



ORCHID Ripples

JANUARY - FEBRUARY 2020

ISSUE 65

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A Publication by Orchid Country Club



HAPPY CHINESE NEW YEAR

EXCITING EVENTS COMING YOUR WAY!

HONG BAO GOLF SPECIAL

Sunday, 2 February 2020

HONG BAO DINNER

Sunday, 2 February 2020

31ST SUPER SPRINT SERIES

Saturday, 14 March 2020



A Member of
The Labour Movement



HONG BAO GOLF SPECIAL

2 Feb 2020 (Sun)
1.30pm | Shotgun

Registration opens:
23 Dec 2019 (Mon)
Closing date:
20 Jan 2020 (Mon)

Format of Play
Double Peoria Divisions
Men's Division
(HI 24.9 & below)
Ladies' Division
(HI 36.9 & below)

Category & Price*
\$58.85 (Gold)
\$133.75 (Silver)
\$144.45 (Affiliate)
\$155.15 (WTGM)

*All prices include green, buggy and entry fees, and are inclusive of prevailing GST. Lunch and dinner (free flow of beer during dinner) are included. Terms & conditions apply.

Registration opens on Monday, 23 December 2019 from 9am onwards. Entry forms will be available at Golf Reception and registration is on a first come first served basis. One member is only allowed to book one flight. The Club reserves the right to reject any entries without giving any reasons thereof and pairings is at the discretion of the Club. Full participation fees apply for cancellations received after the closing date of Monday, 20 January 2020.

For enquiries and registration, please call **Golf Department** at **6750 2102/111** or email **golfregistration@orchidclub.com**

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CLUB GENERAL COMMITTEE

President
Mr. Chong Kee Hiong

Vice President
Mr. Lim Eng Lee

Captain
Mr. Yeo Khee Leng

Treasurer
Ms. Ho Poh Ching

Lady Captain
Mrs. Maureen Goh

Members
Mr. Chng Chee Beow
Mr. Chua Bor Jern
Ms. Eileen Yeo
Mr. Jeffrey Chua

Secretary
Mr. Stewart Ang

CLUB MANAGEMENT

Acting General Manager
Mr. Stewart Ang

Head of Finance
Ms. Ng Siew Cheng

Head of Golf
Ms. Ong Pway Kheng

Head of Hotel
Mr. Gopal Thangavelu

Head of Housekeeping
Ms. Margaret See

Head of Human Resource
Mr. Charlie Goh

Head of IT
Mr. Foo Teck Xian

Head of Marcom & Membership
Ms. Joanne Ng

Head of Property & Maintenance
Mr. Alan Chua

Head of Sales & Marketing
Mr. Thomas Ng

Head of Social & Recreation
Ms. Toh Poh Kuan

Jackpot Manager
Mr. Jasper Woo

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



Scan this QR code for event photos!

 **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 & 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&R RECREATION ENQUIRIES

☎ 6750 2122
✉ snr@orchidclub.com

S&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 PRESIDENT

Season's greetings to all Members and Friends!

The year 2020 is off to an eventful start with the change in the ownership of OCC's proprietor company from the Singapore Labour Foundation (SLF) to the NTUC Club. This change was effective on 1 December 2019. The consolidation of ownership under NTUC Club will allow OCC to leverage on NTUC Club's greater resources and network to drive cost efficiencies and synergies. In turn, OCC will be able to deliver better value proposition to all OCC members, unions and union members. With this leverage, members' needs can be better served as more initiatives will be developed for members to fully enjoy the privileges and welfare that their membership offers at OCC. Keep a lookout for these new initiatives coming your way! Please be assured that the change will not affect you, and you will continue to enjoy the same if not better benefits and privileges, and access to all Club facilities and activities.

Golf course upgrading will commence this year and we will begin the works with one golf course in the first quarter, followed by a second course in the third quarter. The third golf course will be upgraded in the first quarter of 2021. The three courses are expected to be fully upgraded by the third quarter of 2021. The staggered closure of 6 months per course will allow members to continue to play throughout the upgrading period. Management will also make a conscientious effort to balance between tournaments and social play. We seek members' kind understanding and patience and look forward to providing you with an impressive golfing experience at the end of the upgrading works.

I would like to thank members for their enthusiastic support and participation in the recent OCC President's Cup 2019 on 3 November (Sun), as well as the inaugural OCC-ACC Family Day 2019, which was held at Wild Wild Wet on 2 November (Sat), where members from the two Clubs mingled and created splashing good memories, and bonded with one another. This is one example of the better benefits of OCC coming under NTUC Club. Read more about these events on pages 14 & 15 and pages 22 & 23 respectively. Members can look forward to more exciting and vibrant events and activities coming your way in the near future, as we collaborate closely with NTUC Club. We look forward to seeing you at more of such golf and social events organised by the Club.

Mark 2 February 2020 (Sun) on your calendars and kickstart the festive celebration with us at the annual **Hong Bao Golf Special** and a **Lion Dance Performance** to usher in good health and prosperity for the year of the Rat. The day culminates in the evening with a special **Hong Bao Dinner** celebration at the Grand Ballroom. For those bowling enthusiasts, sign up for the **Hong Bao Bowl**, which takes place on the same day. So come and join in the fun and be part of the festivities! If you are visiting the Club during the Chinese New Year period, be sure to refer to page 4 for the Chinese New Year operating hours of all Club facilities.

To share the joy this Chinese New Year, we have enclosed the Club's specially-designed red packets in this issue of Ripples for your use. On behalf of the staff at OCC, I would like to convey my most sincere appreciation and gratitude to members for your generosity towards the 2020 "Ang Pow" Fund contribution. Your contribution has made the celebrations for the staff an even more joyous and meaningful one during this festive season. We have also sent out the 2020 OCC calendar to members and I am sure you will find it useful.

As we usher in the Chinese New Year, I would like to wish members and your loved ones a year blessed with good health and fortune, and filled with happiness and endless possibilities!

Best wishes,



Chong Kee Hiong
President



Chinese New Year Operating Hours

	Fri, 24 Jan CNY Eve	Sat, 25 Jan CNY Day 1	Sun, 26 Jan CNY Day 2	Mon, 27 Jan CNY Day 3
GOLF				
Morning	7:07am – 8:59am	7:07am – 8:59am	7:07am – 8:59am	Normal Operation
Afternoon	12:01pm – 1:53pm	12:01pm – 1:53pm	12:01pm – 1:53pm	Normal Operation
Evening	Closed	Closed	Closed	Normal Operation
Driving Range	Closed	Closed	11:00am – 6:00pm	7:00am – 10:30pm
FACILITIES				
Fun Pool & Olympic Pool	7:00am – 4:00pm	Closed	Normal Operation	Normal Operation
Futsal Court	Normal Operation	Normal Operation	Normal Operation	Normal Operation
Gymnasium & Lifestyle Studio	7:00am – 4:00pm	Closed	Normal Operation	Normal Operation
Jackpot	10:00am – 4:00pm	Closed	Normal Operation	Normal Operation
Mahjong Room	12:00pm – 4:00pm	Closed	Normal Operation	Normal Operation
Orchid Golf & Resort Hotel	Normal Operation	Normal Operation	Normal Operation	Normal Operation
Tennis Court	7:00am – 4:00pm	Closed	Normal Operation	Normal Operation
F&B OUTLETS				
Aranda Lounge/ Karaoke Rooms	12:00pm – 4:00pm	Closed	Normal Operation	Normal Operation
Ban Heng @ OCC	11:30am – 2:30pm; 6:00pm – 9:30pm	Closed	11:30am – 2:30pm; 6:00pm – 9:30pm	11:30am – 2:30pm; 6:00pm – 9:30pm
Cafe Fattycasso	Closed	Closed	Closed	Closed
Himawari Japanese Restaurant	11:30am – 2:30pm; 5:30pm – 9:30pm	Closed	Normal Operation	Normal Operation
My Little Café	Normal Operation	Closed	Closed	Normal Operation
No. 3 Crab Delicacy Seafood Restaurant	Normal Operation	Closed	Closed	Normal Operation
Par Lounge	Closed	Closed	Normal Operation	Normal Operation
Royal Palm @ OCC	Normal Operation	Normal Operation	Normal Operation	Normal Operation
Subway	9:00am – 5:00pm	Closed	Normal Operation	Normal Operation
Vanda Terrace	7:00am – 3:00pm	7:00am – 3:00pm	7:00am – 3:00pm	Normal Operation
RETAIL OUTLETS				
Asia Gymnastics & Dance Academy	Closed	Closed	Closed	Closed
Audioline	11:00am – 4:00pm	Closed	Closed	Normal Operation
Eagle 9 International	Closed	Closed	Closed	Closed
First Kick Academy	Closed	Closed	Closed	Closed
Golf Performance 360	Closed	Closed	9:00am – 6:00pm	1:00pm – 8:00pm
Healing Touch	Closed	Closed	Closed	Normal Operation
Heguru Orchid Country Club (OCC) Centre	Closed	Closed	Closed	Closed
Little Skool-House	7:00am – 2:00pm	Closed	Closed	Closed
Music for Young Children Singapore	Closed	Closed	Closed	Closed
NTUC FairPrice	8:00am – 5:00pm	Closed	Normal Operation	Normal Operation
Orchid Bowl	10:00am – 3:00am	10:00am – 3:00am	10:00am – 3:00am	10:00am – 1:00am
Pan-West OCC Pro-Shop	7:00am – 3:00pm	7:00am – 3:00pm	7:00am – 6:00pm	Normal Operation
PING @ OCC	2:00pm – 9:00pm	Closed	Closed	Closed
Play Fit @ OCC	Closed	Closed	Closed	Closed
POP Institute	Closed	Closed	Closed	Closed

*All information is correct at the time of printing.

Introduction of 2020/2021 General Committee

The Club is pleased to introduce the new General Committee (GC) for 2020 to 2021, as the two-year term of the previous GC ended on 31 December 2019. It is our pleasure to welcome on board our newly appointed Vice President, Mr. Lim Eng Lee, Treasurer, Ms. Ho Poh Ching, and GC Member, Mr. Jeffrey Chua.

Many thanks to Mr. Yeo Khee Leng, Mr. Vincent Fong and Ms. Rita Lau, who had relinquished their positions as Vice President, Treasurer and GC Member respectively, for their contributions and service over the last two years. Mr. Yeo will continue to sit on the GC as Club Captain.

Wishing the new team success for their new term in the GC!



Mr Chong Kee Hiong
President



Mr Lim Eng Lee
Vice President



Mr Yeo Khee Leng
Captain



Mrs Maureen Goh
Lady Captain



Ms Ho Poh Ching
Treasurer



Mr Chua Bor Jern
Member



Mr Chng Chee Beow
Member



Ms Eileen Yeo
Member



Mr Jeffrey Chua
Member



Mr Stewart Ang
Secretary



USHER IN THE CHINESE NEW YEAR WITH OCC!

2 FEB 2020 (SUN) | 12.30PM | GOLF CLUBHOUSE

Celebrate Chinese New Year 2020 with us as we bring you an auspicious Lion Dance performance! Complimentary mandarin oranges will also be given out. While stock lasts.

NEWLY RENOVATED FUN POOL CHANGING ROOMS

As part of our facility renewal programme to serve you better, renovation was carried out at the Fun Pool Changing Rooms (Recreation Clubhouse Level 1) from November to early December 2019. 'Thank you' for your patience during the upgrading period!

MALE CHANGING ROOM



BEFORE



AFTER

FEMALE CHANGING ROOM



BEFORE



AFTER

Say "I do" at The Garden Pavilion..

Exchange wedding vows surrounded by lush greenery and make it a moment to remember and cherish at our newly built Garden Pavilion located at Tee Garden, Level 1 of the Social Clubhouse. The picturesque setting of this romantic pavilion will create lasting memories for you and your loved ones.



For enquiries, call 6750 2166 or email s&m@orchidclub.com.

KUDOS TO MILAAD MADADI AT THE BLR PRESIDENT'S CUP 2019!

Milaad, our Junior Golfing Member, participated in the 5th edition of BLR (Bintan Lagoon Resort) President's Cup 2019 held over two rounds on 2 & 3 November 2019 and came in Overall Champion! He was also the winner for the novelty event, 'Nearest the Pin'. Congratulations to Milaad on his wonderful achievements!



Overall Champion at the BLR President' Cup 2019, Milaad (centre) with his parents.

INTRODUCING OUR NEW TENANT



Heguru Orchid Country Club (OCC) Centre, Japan's award-winning right brain development school, officially opened at the Social Clubhouse in mid-October 2019. Heguru is a world-renowned programme for children, which employs an effective early childhood education method that enhances children's fundamental abilities and focuses on fostering the "good hearts" of children. The centre at OCC offers two specially designed programmes – Infant and Toddler Programme & Preschool (Stages I and II) Programme.

Check out www.hegurukids.com.sg or contact Heguru at 6659 1449 to find out more!





STAFF DAY 2019 – ONE-DAY TRIP TO BATAM

OCC and ACC staff were off to Batam for a one-day trip during the Club’s annual Staff Day 2019 in October. After a short ferry ride, everyone was whisked off to Golden View Hotel for a buffet breakfast before heading to the malls for a full-on shopping spree, including the spanking new Grand Batam Mall. With relaxing spa sessions to add on to the experience, it was a rejuvenating break away from work as everyone let their hair down and had fun together!



GOLF

Upcoming Club Competitions

JANUARY 2020

JANUARY MONTHLY MEDAL

11 Jan (Sat)

OCC GOLD MEDAL

19 Jan (Sun)

FEBRUARY 2020

HONG BAO GOLF SPECIAL

2 Feb (Sun)

FEBRUARY MONTHLY MEDAL

8 Feb (Sat)

OCC LADIES’ COMPETITION

29 Feb (Sat)

MARCH 2020

MARCH MONTHLY MEDAL

14 Mar (Sat)

CAPTAIN & LADY CAPTAIN’S CUP

29 Mar (Sun)

All information is correct at the time of printing.

▶ Let’s All Play Our Part!

Lately, the Club has seen many dangerous play incidents on the golf courses. We would like to remind all golfers not to play their shots until the golfers in front are out of range. If you are not sure, please take extra effort to drive your buggy forward to check and ensure the golfers in front are out of range before you play your shots. In the event that you or your flight mate(s) hit a bad shot towards the direction of another flight, you must immediately shout “fore!” to alert the golfers and go up to them and apologise unreservedly.

We urge all golfers to practise good golf etiquette so that dangerous and unpleasant situations can be avoided. Members who committed dangerous play on the golf courses will have disciplinary actions taken against them. A recent disciplinary case due to dangerous play resulted in four golfers being barred from playing for 12 months at the Club.

Let’s all play our part and make this game a safe and enjoyable one for everyone!

GOLFING – IT’S ALL IN THE MIND!

“I hit really well at the range, but cannot seem to reproduce the same results at the golf course.” Does this sound familiar to you? Many golfers practise at the driving range without fear of any consequences, but in actual fact, there is bound to be pressure and fear when one is on the golf course. In order to perform at a level similar to what we can achieve at the driving range, there are two elements we need to incorporate into our practices and they are ‘Sound Pre-shot Routine’ and ‘Pressure’.

Creating a Sound Pre-shot Routine



Avoid negative thoughts like how tough the shot is and how you may miss your target (e.g. hitting the bunker) before you hit the ball.

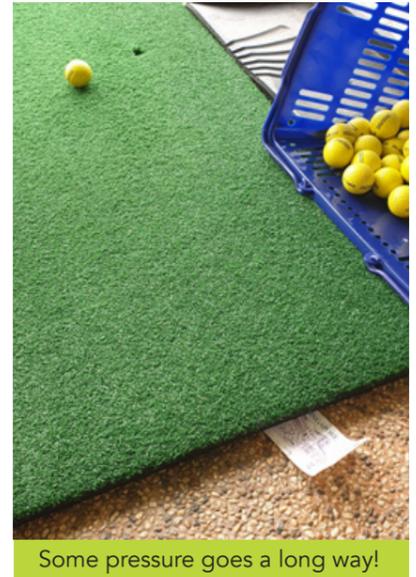


Stay positive by focusing on the target and visualising the ideal ball flight to increase your chance of hitting a good shot.

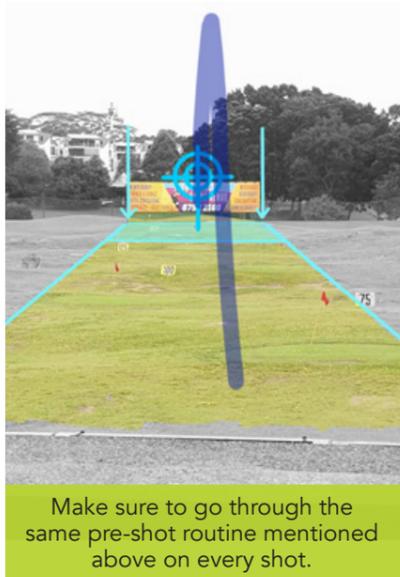
Get yourself used to a pre-shot routine of keeping your mind fixed on the right things so that it does not wander away. Focus on the path of the ball flight, your target, maintaining a smooth tempo, etc. If you think positively and practise every chance you get, you will find that it gets increasingly easier to maintain your focus, which helps to build your confidence.

Introduce Pressure to Your Practice

Pick a target zone on the range and give yourself 10 balls. Set yourself a score to achieve and give a little incentive to motivate yourself. For example, a two-dollar note may do the trick. If you cannot achieve your target score, do not take back your two-dollar bill. Continue to practise till you make it. Try out different combination of clubs, zone sizes, scoring or the penalty to keep things interesting. Playing this game with a friend helps a lot too!



Some pressure goes a long way!



Make sure to go through the same pre-shot routine mentioned above on every shot.



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**.



OCC CHRISTMAS GOLF

Sunday, 15 December 2019

It's that time of the year again for our year-end golf game with a Christmas twist for the novelty events! This year, 136 golfers participated, with some sporting Christmas accessories and decorating their buggies to suit the theme. To conclude the last golf game of the year in jolly spirits, everyone was brought together for a specially curated Christmas buffet dinner at Emerald Suite after the game. The night of feasting rounded off on a sweet note as prizes were given out to all winners. Merry Christmas!



Club Captain, Yeo Khee Leng (left) with Winner of Men's Division, Vincent Chung (right).



Winner of Ladies' Division, Judy Cho (left).



Top Winners for Best Decorated Buggy, Susan Gan (left) and Negin Pirasteh (right).



OCC PRESIDENT'S CUP

Teeing off with gusto at the Dendro, Vanda and Aranda courses were 168 golfers, who were eager to kick off the annual golf event together with our Club President. After a well-played game, golfers adjourned to the Sapphire Suite for a Chinese sit-down dinner. With Ms. Lay Cheng (Happy Fei Fei) emceeing for the evening, golfers had a convivial dinner with jokes and conversation flowing freely. Everyone let their hair down and joined in for mini games such as 'Guess the Song Titles' and 'Sing-Along'. A big 'thank you' to all for your support!

Sunday,
3 November
2019



Club President, Chong Kee Hiong (left) with Overall Champion, Daryl Low (right).



(From left to right)
Greens Committee Member, Emmanuel Lem; Advisor for SISEU, Lim Kuang Beng; Club VP, Lim Eng Lee; Lady Captain, Maureen Goh; Club President, Chong Kee Hiong; Captain, Yeo Khee Leng; Tripartite Partner, Adli Yashir Kuchit; and Acting GM, Stewart Ang.



Winners of Ladies' Division.



Club VP & Captain, Yeo Khee Leng (center) with Winners of Men's Division.



NOVEMBER 2019 MONTHLY MEDAL RESULTS

STROKEPLAY (9 NOVEMBER 2019)



VANDA / DENDRO

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

Best Gross	Mr. Daryl Low	(+0.8)	75 Gross
Winner	Mr. Felix Wigley	(7.2)	74 Nett
Runner Up	Mr. Masilamany J	(9.8)	75 Nett
Ballsweep (1st Nine)			
Joint Winners	Mr. Felix Wigley	(7.2)	20 Nett
	Mr. Sebastian Song	(4.5)	20 Nett
Ballsweep (2nd Nine)			
Joint Winners	Mr. Tay Boon Mong	(10.1)	17 Nett
	Mr. Vijay Shankar	(10.2)	17 Nett

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

Best Gross	Mr. Joseph Samy	(11.9)	85 Gross
Winner	Mr. Abdul Karim Razak	(15.8)	70 Nett
Runner Up	Mr. Ng Kok Hoh	(14.5)	71 Nett OCB
Ballsweep (1st Nine)			
Winner	Mr. Allan Tan Kee Sze	(14.9)	23Nett
Ballsweep (2nd Nine)			
Joint Winners	Mr. Abdul Karim Razak	(15.8)	22 Nett

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

Best Gross	Mr. Ronald Lee	(16.4)	91 Gross
Winner	Mr. Jon Han Pek Kwang	(21.3)	68 Nett
Runner Up	Mr. Tay Liang En Bryan	(16.6)	74 Nett
Ballsweep (1st Nine)			
Joint Winners	Mr. Ronald Lee	(16.4)	22 Nett
	Mr. R Rameash	(16.3)	22 Nett
Ballsweep (2nd Nine)			
Winner	Mr. Jon Han Pek Kwang	(21.3)	21 Nett

LADIES' DIVISION (H'CAP 36.9 & BELOW)

Best Gross	Ms. Quek Lee Tiam Judy	(13.7)	93 Gross
Winner	Ms. Lim Kwee Ching Stella	(28.7)	74 Nett
Runner Up	Ms. Cheng Fong Kiew	(19.6)	75 Nett
Ballsweep (1st Nine)			
Winner	Ms. Cheng Fong Kiew	(19.6)	18 Nett
Ballsweep (2nd Nine)			
Winner	Ms. Lim Kwee Ching Stella	(28.7)	21 Nett

DECEMBER 2019 MONTHLY MEDAL RESULTS

STABLEFORD (14 DECEMBER 2019)



ARANDA / VANDA

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

Winner	Mr. Eio Hock Siang	(7.3)	38 PTS
1st Runner Up	Mr. M S Maniam	(7.1)	37 PTS
Ballsweep (1st Nine)			
Winner	Mr. M S Maniam	(7.1)	22 PTS
Ballsweep (2nd Nine)			
Winner	Mr. Eio Hock Siang	(7.3)	20 PTS

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

Winner	Mr. Lee Hin Hooi	(12.3)	38 PTS
1st Runner Up	Mr. Phuah Cheng Kuei	(12.5)	37 PTS OCB
Ballsweep (1st Nine)			
Joint Winners	Mr. Phuah Cheng Kuei	(12.5)	20 PTS
	Mr. Ng Teck Chew	(13.9)	20 PTS
Ballsweep (2nd Nine)			
Winner	Mr. Lee Hin Hooi	(12.3)	19 PTS

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

Winner	Mr. Bui Dinh Thuan	(17.5)	40 PTS
Ballsweep (1st Nine)			
Winner	Mr. Bui Dinh Thuan	(17.5)	21 PTS
Ballsweep (2nd Nine)			
Winner	Mr. Bui Dinh Thuan	(17.5)	19 PTS

LADIES' DIVISION (H'CAP 36.9 & BELOW)

Winner	Ms. Fan Suet Lay	(23.0)	34 PTS
1st Runner Up	Ms. Quek Lee Tiam Judy	(14.1)	31 PTS
Ballsweep (1st Nine)			
Winner	Ms. Fan Suet Lay	(23.0)	20 PTS
Ballsweep (2nd Nine)			
Winner	Ms. Quek Lee Tiam Judy	(14.1)	16 PTS

OCC-U GOLF 9-HOLE NIGHT SERIES

Saturday, 2 November 2019 | ARANDA (STABLEFORD)



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



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



Winner of the Ladies' Division, Ms. Xiao Xu (left).



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

RESULTS FOR MEN'S DIVISION

Winner	Mr. Damien Chandran	23 Points OCB
1st Runner Up	Mr. Steve Ng	23 Points
2nd Runner Up	Mr. Royston Jalleh	22 Points OCB

RESULTS FOR LADIES' DIVISION

Winner	Ms. Wang Xiao Xu	19 Points
1st Runner Up	Ms. Stella Li	18 Points
2nd Runner Up	Ms. Debbie Lee	14 Points

Saturday, 7 December 2019 | DENDRO (STABLEFORD)



Winner of the Men's Division, Mr. Damien Chandran (right).



1st Runner Up of the Men's Division, Royston Jalleh (right).



Winner of the Ladies' Division, Ms. Tan Yng Jia (right).



1st Runner Up of the Ladies' Division, Ms. Nina Koh (right).

RESULTS FOR MEN'S DIVISION

Winner	Mr. Damien Chandran	26 Points
1st Runner Up	Mr. Royston Jalleh	24 Points
2nd Runner Up	Mr. Kousik Kumar	23 Points

RESULTS FOR LADIES' DIVISION

Winner	Ms. Tan Yng Jia	21 Points OCB
1st Runner Up	Ms. Nina Koh	21 Points
2nd Runner Up	Ms. Go Theng Theng	20 Points OCB



GRAB A 15% OFF ON ALL DIGITAL DOOR LOCKS!

20% OFF FOR ALL ORCHID COUNTRY CLUB MEMBERS

**THE ULTIMATE
CONVENIENCE AND SECURITY
SAMSUNG SHP-DR708**

- 100 Fingerprints
- 100 Pins
- NFC Unlock
- 5 Mechanical Keys
- Mobile App Unlock
- Samsung ConnectHome Enabled

S\$1170 (UP TO ~~S\$1380~~)



 <p>\$599 (U.P. \$1199) Queen Size Individual Pocketed Spring Mattress</p>	 <p>\$899 (U.P. \$1799) Queen Size Orthopedic Individual Pocketed Spring with Plush Top</p>
 <p>MaxCoil \$1099 (U.P. \$2199) Queen Size Orthopedic Individual Barrel Pocked Spring with Latex Top</p>	 <p>Dunlopillo moments \$1199 (U.P. \$2399) Queen Size Back Supporter Super Coil with Pillow Top</p>

 <p>SAMSUNG DP609</p> <p>S\$970</p>	 <p>Kaadas K9</p> <p>S\$849</p>	 <p>HA FELE EL7700</p> <p>S\$699</p>
 <p>Kaadas L7</p> <p>S\$699</p>	 <p>LOCHOME LH2100F</p> <p>S\$599</p>	 <p>Gateman WV40</p> <p>S\$250</p>

 <p>sleepnetics \$1399 (U.P. \$2799) Queen Size Orthopedic Individual Pocketed Spring with Visco Cool Foam Pillow Top</p>	 <p>Four Star \$1599 (U.P. \$3199) Queen Size Zoned Individual Pocketed Spring with Coolmax Latex Pillow Top</p>
 <p>KING KOIL KING IN SLEEP TECHNOLOGY USA 1898 \$2299 (U.P. \$4599) Queen Size Zoned Individual Pocketed Spring with Aloe Vera Latex Pillow Top</p>	 <p>KING KOIL KING IN SLEEP TECHNOLOGY USA 1898 \$3999 (U.P. \$7999) Premium Queen Size Advance Zoned Individual Pocketed Spring with Cool Micro Gel Visco Latex Supreme Top</p>

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

JANUARY

KEY EVENTS

- Golf Medal 11 Jan 2020 (Sat)
- Bowling Medal 11 Jan 2020 (Sat)
- OCC Gold Medal 19 Jan 2020 (Sun)

KEY EVENTS

- Hong Bao Golf Special 2 Feb 2020 (Sun)
- Hong Bao Dinner 2 Feb 2020 (Sun)
- Hong Bao Bowl 2 Feb 2020 (Sun)
- Lion Dance Performance 2 Feb 2020 (Sun)
- Golf Medal 8 Feb 2020 (Sat)

FEBRUARY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 PH • New Year's Day • Tennis Night	2 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night	3 • Social Dance Night • Taekwondo • Kickboxing	4 • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Yoga • Aikido (Adults & Kids) • FT60	5 • Karate • Kickboxing
6 • Sim Han Hoon Dance Class	7 • SIG - Orchid Bulls • Kickboxing • Tennis	8 • Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night	9 • Rummy-O • Karaoke Night	10 • Social Dance Night • Taekwondo • Kickboxing	11 • Golf Medal • Bowler of the Year • Social Saturday: CNY Cashew Nuts Cookies Make & Bake • Social Dance Night • SIG - OCC Black 8 • Tennis • Yoga • Aikido (Adults & Kids) • FT60	12 • Karate • Kickboxing
13 • Sim Han Hoon Dance Class	14 • SIG - Orchid Bulls • Kickboxing *CGE	15 • Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night	16 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night	17 • Let the Food be thy Cancer Avengers Talk • Social Dance Night • Taekwondo • Kickboxing	18 • CNY Imperial Bird's Nest Appreciation Talk • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Yoga • Aikido (Adults & Kids) • FT60 • OCC-U Golf 9-hole Night Series	19 • OCC Gold Medal • Karate • Kickboxing
20 • Sim Han Hoon Dance Class	21 • SIG - Orchid Bulls • Kickboxing • Tennis	22 • Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night	23 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night	24 Chinese New Year Eve	25 PH Chinese New Year Day 1	26 PH Chinese New Year Day 2
27 PH 	28 • Kickboxing • Tennis	29 • Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night	30 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night	31 • Social Dance Night • Taekwondo • Kickboxing		

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Yoga • Aikido (Adults & Kids) • FT60	2 • Hong Bao Golf Special • Hong Bao Dinner • Hong Bao Bowl • Lion Dance Performance • Karate • Kickboxing
3 • Sim Han Hoon Dance Class	4 • SIG - Orchid Bulls • Kickboxing • Tennis	5 • Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night *CGE	6 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night	7 • Social Dance Night • Taekwondo • Kickboxing	8 • Golf Medal • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Yoga • Aikido (Adults & Kids) • FT60	9 • Karate • Kickboxing
10 • Sim Han Hoon Dance Class *CGE	11 • SIG - Orchid Bulls • Kickboxing • Tennis	12 • Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night *CGE	13 • Rummy-O • Karaoke Night	14 • Social Dance Night • Taekwondo • Kickboxing	15 • Social Saturday • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Yoga • Aikido (Adults & Kids) • FT60	16 • Karate • Kickboxing
17 • Sim Han Hoon Dance Class	18 • SIG - Orchid Bulls • Kickboxing • Tennis	19 • Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night *CGE	20 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night	21 • Social Dance Night • Taekwondo • Kickboxing *CGE	22 • Health Talk • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Yoga • Aikido (Adults & Kids) • FT60 • OCC-U Golf 9-hole Night Series	23 • Karate • Kickboxing
24 • Sim Han Hoon Dance Class • Barre-less Barre	25 • Scratch It To Win It • Kickboxing	26 • Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night *CGE	27 • Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night	28 • Social Dance Night • Taekwondo • Kickboxing *CGE	29 • OCC Ladies' Competition • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Yoga • Aikido (Adults & Kids) • FT60	

Legend:
*CGE - Corporate Golf Events

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



FITNESS

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



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

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



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

FT60
Lifestyle Studio
 Wed, 7:15pm to 8:15pm
 Sat, 10:00am to 11:00am



RECREATION

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



OCC Social Saturday
Aranda Lounge
 10:00am to 12:00pm
 11 Jan & 15 Feb



Scratch-It-To-Win-It Night*
Aranda Lounge
 7:00pm to 10:00pm
 25 Feb



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

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

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



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



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

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

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 (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)



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

OCC-SPEEDISWIM GLORY MOMENT IN 30TH SGCC AGE GROUP SWIM MEET 2019

Thursday, 19 September 2019

This September, seven swimmers consisting of OCC and NTUC members from OCC-SpeediSwim Junior Squad made waves at the 30th Serangoon Gardens Country Club Age Group Swim Meet. Despite the intense competition, the swimmers dominated the pool with a win of 7 Golds, 14 Silvers and 4 Bronzes. OCC Member, Jaden Tan, took home the biggest victory among the squad as he emerged Winner for all four events - 50 metre freestyle, freestyle kick, backstroke and butterfly. Congratulations to all winners!

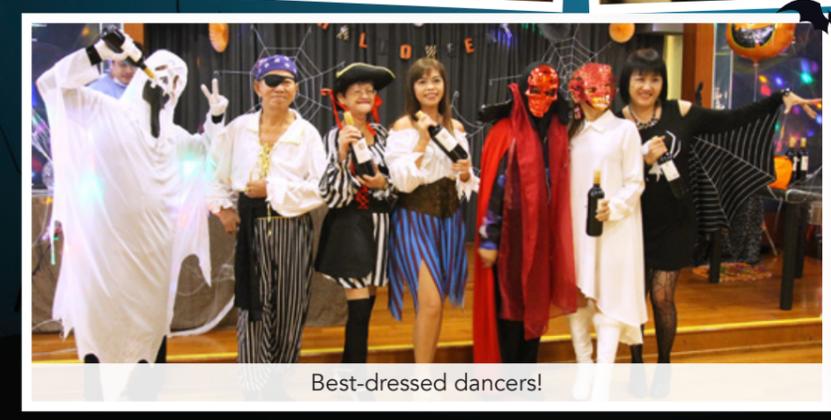


Kudos to all winners for their astounding performance!



OCC HALLOWEEN DANCE FIESTA

Saturday, 26 October 2019



Best-dressed dancers!



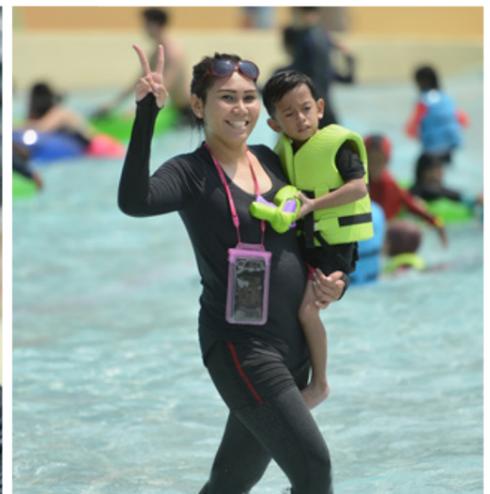
A hundred and twenty OCC and NTUC members were up for a spine-tingling dance party at Aranda Lounge. Dancers got into the Halloween spirit and donned their best spooky outfits, ready to hit the dance floor with music arranged by our Social Dance Night deejay, DJ Dennis. Everyone was in for a sweet treat with a scrumptious dinner and prize presentation, and excitement lingered on into the night.

* Free for OCC members, please bring along your membership card for verification # Charges apply for first drink NOTE: All information is correct at time of printing. For the full programme listing, please visit our website at www.orchidclub.com For more information, email snr@orchidclub.com

OCC-ACC FAMILY DAY 2019

Saturday, 2 November 2019

An OCC-ACC Family Day was organised for the very first time exclusively for OCC and ACC members. Held at Downtown East, Wild Wild Wet, a total of 200 members and their families joined in to soak up some sun and have fun. With an array of carnival games and adrenaline-pumping and relaxing water rides, it was a splashing good bonding session as everyone from the two Clubs got to mingle and create wonderful memories. What a refreshing and fun-filled day of unlimited water play! A big 'thank you' to all members and staff for their support in making this inaugural event a success!



Lucky Draw 1st Prize Winner, OCC Member Mr. Toh Eng Soon (right).



30TH SUPER SPRINT SERIES - KIDS' CHALLENGE & OCC FITNESS RACE

Saturday, 16 November 2019

A special edition of the Super Sprint Series was held together with OCC Fitness Obstacles Race to mark the opening of the Club's Outdoor Gym. The inaugural fitness race saw 28 participants testing their limits in seven different obstacle challenges and trying to clock the fastest completion time. The race to finish all the challenges was an exhilarating one as everyone persevered to the end while cheering each other on, showcasing their can-do attitude and great sportsmanship. 'Thank you' to Refresh Wellness and Alternate Wellness Holdings for sponsoring the prizes at our Fitness Race!

The Kids' Challenge took place concurrently with the Fitness Race. Fifty-eight swimmers, aged between 5 and 12, from five swimming teams and clubs took part in the competition. Diving into the pool with their kickboards, the young and budding swimmers raced across the 20-metre pool with proud parents rooting for their children from the sidelines. The day ended on a sweet note as kids excitedly joined the festivities and soaked in the joy of the season at the annual Christmas Light-Up after the race.



S&R Committee Member, Susan Gan (in green) presenting medals to the Super Sprint winners.



S&R Committee Member, Susan Gan (1st from left) with Winners of the Fitness Race (Kids Category)



Head of S&R, Toh Poh Kuan (right) with Winner of the Fitness Race (Open Category - Youth)



Winners of the Fitness Race (Open Category - Adult)





S&R Committee Member, Susan Gan (centre) and Head of S&R, Toh Poh Kuan (1st from right) ready to light up the Christmas tree together with Santa Claus!

OCC CHRISTMAS LIGHT-UP & HEALTH/WELLNESS MARKET

Saturday, 16 November 2019

Close to 100 members and guests got into the holiday spirit at the Club's annual Christmas Light-up this year. Held at the pool pavilion for the first time, everyone had a fruitful time shopping at the Health/Wellness Market for healthy holiday gifts at exclusive discounts. Those who were not up for shopping also got to take part in fringe activities such as sand art and balloon sculpting, while indulging in sweet treats like popcorn and candy floss. The night ensued with the appearance of the Santa Claus followed by the annual Christmas tree light-up ceremony by S&R Committee Member, Susan Gan and Head of S&R, Toh Poh Kuan.



OCC & ACC BOWLING MEDALS

Saturdays, 12 October & 9 November 2019

It was an exhilarating face-off as OCC and ACC bowlers unleashed their potential within for the final two rounds of Bowling Medals this year. While battling it out during the friendly games for a chance to be crowned Champion, everyone had the opportunity to connect and bond. Well done to all bowlers!



October Bowling Medal.



OCC Bowling Convenor, Mary Tan (centre) with winners for November Bowling Medal.



Winners for October Bowling Medal.



November Bowling Medal.

FRIENDLY REMATCH WITH THE TANGLIN CLUB

Saturday, 30 November 2019

Held for the third year, 24 bowlers from OCC, ACC and The Tanglin Club convened in another friendly match hosted by ACC this year. Bowlers were fired up with passion and excitement as they put their bowling skills to test in three rounds of team games before catching up and bonding over a scrumptious dinner at Aranda Lounge. In a commendable show of perseverance, OCC Bowling Teams managed to maintain their lead and emerged as Champion and First Runner Up with a total pinfall of 2,266 and 1,966 respectively. Once again, congratulations to all winners!



The Tanglin Club Bowling Convenor, Eugene Lim (right) receiving the Appreciation Plaque from OCC Bowling Convenor, Mary Tan (left).



Congratulations to the top 3 winning teams!



OCC CHRISTMAS BOWLING

Saturday, 14 December 2019

Forty OCC and ACC members, families and friends rang in the festive season early at the annual OCC Christmas Bowling held at Orchid Bowl @ OCC. Participants competed in the Singles and Doubles categories with a mini celebration over a Christmas-themed dinner at Aranda Lounge after the six games. Emerging as the first runner-up of the Doubles category was OCC member, Jeremiah Tan and his partner with a total pinfall of 1,132. Congratulations to all winners!



ACC GM, Toh Poh Kuan (1st row, 2nd from left) and OCC Bowling Convenor, Mary Tan (1st row, 1st from left) with the winners.

SOCIAL SATURDAY – GUASHA PARTY

Saturday, 14 December 2019

The Guasha workshop in December had members on their feet with a guided session that included hands-on exercises and covered basic practical knowledge on the theory of Guasha and TCM oils, useful acupressure points and meridian lines. Everyone learnt how to perform basic guasha to improve their health, benefiting greatly from this experiential and interactive workshop!



WELLNESS BUFFET TALK

Saturday, 19 October 2019

The monthly talk in October successfully concluded with 30 members being pampered with a series of short wellness talks. Covering a wide range of topics, everyone learnt how to manage their aches and pains, maintaining a youthful look, financial health and more. Highlights of the day were the complimentary consultation and spinal scan, finger prick test health screening, neck and shoulder massage and free Bioskin spa facial from the speakers. All the participants benefited tremendously from this fruitful session!



Trying out the spinal scan.



COMMON DIGESTIVE SYMPTOMS TALK

Friday, 6 December 2019

It was an enriching learning journey with Dr. Melvin Look from PanAsia Surgery as he enlightened members about heartburn, indigestion and other common digestive complaints. With an understanding of the symptoms of each condition, members gained a better insight into the underlying problems and causes. Thank you, Mr. Look, for the informative session!



Your Digestive System

- Hollow tubes**
 - esophagus
 - stomach
 - duodenum
 - small intestine
 - colon
 - rectum
- Solid organs**
 - liver and gallbladder
 - pancreas

'BARELY JUST PROBIOTICS IN YOUR BELLY' TALK

Fifteen members had the opportunity to sit in for a probiotics talk given by Dietician, Caleb Mok in November. Many people are still unaware of the benefits of good bacteria in our gut, and this talk served its purpose of enlightening members about how probiotics can help to improve one's immunity, skin complexion, cardiovascular and oral health, and reduce stress level. With the knowledge imparted to everyone, it is certain we can now all work towards a healthier digestive system!



Saturday, 23 November 2019



CHRISTMAS RUMMY-O

Thursday, 12 December 2019

With Santarina gracing the Christmas edition of Rummy-O this December, a festive touch was added to the event, getting everyone in the holiday spirit. Members engaged in an entertaining brain-teaser night that paired fun with strategy, and winners walked away with prizes given out by Santarina!



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

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.

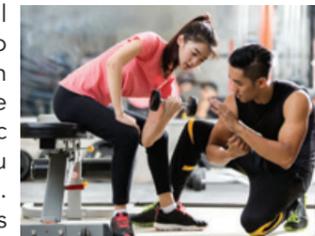


Day & Time: Every Saturday, 9am to 10am
Venue: Lifestyle Studio
Fee*: \$150 (OCC/ACC Member)
\$160 (NTUC Member)
\$180 (Guest)

*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



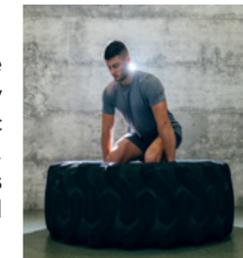
Zumba involves dance and rhythmic aerobic movements that are performed to energetic music. With dance moves incorporating elements of hip-hop, soca, samba, salsa, merengue and mambo, this fun group programme is geared towards improving all elements of fitness!

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**

HONG BAO BOWL

2 Feb 2020 (Sun) | 12pm to 10pm

Venue:

Orchid Bowl @ OCC, Grand Ballroom
(Dinner & Prize Presentation)

Format of Play:

Ten Pin Bowling
3 Rounds Singles
3 Rounds Doubles
(1 Female^, 1 Male)

Fee*:

\$40 (OCC/ACC Member)
\$50 (OCC/ACC Member's Friends & Family)

Prizes:

Top 3 Singles
Top 3 Doubles

*Fees are subject to prevailing GST and include bowling games, refreshment and entry to Hong Bao Dinner (sit-down dinner and lucky draw). ^10 pins handicap per game.

Closing Date:
26 Jan 2020
(Sun)



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

OCC Sports Camp 2020

16 & 17 Mar 2020
(Mon & Tue)

It's the best time to go out and have some fun under the sun during the March school holidays! Watch out for our Sports Camp 2020, a holiday camp conducted by professionals just for you. Build new skills and make new friends while engaging in a variety of sports!



ACTIVITIES

Aquatic Sports

Swim-Synchro-Waterpolo
by SPEEDISWIM

Learn to Dive
by Simply Scuba

Land Sports

Mini Tennis by SITA

Super Striker Programme
by First Kick Academy

Partners:



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

HAPPY SWIMMING *with* GOOD TECHNIQUE

SPEEDISWIM Learn To Swim (LTS) Programme 2020

SPEEDISWIM Learn to Swim encompasses two development pathways at its core:

A. Water Confident – SPEEDI LTS 1

The age of 3 is an important part of the early childhood phase, where young kids socialise and develop skills. Register your child for swimming classes at an early age and get them confident in water!

B. Skill Program – SPEEDI LTS 2 to 7

Learning outcomes of the Swim Skill Awards pathway:

1. 4 competitive swim strokes with good mechanic and technique
2. Achieving the SwimSafer 2.0 Awards from Sports Singapore, recognised by MOE schools



familyofspeedi

For enquiries, contact SpeediSwim at 9320 3366 or email admin@speediswim.net

FT 60

Group functional training that involves training the body for daily life activities, with exercises such as push-ups and squats. The challenging and fun calorie-burning workouts improve overall strength, mobility and endurance!



Date & Time: Wednesday
7.15pm to 8.15pm
Saturday
10am to 11am

Venue: Functional Training Area & Lifestyle Studio

Price*: \$110 (OCC / ACC Member)
\$120 (NTUC Member)
\$130 (Guest)

*Fees are for 8 sessions per term, subject to GST. All classes are subject to changes by instructors.

For registration and enquiries, please call 6750 2199 or email snr@orchidclub.com

31st SUPER SPRINT SERIES

Sat, 14 Mar 2020
8am @ Olympic Pool



- AGE GROUP:**
- 6 years & under
 - 7-8 years old
 - 9-10 years old
 - 11-12 years old
 - 13-14 years old
 - 15-17 years old
 - 18-30 years old
 - 31-40 years old
 - 41-50 years old
 - 51 years & above

GET READY FOR AN EXHILARATING DAY OF WATER FUN AT OUR EVENT FOR SWIMMERS OF ALL AGES!

	Registration Fee*	Event Entry Fee*^
OCC / ACC Member	FOC	FOC
NTUC	\$5	\$5
Guest	\$6	\$6

*Fees are subject to prevailing GST. ^ Per event

CATEGORIES:

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

Closing Date:
Sun, 23 Feb 2020

UPCOMING OCC EVENTS

SOCIAL SATURDAY – CNY CASHEW NUTS COOKIES MAKE & BAKE



It's the festive season of the year again! Learn how to make traditional cashew nut cookies for Chinese New Year this year and impress your family and friends with this classic treat. The inviting aroma of freshly baked cookies is simply irresistible!

Date: Sat, 11 Jan 2020
Time: 10am – 12pm
Venue: Aranda Lounge
Fee: \$4 (OCC/ACC Member)
 \$8 (OCC/ACC Member's Guest)
Min Pax: 5 persons
Closing Date: Wed, 8 Jan 2020

Fees are subject to prevailing GST.

CNY IMPERIAL BIRD'S NEST APPRECIATION TALK



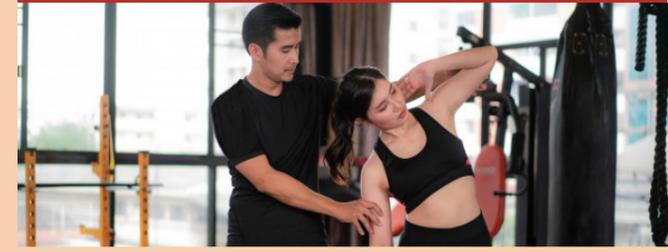
Bird's nest has long been widely touted as a delicacy that is good for health. Find out more about the nutritional composition of bird's nest and its benefits, and look out for a live cooking demonstration during the talk.

- Complimentary Items:**
1. One bottle of steamed bird's nest worth \$28
 2. \$50 Voucher
 3. CNY Angpao

Date: Sat, 18 Jan 2020
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, 15 Jan 2020

Fees are subject to prevailing GST.

SOCIAL SATURDAY – EFFECTIVE FITNESS STRATEGIES FOR OFFICE WORKERS



It's common knowledge that sitting all day at work and not moving your body is a common cause of health and postural problems. No time to work out? Cannot focus in the office? Our OCC Gym trainers are here to share some simple and effective strategies to work towards a FITTER YOU!

Date: Sat, 15 Feb 2020
Time: 10am – 12pm
Venue: Aranda Lounge
Fee: Free (OCC/ACC Member)
 \$8 (OCC/ACC Member's Guest)
Min Pax: 5 persons
Closing Date: Wed, 12 Feb 2020

Fees are subject to prevailing GST.

'COMMON HEART DISEASES AND MANAGEMENT STRATEGIES' & 'COLORECTAL CANCER: PREVENTION TO TREATMENT' TALKS



Talk 1
 Did you know that cardiovascular diseases are the leading causes of death worldwide? Dr. Gerard Leong will share about the common conditions that can lead to premature heart attacks, heart failure and strokes, as well as some common strategies to manage these conditions.

Talk 2
 Colorectal cancer is the most common but also preventable cancer in Singapore. In this talk, Dr. Ho will walk you through this condition, from prevention to cure. Learn about the symptoms and risks of developing colorectal cancer and how you can effectively manage the condition with treatment and lifestyle changes.

Date: Sat, 22 Feb 2020
Time: 1pm – 3pm
Venue: Aranda Lounge
Fee: Free (OCC/ACC Member)
 \$3 (NTUC Member)
 \$6 (OCC/ACC Member's Guest)
Min Pax: 20 persons
Closing Date: Wed, 19 Feb 2020

Fees are subject to prevailing GST.

UPCOMING ACC EVENTS

LANTERN MAKING CLASS



Fancy making your own Chinese New Year decorations for this upcoming Chinese New Year? Enroll in our Lantern Making Class and learn the techniques of folding red packets into impressive festive decorations such as pineapples, mandarin oranges, lotus, fish and many more! Discover the fun and joy in lantern-making and decorate your home with these lovely handmade lanterns!

Date: Tue, 14 Jan 2020
Time: 2pm to 4pm
Fee: Free (OCC/ACC Member)
\$2 (Union Member)
\$4 (Guest)
Min Pax: 10 Persons
Closing date: Tue, 7 Jan 2020

*Materials are not included. Please bring your own red packets.

BUTTON MY HEART!



Do you know that everyday essential items such as buttons can be used to create art pieces to beautify your home? Bring your kids for a relaxing afternoon at this workshop creating unique designs out of buttons and acrylic paints for the background. Parents are welcome to join in the fun!

Date: Sat, 15 Feb 2020
Time: 12pm – 2pm
Venue: Kids' Room
Fee*: \$12 (OCC/ACC Member's Child)
\$14 (Union Member's Child)
\$16 (Guest's Child)
Min Pax: 10 persons
Closing Date: Sat, 8 Feb 2020

*Child is between 3 to 12 years old. Materials are included.

1-DAY CNY SHOPPING TOUR AT JB



The best part of Chinese New Year, other than receiving red packets and reuniting with family and friends, would be the joy of shopping for new clothing and festive goodies. Take a day trip out to Johor Bahru and get ready for a big shopping spree! Sign up for the tour now!

Date: Sat, 18 Jan 2020
Venue: Assemble at ACC Lobby at 6.15am sharp
Free: \$95 (OCC/ACC Member)
\$100 (Union Member)
\$105 (Guest)
Min Pax: 20 Persons
Closing date: Sat, 11 Jan 2020

BOTTLE PLANTER



In this fun workshop, kids will get to plant their own money plant in recycled bottles and decorate their own "pot" using coloured twines and wool. Such hands-on opportunities will cultivate their green fingers from young and foster curiosity and a love for nature in them!

Date: Sat, 22 Feb 2020
Time: 1pm – 3pm
Venue: Kids' Room
Fee*: \$12 (OCC/ACC Member's Child)
\$14 (Union Member's Child)
\$16 (Guest's Child)
Min Pax: 10 persons
Closing Date: Sat, 15 Feb 2020

*Child is between 3 to 12 years old. Materials are included. Bring along your own 0.5-litre plastic bottle of any colour.

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 JAN – 29 FEB 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:

- Package is only available on selected dates. Please check upon booking
- \$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

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

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

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

JANUARY & FEBRUARY 2020 Promotions at Par Lounge



Corona Extra
\$7++ per bottle
(U.P. \$10++)

Chivas Regal 18 Years

\$168++ per bottle
(U.P. \$230++)

\$268++ per 2 bottles
(U.P. \$460++)



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 Set Menus for 10pax

@ Restaurant 酒樓內

24 Jan 2020 Lunch & Dinner



Menu AA 闔

\$638⁺⁺

Menu BB 府

\$688⁺⁺

Menu CC 团

\$788⁺⁺

Menu DD 圆

\$1088⁺⁺

Two Sessions for Reunion Dinner

First Session: 5:30pm - 7:30pm

Second Session: 8pm - 10pm

Dragon Lion Dance & God of Fortune

Performance for Reunion Dinner

萬興酒樓 2020新春庆功宴

Lunar New Year Celebration Sets for 10pax

From 08/01/2020 till 09/02/2020

(EXCEPT 24 Jan 2020)

Tel:

6732 7888

6732 6623

Menu A 迎

\$518⁺⁺

Menu B 春

\$568⁺⁺

Menu C 纳

\$688⁺⁺

Menu D 福

\$788⁺⁺

Menu E 宴

\$1088⁺⁺



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

Bouquets

~ Our service compliments ~

Wonderful Event Support

Hi Thomas,

Yesterday, SSEU spent a full day at OCC with our Delegates Briefing in the day, team bonding over bowling in the evening and an anniversary dinner at night. I would like to compliment your team for an event well done. There were some delegates who were new to OCC and they enjoyed your hospitality.

During the day seminar, we had Swee Kee from Banquet Ops and Tyrone for AV support. For the evening dinner, we had Lawrence taking charge of Banquet dinner with help from Danny. Jimmy was there for AV support. The management enjoyed the food during the dinner, so compliments to Chef Meng.

And of course, it is always a pleasure working with Sheena, who was very understanding of our many changes and helped accommodate our event needs.

We look forward to working with OCC again.
Thank you.

Mohammed Hafiz

Singapore Shell Employees' Union (SSEU)

High Level of Professionalism

Dear Sister Sheena,

A very big "Thank You" to you and your team for supporting the NTUC National Delegates Conference on 15 to 16 October 2019. The great success of the event was in large measure due to the co-operation and assistance given by you and your team.

Special thanks to your spontaneous response, assistance and going the extra mile to help out. It is moments like this that we see the professionalism and the passion shown by you and your team in the Spirit of the LM family.

On behalf of the Secretariat Support and Invitation Sub-Committee, I wish to convey our sincere thanks and best regards for the excellent support!

Many thanks and have a great week ahead!

Regards

Mr. Sam Ng

Assistant Director -

Administration Department (NTUC)



Well-Organised Event

Dear Stewart,

I would like to thank Sheena, Abdul Kadim and Harry from OCC for helping and supporting the organising of NTUC National Delegates' Conference (NDC). Without their commitment and hard work, the event would not have been successfully organised.

I would like to commend Sheena for her fast response. She was reachable at all times. I find it really amazing. Unlike others, she documented all requirements to a level of specification that filled me with confidence. We had been planning the event for the past 6 months. She is an incredible professional.

Once again, I would like to thank Orchid Country Club for the support given to NTUC and the NDC event.

Best Regards

Timothy

Secretary of NTUC NDC



Great Gym Facilities

Good job by the gym staff for keeping the gym clean and tidy. Kudos to Akmal for introducing the Outdoor Gym. Great space for functional training, stretching and other Olympic lifts. Don't need to cramp up in the gym.

Good job by the interns. They are warm and friendly.

Daniel Seow

Member



Welcome to the Orchid Family

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

Mr. Anahara Toshiya
Mr. Chia Poh Hock
Mr. Chua Khing Seng
Mr. Kumaki Kenji

Dr. Lee Hui Wen Lynette
Mr. Mohamed Rabeek
Ravuthar
Mr. Pang Zhiwei

Mr. Umesh Sharma Vijay
Shankar
Mr. Wong Siew Yew Terence
Mr. Yeom Chang Yun



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

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

RECIPROCAL CLUBS

GOLF CLUBS

ARGENTINA

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

AUSTRALIA

CONCORD GOLF CLUB, SYDNEY
Tel: +61 2 9743 6111
www.concordgolfclub.com.au/cms/

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

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

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

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

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

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

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

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

BRUNEI

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

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

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

CHINA

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

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

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

FRANCE

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

INDIA

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

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

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

INDONESIA

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

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

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

PALM SPRINGS GOLF & COUNTRY CLUB, BATAM
Tel: 62-778-761222/761219
www.palmsprings.com.sg

PALM SPRINGS GOLF & COUNTRY CLUB, KARAWANG COURSE
Tel: 62-267-644730/33/42
www.sedanagolf.com

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

ITALY

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

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

MALAYSIA

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

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

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

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

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

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

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

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

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

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

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

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

NEW ZEALAND

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

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

SOUTH AFRICA

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

SRI LANKA

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

VIETNAM

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

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

SINGAPORE

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

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

SOCIAL CLUBS

CHINA

AMBASSY CLUB, SHANGHAI
Tel: 021-64379800-281
www.ambassyclub.com.cn

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

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

HONG KONG

BUTTERFIELD'S CLUB
Tel: 852-2968-5555
www.butterfields.com.hk

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

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

JAPAN

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

MALAYSIA

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

ACCESS CLUBS

GOLF CLUBS

AUSTRALIA

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

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

CAMBODIA

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

CHINA

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

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

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

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

INDONESIA

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

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

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

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

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

JAPAN

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

MALAYSIA

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

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

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

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

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

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

TAIWAN

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

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

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

THAILAND

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

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

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

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

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

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

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

UNITED KINGDOM

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

VIETNAM

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

SINGAPORE

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

SOCIAL CLUBS

SINGAPORE

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

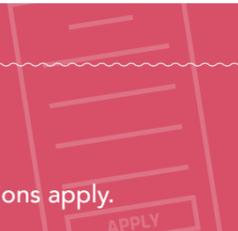
THE GRASSROOTS CLUB
Tel: 65-6554 2350
www.grassrootsclub.org.sg

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

APPLICATION PROCEDURES

GOLFING MEMBERS

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



SOCIAL MEMBERS

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

PRIVILEGES

CATEGORY

Reciprocal Clubs

GOLFING

No green fees payable

SOCIAL

Golfing dependant on respective club's policy

Access Clubs

Discounted green fees

All social facilities fees payable



Hong Bao Dinner

Exclusively for OCC / ACC members!

2 Feb 2020 (Sun)

6pm - 10pm
Grand Ballroom

Usher in a prosperous Chinese New Year with us and celebrate the gathering of loved ones at this memorable event. Toss to good health and a bountiful year ahead!

PRICE*:

\$30 (OCC/ACC Member)

\$50 (Member's Guest)

**Prices are subject to prevailing GST.*

PROGRAMME:

1. 8-course Chinese sit-down dinner
2. Lucky draw
3. Lion Dance performance
4. Meet-and-greet with God of Fortune
5. Stage performances, games and fringe activities

Dinner will commence with a minimum of 35 tables.

Registration open:
23 Dec 2019 (Mon)

Closing date:
26 Jan 2020 (Sun)

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