terms and Conditions Apply



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#01-17, Singapore 080333

(65) 9633 9086

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# JULY

## KEY EVENTS FOR JULY

- Golf Monthly Medal **Sat, 13 Jul 2019**
- Secretary-General's Cup **Sun, 14 Jul 2019**
- 6th OCC-ACC Bowling Championship **Sun, 14 Jul 2019**
- Nee Soon FUNtARTstic Fiesta 3Ten Run **Sat, 27 Jul 2019**

Mon	Tue	Wed	Thu	Fri	Sat	Sun	
<p><b>1</b></p> <ul style="list-style-type: none"> <li>• Sim Han Hoon Dance Class</li> <li>• Barre-less Barre</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>• SIG - Orchid Bulls</li> <li>• Pilates</li> <li>• Kickboxing <b>*CGE</b></li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>• Sim Han Hoon Dance Class</li> <li>• Functional Training</li> <li>• Zumba Gold</li> <li>• Zumba Fitness</li> <li>• Tennis Night</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>• Sim Han Hoon Dance Class</li> <li>• SIG - Orchid Bulls</li> <li>• Karaoke Night <b>*CGE</b></li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>• 3Ten Run 2019 Training Run</li> <li>• Social Dance Night</li> <li>• Taekwondo</li> <li>• Kickboxing</li> <li>• Tabata H2O <b>*CGE</b></li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>• Honey Health Talk</li> <li>• Social Dance Night</li> <li>• SIG - OCC Black 8</li> <li>• SIG - OCC Bowling</li> <li>• Tennis</li> <li>• Yoga</li> <li>• Aikido</li> <li>• Functional Training</li> <li>• OCC-U Golf 9-hole Night Series</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>• Pilates</li> <li>• Karate</li> <li>• Kickboxing</li> <li>• Cardio Sculpt</li> </ul>	
<p><b>8</b></p> <ul style="list-style-type: none"> <li>• Sim Han Hoon Dance Class</li> <li>• Barre-less Barre <b>*CGE</b></li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>• SIG - Orchid Bulls</li> <li>• Pilates</li> <li>• Kickboxing <b>*CGE</b></li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>• Sim Han Hoon Dance Class</li> <li>• Functional Training</li> <li>• Zumba Gold</li> <li>• Zumba Fitness</li> <li>• Tennis Night <b>*CGE</b></li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>• Rummy-O</li> <li>• Karaoke Night <b>*CGE</b></li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>• 3Ten Run 2019 Training Run</li> <li>• Social Dance Night</li> <li>• Taekwondo</li> <li>• Kickboxing</li> <li>• Tabata H2O <b>*CGE</b></li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>• Golf Monthly Medal</li> <li>• 3Ten Run Race Entry Pack Collection</li> <li>• Social Sat: Eyebags Facelift Workshop</li> <li>• 1 Day Durian Trip to JB</li> <li>• Social Dance Night</li> <li>• SIG - OCC Black 8</li> <li>• SIG - OCC Bowling</li> <li>• Tennis</li> <li>• Yoga</li> <li>• Aikido</li> <li>• Functional Training</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>• Secretary-General's Cup</li> <li>• 6th OCC-ACC Bowling Championship</li> <li>• 3Ten Run Race Entry Pack Collection</li> <li>• Pilates</li> <li>• Karate</li> <li>• Kickboxing</li> <li>• Cardio Sculpt</li> </ul> 	
<p><b>15</b></p> <ul style="list-style-type: none"> <li>• Sim Han Hoon Dance Class</li> <li>• Barre-less Barre</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>• SIG - Orchid Bulls</li> <li>• Pilates</li> <li>• Kickboxing <b>*CGE</b></li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>• Sim Han Hoon Dance Class</li> <li>• Functional Training</li> <li>• Zumba Gold</li> <li>• Zumba Fitness</li> <li>• Tennis Night <b>*CGE</b></li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>• Sim Han Hoon Dance Class</li> <li>• SIG - Orchid Bulls</li> <li>• Karaoke Night <b>*CGE</b></li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>• 3Ten Run 2019 Training Run</li> <li>• Social Dance Night</li> <li>• Taekwondo</li> <li>• Kickboxing</li> <li>• Tabata H2O <b>*CGE</b></li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>• Line Dancing Night</li> <li>• SIG - OCC Black 8</li> <li>• SIG - OCC Bowling</li> <li>• Tennis</li> <li>• Yoga</li> <li>• Aikido</li> <li>• Functional Training</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>• Pilates</li> <li>• Karate</li> <li>• Kickboxing</li> <li>• Cardio Sculpt</li> </ul>	
<p><b>22</b></p> <ul style="list-style-type: none"> <li>• Sim Han Hoon Dance Class</li> <li>• Barre-less Barre</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>• SIG - Orchid Bulls</li> <li>• Pilates</li> <li>• Kickboxing <b>*CGE</b></li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>• Sim Han Hoon Dance Class</li> <li>• Functional Training</li> <li>• Zumba Gold</li> <li>• Zumba Fitness</li> <li>• Tennis Night</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>• Sim Han Hoon Dance Class</li> <li>• SIG - Orchid Bulls</li> <li>• Karaoke Night <b>*CGE</b></li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>• Social Dance Night</li> <li>• Taekwondo</li> <li>• Kickboxing</li> <li>• Tabata H2O <b>*CGE</b></li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>• Nee Soon FUNtARTstic Fiesta 3Ten Run</li> <li>• Social Dance Night</li> <li>• SIG - OCC Black 8</li> <li>• SIG - OCC Bowling</li> <li>• Tennis</li> <li>• Yoga</li> <li>• Aikido</li> <li>• Functional Training</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>• Health Talk on Cellular Therapy</li> <li>• Pilates</li> <li>• Karate</li> <li>• Kickboxing</li> <li>• Cardio Sculpt</li> </ul>	
<p><b>29</b></p> <ul style="list-style-type: none"> <li>• Sim Han Hoon Dance Class</li> <li>• Barre-less Barre</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>• Scratch-It-To-Win-It</li> <li>• Pilates</li> <li>• Kickboxing</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>• Sim Han Hoon Dance Class</li> <li>• Functional Training</li> <li>• Zumba Gold</li> <li>• Zumba Fitness</li> <li>• Tennis Night</li> </ul>	<p><b>Legend:</b></p> <p><b>*CGE</b> - Corporate Golf Events</p>				

# KEY EVENTS FOR AUGUST

- **Urban Aquathlon** Sat, 3 Aug 2019
- **National Day Golf** Fri, 9 Aug 2019
- **Golf Monthly Medal** Sat, 10 Aug 2019
- **OCC Ladies' Open 2019** Tue, 13 Aug 2019
- **August Ball** Sat, 17 Aug 2019
- **Bowling Monthly Medal** Sat, 24 Aug 2019



Mon	Tue	Wed	Thu	Fri	Sat	Sun
			<b>1</b> <ul style="list-style-type: none"> <li>• Sim Han Hoon Dance Class</li> <li>• SIG - Orchid Bulls</li> <li>• Karaoke Night</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• Social Dance Night</li> <li>• Taekwondo</li> <li>• Kickboxing</li> <li>• Tabata H2O</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• <b>Urban Aquathlon</b></li> <li>• <b>Social Sat: Thermomix Cooking Class</b></li> <li>• Social Dance Night</li> <li>• SIG - OCC Black 8</li> <li>• SIG - OCC Bowling</li> <li>• Tennis</li> <li>• Yoga</li> <li>• Aikido</li> <li>• Functional Training</li> <li>• OCC-U Golf 9-hole Night Series</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• Pilates</li> <li>• Karate</li> <li>• Kickboxing</li> <li>• Cardio Sculpt</li> </ul>
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<b>12 PH</b> <ul style="list-style-type: none"> <li>• Barre-less Barre</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>• <b>OCC Ladies' Open 2019</b></li> <li>• SIG - Orchid Bulls</li> <li>• Pilates</li> <li>• Kickboxing</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>• Sim Han Hoon Dance Class</li> <li>• Functional Training</li> <li>• Zumba Gold</li> <li>• Zumba Fitness</li> <li>• Tennis Night</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>• Sim Han Hoon Dance Class</li> <li>• SIG - Orchid Bulls</li> <li>• Karaoke Night</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>• <b>Eye Care Talk</b></li> <li>• Social Dance Night</li> <li>• Taekwondo</li> <li>• Kickboxing</li> <li>• Tabata H2O</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• <b>August Ball</b></li> <li>• Line Dancing Night</li> <li>• SIG - OCC Black 8</li> <li>• SIG - OCC Bowling</li> <li>• Tennis</li> <li>• Yoga</li> <li>• Aikido</li> <li>• Functional Training</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• Pilates</li> <li>• Karate</li> <li>• Kickboxing</li> <li>• Cardio Sculpt</li> </ul>
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# OCC SOCIAL & RECREATION WEEKLY PROGRAMMES

## DANCE



**Social Dance Nights**  
**Aranda Lounge**  
 7:30pm to 1:00am  
 Every Fri and Sat



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

## MARTIAL ARTS



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

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

**Aikido (Adults & Kids)**  
**Lifestyle Studio**  
 Sat, 3:00pm to 4:15pm

**Kickboxing**  
**Lifestyle Studio**  
 Tue, 7:30pm to 8:30pm  
 Fri, 12:00pm to 1:00pm  
 Sun, 3:00pm to 4:00pm

## FITNESS



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



**Zumba Fitness**  
**Lifestyle Studio**  
 Wed, 7:00pm to 8:00pm

**Pilates**  
**Lifestyle Studio**  
 Tue, 7:30pm to 8:30pm  
 Sun, 3:00pm to 4:00pm

**Zumba Gold \***  
**Lifestyle Studio**  
 Wed, 8:00pm to 9:00pm

**Functional Training**  
**Lifestyle Studio**  
 Wed, 7:00pm to 8:00pm  
 Sat, 10:00am to 11:00am

**Cardio Sculpt** **Lifestyle Studio**  
 Sun, 2:00pm to 3:00pm

**Barre-less Barre** **Lifestyle Studio**  
 Mon, 7:30pm to 8:30pm

## RECREATION



**Karaoke Night \***  
**Aranda Lounge**  
 Thu, 12:00pm to 11:00pm



**OCC Social Saturday**  
**Aranda Lounge**  
 10:00am to 12:00pm  
 13 Jul & 3 Aug



**Scratch-It-To-Win-It Night \***  
**Aranda Lounge**  
 7:00pm to 10:00pm  
 30 Jul & 27 Aug



**SIG - Rummy-O\***  
**Aranda Lounge**  
 7:00pm to 9:30pm  
 11 Jul & 8 Aug

## SPORTS

**SIG - Black 8 (Pool)**  
**Aranda Lounge**  
**OCC Black 8 Training**  
 Sat, 3:00pm to 6:00pm  
**Bi-Monthly Cue Challenge**  
 Last Monday of Odd Months,  
 7:00pm onwards

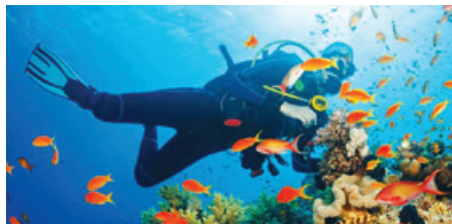
**SIG - Bowling**  
**Orchid Bowl**  
 Sat, 3:00pm to 6:00pm

**Bowling Monthly Medal**  
**Orchid Bowl**  
 2nd Saturday of the Month  
 (subject to change)

**SIG - Orchid Bulls (Darts)**  
**Aranda Lounge**  
 Tue, 8:00pm to 10:00pm  
 Thu, 8:00pm to 10:00pm



**SITA (Tennis)**  
**Tennis Court**  
 Sat, 7:00am to 11:00am



**Simply Scuba (Scuba Diving)**  
**Olympic Pool**  
 Mon to Fri, 9:00am to 5:00pm  
 Sat and Sun, 12:00pm to 5:00pm



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



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



**SpeediSwim (Tabata H2O)**  
**Olympic Pool**  
 Fri, 7:30pm to 8:30pm

\* 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)



A Peek Into

# LIFESTYLE



## Upcoming S&R Events

**SOCIAL SATURDAY - EYEBAGS FACELIFT BEAUTY WORKSHOP**

Sat, 13 Jul 2019

**1 DAY DURIAN TRIP TO JB (ACC)**

Sat, 13 Jul 2019

**6TH OCC-ACC BOWLING CHAMPIONSHIP**

Sun, 14 Jul 2019

**NEE SOON FUNTARTSTIC FIESTA 3TEN RUN**

Sat, 27 Jul 2019

**HEALTH TALK ON CELLULAR THERAPY (ACC)**

Sun, 28 Jul 2019

**URBAN AQUATHLON**

Sat, 3 Aug 2019

**SOCIAL SATURDAY - THERMOMIX COOKING CLASS**

Sat, 3 Aug 2019

**3D2N GENTING TRIP (ACC)**

Fri - Sun, 9 - 11 Aug 2019

**COMMON EYE DISEASE & PREVENTIVE EYE CARE TALK**

Fri, 16 Aug 2019

**AUGUST BALL**

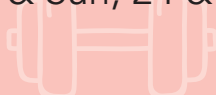
Sat, 17 Aug 2019

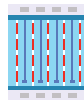
**BOWLING MONTHLY MEDAL**

Sat, 24 Aug 2019

**2D1N BENTONG TOUR (ACC)**

Sat & Sun, 24 & 25 Aug 2019





# 28TH SUPER SPRINT SERIES - PRIMARY, SECONDARY AND TERTIARY EDITION

Saturday,  
1 June 2019

The 28th Super Sprint Series introduced the very first edition of OCC's quarterly swim meet organised exclusively for juniors of ages seven to 21 years old. 180 potential swimmers from over 15 swimming clubs and schools gathered at the Olympic pool for

an afternoon of splashing fun! In a display of energetic strokes, young swimmers showed off their swimming skills while families and friends gave their support for them with relentless cheers. Kudos to all participants, officials and staff for making this event a success!



Head of S&R, Toh Poh Kuan (right) giving out the prizes.



# SSTA RESCUE 2019

Saturday,  
11 May 2019

Making its grand debut at the Club's Olympic pool was the SSTA Rescue Lifesaving Competition. Sixty-six sport lifesavers from polytechnic, university and lifesaving teams gathered to showcase their lifesaving skills and physical endurance in the pool. A total of eight lifesaving events were contested, including the 4 x 50m mixed pool lifesaver relay. Participants competed in events that simulated real life emergencies, ranging from obstacle swim to donning of fins and rescue tubes. Great job to all sport lifesavers and winners!



Head of S&R, Toh Poh Kuan (1st from right), with the winners of the event.



# SCRATCH-IT-TO-WIN-IT NIGHT

Tuesdays,  
30 April & 28 May 2019

In April and May, 69 and 70 members gathered at the Aranda Lounge for the Scratch-It-To-Win-It Night event. Participants had a test of their luck while engaging in the intense "Bingo Night" games. The night was filled with laughter and excitement, and many members bagged attractive prizes. Congratulations to all winners!



Lucky Draw 1st Prize Winner for April, Mr. Soh Keng Hwa (right).



Lucky Draw 1st Prize Winner for May, Mr. Chun Chiaw Hong (right).



# BIRD NEST HEALTH TALK

Saturday,  
27 April 2019

Thirty-four OCC and ACC members sat in for a health talk to learn more about the nutritional composition of bird nest and its benefits. Members were also taught by the speaker on how to identify good quality bird nest, with a live cooking demonstration to end off the session. Everyone was seen with big smiles as they went home with their greatest takeaway – a bottle of freshly steamed bird nest!



# SOCIAL SATURDAY – SKIN CARE WORKSHOP

Saturday,  
20 April 2019



When you look good, you feel good; and your overall well-being improves. April's edition of Social Saturday incorporates a wellness concept where the Mary Kay team shared with members strategies and basic methods of taking care of their skin. After an interactive and engaging talk, the members had a hands-on session and personally tried out various skin care products. It was indeed a refreshing and rejuvenating session!





# SOCIAL SATURDAY – MAKE-UP WORKSHOP

Saturday,  
4 May 2019

This May, the Mary Kay team was back for a Mother's Day special edition of Social Saturday. Members got to learn beauty tips, different styles of make-up and the art of applying these styles with a hands-on session. Thank you to all who attended and we hope you walked away looking glamorous and beautiful! Wishing all mums a very 'Happy Mother's Day'!



# SOCIAL SATURDAY – SHEPHERD'S PIE MAKE AND BAKE

Saturday,  
8 June 2019



For Father's Day Special in June, Chef Lim from Bud of Joy was back to conduct a Shepherd's Pie baking session. Members not only got to master a new recipe but also fed their inner foodie. Emulating the steps taught one by one, everyone had a fun time learning to make meaty and savoury Shepherd pies for their deserving Dads. The session ended with members trying out their own buttery Shepherd's pie brimming with meat and hot mashed potatoes. It was indeed the ultimate comfort food that delivered perfection in every bite and smiles to everyone's faces!



# 25TH INTER-CLUB BOWLING MIXED LEAGUE 2019 (ROUND 1, FINAL GAME)



Thursday,  
30 May 2019

OCC was delighted to be the host for the 25th Adult Inter-Club Bowling Mixed League as it rolled into the final game of Round 1. With a buffet dinner to start off the night, everyone was energised and geared up for the game. A total of 12 OCC and 8 ACC members participated as a team in this year's League. The match ensued after the bowlers had their practice rolls, and a great fight was put up for the night. We wish all bowlers the best of luck for subsequent games in the two upcoming Rounds!



OCC & ACC bowlers with OCC Bowling Convenor, Mary Tan (5th from left), ACC GM, Toh Poh Kuan (6th from left), and ACC Bowling Convenor, Jimmy Teng (3rd from right).



## MAY & JUNE OCC & ACC BOWLING MEDALS

Saturdays,  
11 May & 8 June 2019

Twenty and 21 passionate OCC and ACC bowlers gathered in May and June respectively for the Bowling Medals. Bowlers from the Bowling SIG competed against each other in a friendly competition with display of sportsmanship. Congratulations to the winners and a big 'thank you' to all participants!



May Bowling Medal



OCC Bowling Convenor, Mary Tan (right) with Winner of May Bowling Medal, Toh Kay Seng (left).



Winner of June Bowling Medal, Jeremiah Tan (left).



June Bowling Medal

# DARTS SIG FRIENDLY MATCH WITH THE TANGLIN CLUB

Saturday,  
11 May 2019



Years of friendship continues to blossom with The Tanglin Club playing host to OCC Darters for a friendly dart match. Participants put their dart skills to the test as they battled in a few rounds of enthralling games. Everyone was in high spirits and great camaraderie was displayed among the darters that day. *Darts the way we like it!*



Our OCC Darters!

## OCC BOWLING SIG RECRUITMENT DRIVE

Every Second Saturday of Each Month\*

Time: 3pm

Venue: Orchid Bowl @ OCC

Selection Trial Format of Play: 3 Rounds Singles of Ten Pin Bowling

Enjoy the excitement of strikes, spares and splits?

Join^ our Bowling SIG for FREE and enjoy exclusive member's privileges:

- ☆ Welcome Gift (bowling vouchers)
- ☆ Free weekly bowling training
- ☆ Exciting monthly competitions & Festive Bowls
- ☆ Opportunity to represent Club in competitions & friendly matches (subject to selection)

\*Dates are subject to change

^ Holds a valid OCC membership. Average score of 100 per game during selection trial

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

# FITNESS PROGRAMMES

## AIKIDO

Our Aikido classes are conducted by Aikido Shinju-Kai, officially recognised by Japan's Aikido World Headquarters. The art of Aikido helps to de-stress, improve health, and build confidence and character. Discover and understand your true self while learning subtle, smooth and circular movements for practical self-defence.



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

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

## KICKBOXING

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



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

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

## CARDIO SCULPT

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



**Day & Time:** Every Sunday, 10am to 11am  
**Venue:** Lifestyle Studio  
**Fee\*:** \$100 (OCC/ACC Member)  
 \$105 (NTUC Member)  
 \$110 (Guest)

\*Fees are for 8 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

## 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

## 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

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

# LOWER BODY STRENGTH EXERCISES FOR RUNNERS

Include these 4 drills in your training programme to develop functional strength and stability for your runs!

## 1. STEP UP TO KNEE DRIVE 3 - 4 SETS, 10 REPS (EACH SIDE)



While running, one hip flexes while the other extends. Use a pair of dumbbells and step board/bench to step up and strengthen your hip flexors and leg muscles.



## 2. NORDIC CURL ECCENTRICS 3 - 4 SETS, 5 REPS (LOWER DOWN SLOWLY)



The hamstrings go through a lot of eccentric/lengthening stress while running. This exercise is a great way to prepare your legs for those forces.



## 3. LATERAL TO CURTSY LUNGE 3 - 4 SETS, 8 REPS (EACH SIDE)



Runners run predominantly in a straight line. This hybrid exercise incorporates a multi-planar movement that targets and strengthens your hip flexors and groin.



## 4. REVERSE LUNGE TO SINGLE LEG DEADLIFT 3 - 4 SETS, 8 REPS (EACH SIDE)



This compound exercise targets all the key muscles (hamstrings, quads, glutes, hips) required for optimal running while working on stability and coordination.



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

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

# 27 JUL 2019, SAT | 5.30PM

## ORCHID COUNTRY CLUB



**REGISTER NOW!**

**TO REGISTER, VISIT**  
**WWW.3TENRUN.COM** OR  
**OCC SPORTS COUNTER**  
**(NEAR TO OLYMPIC POOL).**

### SINGAPORE'S ONLY NIGHT GOLF COURSE RUN

CATEGORIES	<b>NEW</b> 10KM	10KM	5KM	1.5KM	
	MIXED TEAM CHALLENGE (4 per team)	INDIVIDUAL OPEN	FUN RUN	1 ADULT + 1 KID (min. 2 pax)	ADDITIONAL ADULT OR KID
ORCHID COUNTRY CLUB / ARANDA COUNTRY CLUB MEMBERS / NEE SOON GRC RESIDENTS	\$160	\$40	\$30	\$40	\$15
PAssion / NTUC / UNION MEMBERS	\$200	\$50	\$40	\$50	\$20
PUBLIC	\$240	\$60	\$50	\$60	\$20

Fees are inclusive of prevailing GST.

### PACKAGE INCLUDE:

(Race Tee, Personalised Race Bib, Finisher Medal, Towel, Race Pack with Sponsors Goodies & Fiesta Tickets)

FOR ENQUIRIES, CALL **6750 2122** OR EMAIL [3TENRUN@ORCHIDCLUB.COM](mailto:3TENRUN@ORCHIDCLUB.COM)

**SIGN UP NOW AT**  
**WWW.3TENRUN.COM**

RACE OWNER:



PARTNERS:





# AUGUST BALL 2019

**17 AUG 2019, SAT**  
**GRAND BALLROOM, 7PM - 12MN**



**\$78 (OCC / ACC MEMBER)**

**\$88 (NTUC MEMBER)**

**\$108 (GUEST)**

**FEES ARE INCLUSIVE OF PREVAILING GST.**



**Theme: Colours of the Rainbow**  
**Registration Starts: 6pm**  
**Closing Date: 4 Aug 2019, Sun**





# Oktoberfest Asian Edition

**Sat, 5 Oct 2019 (6.30pm - 10pm)**  
**Patio next to Vanda Terrace**

## Buffet Dinner with Free-flow beer\*^

\$50 nett (OCC / ACC Member)

\$60 nett (Union / NTUC Member)

\$70 nett (Guest)

\$28 nett (Child: 5 - 12 Years Old)

## Registration Opens

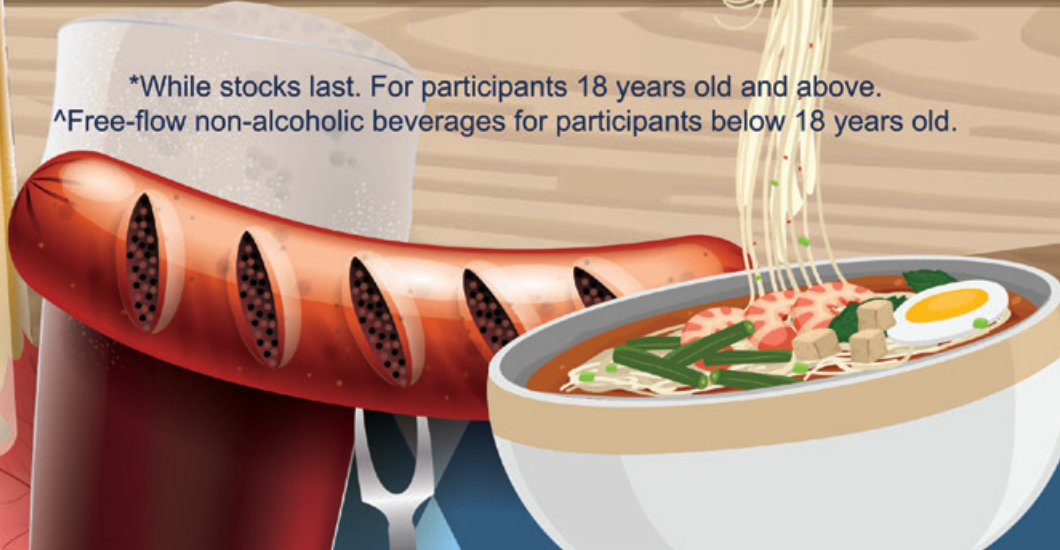
**Mon, 1 Jul 2019**

\*While stocks last. For participants 18 years old and above.

^Free-flow non-alcoholic beverages for participants below 18 years old.

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

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



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



# UPCOMING OCC EVENTS

## Social Saturday – Eyebags Facelift Beauty Workshop



Are the stresses of daily life taking a toll on your face, complexion and eyes? Learn how to rejuvenate your facial complexion and get a radiant facelift at this workshop. Join us and regain your youthful self!

**Date:** Sat, 13 Jul 2019  
**Time:** 10am – 12pm  
**Venue:** Aranda Lounge  
**Fee:** Free (Member)  
 \$8+ (Member's Guest)

Fee is subject to prevailing GST.

## Social Saturday – Thermomix Cooking Class



Are you a busy mum who simply has no time to cook? Fret not! In this cooking class, you will learn how to use 'Thermomix' – an innovative kitchen appliance to cook wholesome meals quickly without compromising on taste. Whip up a storm in the kitchen as you explore endless possibilities with Thermomix. Being a MasterChef at home has never been this simple!

**Date:** Sat, 3 Aug 2019  
**Time:** 10am – 12pm  
**Venue:** Aranda Lounge  
**Fee:** Free (Member)  
 \$8+ (Member's Guest)

Fee is subject to prevailing GST.

## Rummy-O



As one of the world's most popular games, Rummy-O requires a balance of strategy and luck, making it easy to learn and exciting to play. Each player stands to win attractive prizes!

**Date:** Thu, 11 Jul & 8 Aug 2019  
**Time:** 7pm – 9.30pm  
**Venue:** Aranda Lounge

Exclusive and complimentary to all OCC Members! New players are welcome.

## Scratch-It-To-Win-It Night

Join us for our monthly Scratch-It-To-Win-It and stand a chance to win a variety of prizes! Each winner draws from a mystery bag to win one of the displayed prizes. Drawing a wild card entitles you to choose the prize you want!



**Date:** Tue, 30 Jul & 27 Aug 2019  
**Time:** 6.30pm – 10pm  
**Venue:** Aranda Lounge

Exclusive and complimentary to all OCC Members! New players are welcome.

# UPCOMING ACC EVENTS

Extended To OCC Members

JULY



## WORKSHOP ON EFFECTIVE COMMUNICATION WITH CHILDREN

As parents, we need to be role models for our children - and this begins with good communication. Join us for an engaging and interactive workshop, where we will discuss strategies for managing and communicating with your little ones!

**Date:** Sat, 6 Jul 2019  
**Time:** 2pm - 4pm  
**Venue:** Tulip Room (2nd Level, Clubhouse)  
**Fee:** Free (OCC/ACC Member)  
 \$2 (Union Member)  
 \$6 (Guest)  
**Min Pax:** 10 persons  
**Closing Date:** Thu, 4 Jul 2019



## GARDEN PARTY AT ACC

It's that time of the year again, the "Fruit of the Harvest Garden Feasting" season! Members of the harvest garden project, the hard work we've put into harvesting fruits and vegetables has paid off. Now, it's time to feast on your planted labour. Everyone is invited to share the food, fun and bonding.

**Date:** Sat, 20 Jul 2019  
**Time:** 12pm - 2pm  
**Venue:** Executive Suite  
**Fee\*:** \$5 (OCC/ACC Member)  
 \$6 (Union Member)  
 \$8 (Guest)  
**Min Pax:** 10 persons  
**Closing Date:** Sat, 13 Jul 2019

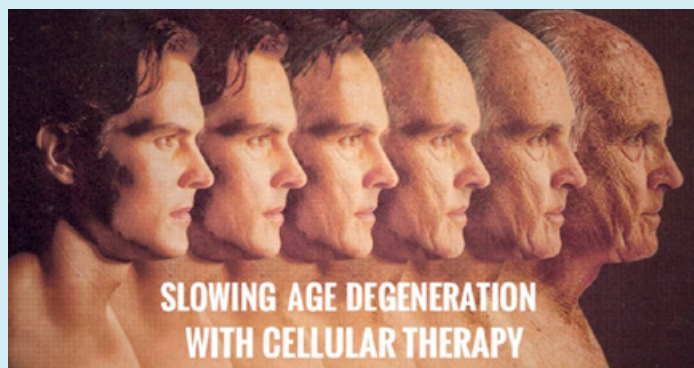
\*Light refreshment will be provided



## 1-DAY DURIAN TRIP TO JB

Take a day trip to Johor Bahru, Malaysia to savour a delicious durian buffet at Yong Peng! After that, we'll visit a local mall for an afternoon of shopping. Finally, a scrumptious seafood dinner awaits, before we head back to Singapore. Durian lovers, this is one trip you won't want to miss!

**Date:** Sat, 13 Jul 2019  
**Venue:** Assemble at ACC Lobby at 6:45am sharp  
**Fee:** \$90 (OCC/ACC Member)  
 \$95 (Union Member)  
 \$105 (Guest)  
**Min Pax:** 25 persons  
**Closing Date:** Sat, 6 Jul 2019



SLOWING AGE DEGENERATION  
WITH CELLULAR THERAPY

## HEALTH TALK ON CELLULAR THERAPY

According to experts, stress and environmental pollution are causing us to age prematurely. While aging is inevitable, we can slow down the aging process by living joyful and disease-free lives. In this talk, participants will discover how we can help the trillions of cells in our body to repair and regenerate healthily. You'll hear about cutting-edge cellular therapy and how it can turn around many degenerative conditions such as joint pain, fatigue, sexual dysfunction, old injuries and memory loss.

**Date:** Sun, 28 Jul 2019  
**Time:** 2pm - 4pm  
**Venue:** Tulip Room (2nd Level, Clubhouse)  
**Fee:** Free (OCC/ACC Member)  
 \$2 (Union Member)  
 \$6 (Guest)  
**Min Pax:** 10 persons  
**Closing Date:** Sun, 21 Jul 2019

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

# UPCOMING ACC EVENTS

Extended To OCC Members

## AUGUST



### ART & CRAFT RECYCLING WORKSHOP FOR KIDS

It's never too early to teach your kids the importance of saving our earth. In this workshop, children learn how recycled items can be recreated into beautiful handicrafts – such as decorating recycled bottles and turning them into lovely holders, then giving them away as lovely gifts.

**Date:** Sat, 3 Aug 2019  
**Time:** 12pm - 2pm  
**Venue:** Kids' Playroom  
**Fee\*:** \$10 (OCC/ACC Member's Child)  
 \$12 (Union Member's Child)  
 \$15 (Guest's Child)  
**Min Pax:** 10 persons  
**Closing Date:** Sat, 27 Jul 2019

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



### 3D2N GENTING TRIP

Perched on the peak of the magnificent Titiwangsa Mountains, Genting Highlands is one of the most popular holiday spots in Malaysia. This family-friendly destination is packed with activities – from shopping at the Premium Outlet mall to dining at restaurants, visiting the local Chin Swee Caves temple, and many more. This free and easy trip promises lots of fun for everyone, both young and old. Limited spaces are available, so book early!

**Date:** Fri - Sun, 9 - 11 Aug 2019  
**Venue:** Assemble at ACC Lobby at 6am sharp  
**Fee:** \$335 (OCC/ACC Member)  
 \$340 (Union Member)  
 \$350 (Guest)  
**Min Pax:** 25 persons  
**Closing Date:** Fri, 26 Jul 2019

### DIY SLIME WORKSHOP

Kids will love this gooey, hands-on DIY Slime Workshop. Encourage creative juices to flow as your young ones create slime in distinctive colours and patterns.



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

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



### 2D1N BENTONG TOUR

True adventure seekers will know the beauty and thrills that await at Bentong, Pahang in Malaysia. This trip brings adventurers to Chamang Waterfall, a majestic waterfall that appears to burst out from the mountains and into a fast-moving river – perfect for picnics and dips into the water. There are also opportunities to explore various farms, including those that specialise in goats, prawns, fishes and vegetables. Our group will also visit local Tofu Puff and Hakka Kuih factories as well. Reserve your seat early to avoid disappointment!

**Date:** Sat & Sun, 24 & 25 Aug 2019  
**Venue:** Assemble at ACC Lobby at 6am sharp  
**Fee\*:** \$300 (OCC/ACC Member)  
 \$275 (OCC/ACC Member's Child)  
 \$305 (Union Member)  
 \$280 (Union Member's Child)  
 \$315 (Guest)  
 \$295 (Guest's Child)  
**Min Pax:** 25 persons  
**Closing Date:** Sat, 10 Aug 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](mailto:linda.yeo@arandaclub.org.sg)**

# 29th SUPER SPRINT SERIES

Sat, 7 Sep 2019  
8am @ Olympic Pool

GET READY  
FOR AN  
EXHILARATING  
DAY OF  
WATER FUN!

**Age Group:**

- 6 years & under
- 7-8 years old
- 9-10 years old
- 11-12 years old
- 13-14 years old
- 15-16 years old
- 17-19 years old
- 20-29 years old
- 30-39 years old
- 40-49 years old
- 50 years & above

**Categories:**

- 50m Butterfly
- 50m Backstroke
- 50m Breaststroke
- 50m Freestyle

**Closing Date:**

Sun, 11 Aug 2019

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

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

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

## URBAN AQUATHLON 2019

OUR TAMPINES HUB

ORCHID COUNTRY CLUB

SAT, 3 AUG 2019 | 8:00AM - 12.00PM  
ORCHID COUNTRY CLUB (OCC)

OCC / ACC Member's Rates

- Masters (aged 40 & above)/  
Open (aged 16 to 40)  
100M Swim & 3KM Run **\$48**
- Junior (aged 6 to 16)  
100M Swim & 1KM Run **\$44**

- Shining Star - Individual  
(aged 6 & above)  
50M Swim & 500M Run **\$40**
- Buddy Relay  
400M Swim & 3KM Run **\$80**



[www.urbanaquathlon.com](http://www.urbanaquathlon.com)

To register, email: [info@ideas-room.com](mailto:info@ideas-room.com)

# 2D/1N WEEKDAY ESCAPE \$54 OFF

## 54<sup>TH</sup> NATIONAL DAY SPECIAL

This National Day, treat yourself to a relaxing short getaway at Orchid Country Club and enjoy an array of social and recreational facilities with your loved ones!

**Package Includes:**

- ☑ 2 Days/1 Night stay at OCC Hotel
- ☑ Four complimentary bowling vouchers
- ☑ One complimentary bottle of sparkling juice
- ☑ Complimentary use of the swimming pools, gym, and sauna
- ☑ Complimentary WiFi and parking

Terms & Conditions apply.

**DELUXE ROOM**

**\$146++**  
(U.P. \$200++)

**DELUXE FAMILY ROOM**

**\$196++**  
(U.P. \$250++)

WAIVER OF 10%  
SERVICE CHARGE  
FOR OCC  
MEMBERS!

**Valid from  
1 Aug to  
30 Sep 2019**

For enquiries and  
reservations, please call  
**OCC Hotel at 6750 2100**  
or email

[roomsales@orchidclub.com](mailto:roomsales@orchidclub.com).

## JULY & AUGUST 2019

# Promotions at Par Lounge



**National  
Day  
Special!**  
Valid in August only



**Kilkenny  
Draught \$9++**  
per can

(U.P. \$12++)

**Glenlivet 18yrs \$188++**  
per bottle

(U.P. \$295++)



**MARTELL VSOP**

**\$148++**  
per bottle

(U.P. \$170++)

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

# Engineered for true wireless, music, calls and sport. No strings attached

OCC members are entitled to exclusive discount prices when they purchase online at <http://www.rack85.com.sg/OCC-Run/>

\*Registration required with the Jabra Sound+ app



**Jabra** GN

## Jabra Elite Sport



Normal SRP : \$368

**OCC Members : \$288**

- Up to 4.5 hours battery, 13.5 hours charging case
- Superior sound quality for music and calls
- IP67 rating with a 3-year warranty against sweat and dust\*
- In-ear precision heart rate monitor to track, analyse your fitness

## Jabra Elite Active 65t



Normal SRP : \$298

**OCC Members : \$248**

- Up to 5 hours battery, 15 hours charging case
- Secure fitting earbuds that provide dependable in-ear stability
- IP56 rating with a 2-year warranty against sweat and dust\*
- True wireless stability reduce call and music drop-outs

## Jabra Elite 65t



Normal SRP : \$268

**OCC Members : \$218**

- Up to 5 hours battery, 15 hours charging case
- IP55 rated with 2-year dust warranty against water and dust\*
- Personalize your music with a customizable equalizer
- Superior sound with unique 4-microphone technology

Jabra, GN Audio is the official audio sponsor for 3Ten Run 2019

GN Making Life Sound Better



## Welcome to Hainan: Golf Heaven of China



Freedomhainan.com  
China Golf Specialist

MISSION HILLS BLACK STONE RANKED TOP #48 in the world by Golf Digest

### Access Package Rate For OCC Members

#### 1: 3D2N2G Package

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

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

OCC Gold/Silver Members      OCC Associate Members

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

#### 2: 4D3N3G Package

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

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

OCC Gold/Silver Members      OCC Associate Members

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

3: Price is valid from Apr 2019 to Mar 2020

- ★ Black Stone
- ★ Lava Fields
- ★ The Vantage
- ★ Sandbelt Trails

Exclusively for OCC Members!

### MISSION HILLS, HAIKOU & FREEDOMHAINAN GOLF

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

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



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

# Bouquets

~ Our service compliments ~

## Pleasant Hotel Stay

Ms. Juraida was prompt in her delivery of service, pleasant and friendly, and her product knowledge guided me through the difficulties. Excellent service.

**Shahida Khairudin**  
Guest



## Dedicated Fitness Instructor

I started training at OCC gym last year with Akmal after receiving a birthday complimentary gym voucher in 2018. At the time, I had just returned to competitive running and was looking for a gym instructor to help me prepare for local track and field competitions.

Akmal understood my training needs and customised programmes to help me achieve my goals. He pushed and motivated me to go a little further during each session. With his help, I was able to compete without injuries and qualified for the Asia Masters - Track and Field competition which will be held in Dec 2019.

**Mrs. Eelyn Poh**  
Member



## Good Wedding Service

I would like to extend my heartfelt thanks and appreciation to Sales Executive, Adim, and Assistant Banquet Manager, Harry, for their hard work and professionalism. We had a great wedding event yesterday and couldn't have done it without them and the other staff. Both the food and service were impeccable. Thanks for putting everything together for us and keep up the wonderful service!

**Alcey Ang**  
Guest



## Outstanding Banquet Team

Dear Mr. Adim,

My family would like to take this opportunity to thank you and your staff for providing us with such an excellent service. Your banquet team, each one of them was very courteous and very obliging in attending to all our requests despite some challenging moments. Special mention and praise to team leader, Ms. Stephanie for her outstanding service. All of us, including our guests, enjoyed ourselves very much that night. I would certainly consider to have our next event there again. Once again, thank you very much, you and your team.

Best regards,  
**Edmund Wong**



## Welcome to The Orchid Family



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

Mr. Gay Kah Meng  
Desmond

Mr. Goh Kai Rui

Mr. Han Jinsong

Mr. Hoon Tai Meng

Mr. Koh Tian Seng

Ms. Lee Shi Ying Stacy

Mr. Lim Kay Soon

Mr. Lim Sok Kung

Ms. Luo Qiong

Mr. Ong Boo Teong

Mr. Paul Nalliah Jacob

Mr. Poh Wee Kiat

Mr. Sakaue Taisei

Mr. Takakazu Tsuji

Ms. Tan Wun Mei Colleen

Mr. Wu Wen-Tsan

Ms. Yvonne Tam

# CLUB CAPTAIN & LADY CAPTAIN'S CUP

Sun, 22 Sep 2019

• 1.30pm (Shotgun Start) •



<i>Format of Play :</i>	<input checked="" type="checkbox"/>	Strokeplay
<i>Divisions :</i>	<input checked="" type="checkbox"/>	Men's Division (HI 24.9 & Below) Ladies' Division (HI 36.9 & Below)
<i>Eligibility :</i>	<input checked="" type="checkbox"/>	Gold, Silver, Affiliate Member & WTGM
<i>Entrance Fee :</i>	<input checked="" type="checkbox"/>	\$30
<i>Green Fee :</i>	<input checked="" type="checkbox"/>	\$70 (Silver Member) \$80 (Affiliate Member) \$90 (WTGM)
<i>Buggy Fee :</i>	<input checked="" type="checkbox"/>	\$25
<i>Registration Opens :</i>	<input checked="" type="checkbox"/>	Wed, 21 Aug 2019
<i>Closing Date :</i>	<input checked="" type="checkbox"/>	Thu, 12 Sep 2019

All fees are subject to prevailing GST and include luncheon and dinner (free flow of beer during dinner). The Club reserves the right to form flights and pair participants for the event.

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

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