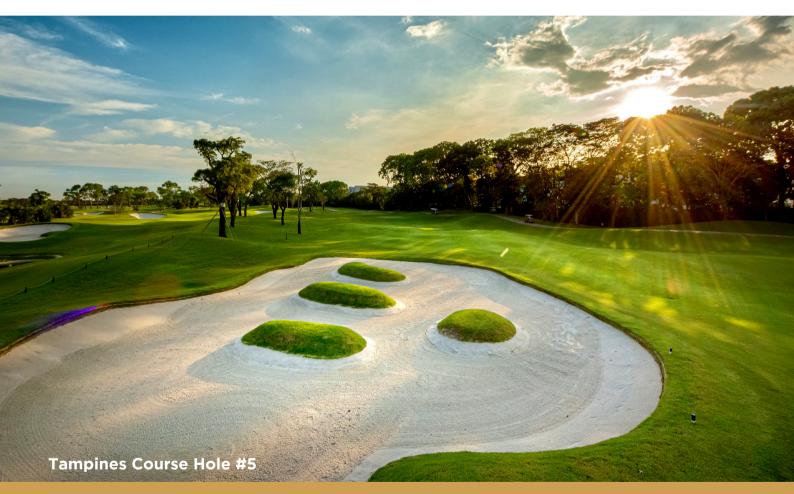


TanahMerah

COUNTRY CLUBI

JULY / AUGUST 2021



FEATURE STORY

PRESIDENT HO BENG HUAT MAKES SERIOUS APPEAL:
OBSERVE SAFE AND HEALTHY PROCEDURES
AS YOU ENJOY YOUR
GOLF AND FOOD

GOLFERS' ZONE

SOLVING THE SHANKS

CHAIRMAN'S PRIZE GOLFERS SAVOUR THE GOOD FROM BAD WEATHER

MCI (P) 090/06/2019









WHAT IS THE QUEST?

Refined. Polished. Built for the extreme. Its case, bezel and bracelet are made in Oystersteel, an alloy specifically harnessed to withstand the sheer strength of Nature, and keep pace with the pioneers who breached the deepest caves and reached both poles. Yet it is polished, too, with its signature satin finish. As to the exceptional legibility of its dial, reinforced by the luminescent Chromalight display, it has been field-tested through the thickest blizzards and the longest nights, by all manner of explorers. That special breed of men and women who inspired our own quest as watchmakers. Rest assured, it is a path we intend to keep on exploring. The new Explorer II.

#Perpetual









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minyee@tmcc.org.sg 6592 0300 6592 0301 gmpa@tmcc.org.sg

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glennlee@tmcc.org.sg 4592 N385 danielsng@tmcc.org.sg 6592 0374 kelvintong@tmcc.org.sg 6592 0386 sharonlee@tmcc.org.sg 6592 0302 sallychua@tmcc.org.sg 6592 030 joeypeh@tmcc.org.sq 6543 0363 ryanchia@tmcc.org.sq peiying@tmcc.org.sg 6592 0305 dentay@tmcc.org.sg 6592 0317

nicoleestrop@tmcc.org.sg jeanie@tmcc.org.sg 6592 0330 leechoyfong@tmcc.org.sg 6592 0454 shirleysiew@tmcc.org.sg 6592 0328 jessicachng@tmcc.org.sg leeyunglon@tmcc.org.sg 6592 0336 siaminghan@tmcc.org.sg 6592 0384 eileenlin@tmcc.org.sg 6592 0326 eddie@tmcc.org.sg 6592 0320 wahab@tmcc.org.sg 6592 0321

6592 0306

6592 0347

6592 0360

lautakkee@tmcc.org.sg 6513 1279 dorothychew@tmcc.org.sg 6592 0337 6592 0323 patrick@tmcc.org.sg

EDITOR

Godfrey Robert

rahman@tmcc.org.sg

hassan@tmcc.org.sg

CONTRIBUTING WRITER

Tan Ju Kuang

Tanah Merah Newsmagazine is published bi-monthly by Tanah Merah Country Club, 1 Tanah Merah Coast Road, Singapore 498722.

Tel: (65) 6542 3040 (Main line) Fax: (65) 6542 9294 Website: www.tmcc.org.sg



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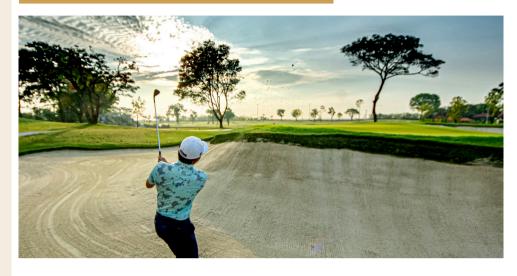
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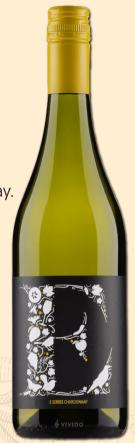
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When the Month July - August 2021



2019 Elderton E-series Chardonnay

- Medium bodied, crisp, subtle.
- Medium straw/light gold. Peach, melon, mango.
- Deliciously rich, balanced and uncomplicated chardonnay.



\$58 nett/bottle

Bundle of 2 @ \$106 nett (Mix & Match)



2016 Elderton E-series Shiraz Cabernet

- Mid to full bodied, classic Australian blend. Deep purple.
- Plum, cherry, cassis aroma. Plum, cherry, cassis and hits of vanilla palate.

Prices are in Singapore Dollars and inclusive of 7% GST.

Available at Garden Golfers' Terrace, Tampines Golfers' Lounge and Garden View Restaurant







PLAYING IT SAFE AND CLEAN AT TANAH MERAH CC By Godfrey Robert

Editor Godfrey Robert

Keep it that way, appeals the Club's President

t Tanah Merah Country Club's two courses, the oftused words recently are not pars and bogeys but "sanitise" and "disinfect".

That's at least during this COVID-19 pandemic period when golfers go through a whole gamut of safety procedures even before the first ball is hit.

At the Tampines course - it's

the same at the Garden layout - recently during a social game, I felt that COVID-19 was furthest from my mind after going through a "cleansing" that made me feel fresh and pure.

It was as though I was in paradise. Temperature taken, safe entry done, as I entered the changing room I was told categorically by the caretaker that shower facilities would not be available because of safety measures.

As I paced on to the buggy bay, marshals reminded me to wash my hands, maintain safe distances from flight mates and use the sanitisers that are freely available at many areas, including two bottles on each buggy.

And obvious was the cleaning of floors and high contact surfaces like door handles, steering wheels on buggies, sanitising sprays (aerosol) in changing rooms and the absence of all toiletries in the changing room.

In fact, the observance of clean and healthy habits aside, marshals regularly make their rounds on the courses to warn golfers about wearing face masks all the time and maintaining safe distances during play, especially when standing on the tee boxes.

Also rakes are not in use in bunkers and golfers are not allowed to touch flagsticks on greens. And buggy driving is restricted to only the designated drivers.

Rules, rules, rules, one might say. But remember, you are safe only when everybody else is safe, too.

So observe the rules, for healthy practices are paramount during this pandemic. And to those stepping out of line, it is good to politely remind them of the many rules.

And if you run a temperature, do not make your way to the Club, for you won't get past the security check. Instead, withdraw from the game and visit a doctor.

TMCC takes the pandemic situation very seriously. That is why the Club president Ho Beng Huat has made a special appeal to members and guests to strictly follow the anti-virus procedures.

He says: "The virus is contagious, deadly and long lasting. The Club must play its part in helping the situation. And the best way is for members to adhere to the Club's safety rules and procedures so that TMCC can be a safe place for our members and guests as we look to the Club for golfing fun, dining enjoyment and facilities to be best used."

It is also because of the Club's strict adherence to safety rules that events are conducted in the best way possible. The Club has been staging small tournaments and corporate events within the guidelines of safety and there is a certain buzz in the Club's activities.

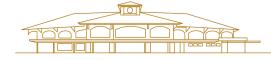
From this issue on, we have spiced up the content in the e-magazine with a variety of articles, from improving your game to post-game culinary delights. We welcome Tan Ju Kuang, the International Editor at Golf Digest who has over two decades of editorial expertise in golf.

In this issue, Ju Kuang will help you solve your shanks and whet your eating appetite with details on how to prepare Fish Head Curry, one of the favourite dishes at TMCC's two cafeterias.

We also feature three juniors from the Club's Junior Programme and part of their rise in standards is due to the Club coach Daren Lim who has taken a special interest in the scheme.

This Club is not just about golfers, but also the efficient management team and the employees. In our regular section we feature housekeeping supervisor May Chong, who came to Singapore from Johor Baru and has given the Club yeoman service for more than two decades.

And it's a feather in the cap for TMCC's new bird community. Who are they? Check out inside.



Club President Ho Beng Huat Makes Serious Appeal:

OBSERVE SAFE AND HEALTHY PROCEDURES AS YOU ENJOY YOUR GOLF AND FOOD By Ho Beng Huat



Officer in PPE sanitising our changing rooms

t Tanah Merah Country Club, we take COVID-19 very seriously and spare no effort in ensuring that we go all out to combat the pandemic. And all our measures to fight the pandemic are in line with the national campaigns to ensure that health is the topmost priority. Over the past 16 months or so since the pandemic struck, the Government had implemented several measures over phases in accordance with the severity of the pandemic. Singapore has gone through even a Circuit Breaker which changed our lives and lifestyles dramatically.

The oft-heard catchphrases are "Stay Safe, Stay Healthy", so all our measures are directed towards the safety of our population. Now with the vaccination drive in top gear, Singapore is in a better position than most countries to combat the pandemic, but we must not let our guard down.

This virus is contagious, deadly, and long lasting, and we have been warned to live with the pandemic when it becomes endemic, meaning we have to carry on with our lives as though COVID-19 is like the flu or any other viral attack that can never be wiped away. Having said that, we as a Club must play our part in helping the situation.

And the best way is for members to adhere to the Club's safety rules and procedures so that TMCC can be a safe place for our members and guests as we look to the Club for golfing fun, dining enjoyment and facilities to be best used.

Most evident among our safety procedures has been the presence of white-gowned officers, resembling astronauts on space missions, who have been seen mostly at the changing rooms, locker areas and eating premises who spray disinfectants and aerosols to ensure perfect cleanliness of the two layouts of our Club, at Garden and Tampines.

That apart, the Club insists that members adhere to the safety procedures already in place, like safedistancing habits, proper wearing of masks and regular use of hand sanitisers that are omnipresent at many areas; even in buggies.

The Club insists that every visitor, member or guest goes through temperature taking and a safe entry check upon arrival. Golfers are also



Golfers maintaining 2-metre distance between each other

reminded to maintain safe distancing at the course, wear proper masks and observe new rules like not using rakes, not touching the flag or post on greens and ensuring that only the designated driver operates the buggy.

The rules on use of locker rooms could change periodically in line with the Government's national procedures, depending on the COVID-19 situation and community cases. If so, they should be observed properly and carefully because the premises are for showering, freshening up and leaving soonest. And certainly not a place for laundry work, as has been one case recently. Or to dry their feet by stepping on the towel on the floor. I urge members to respect and maintain decorum when using the Club facilities and uphold our reputation as a premier country club. Members' behaviour and actions reflect the quality of our membership.

To ensure that all procedures are followed to a T, the Club has deployed marshals, officers and observers on a regular basis. They have been told to be strict on these matters, and those flouting the rules will face penalties.

Also practise good hygiene standards like always washing your hands, avoid touching your eyes, nose or mouth with unwashed hands, and practise good respiratory etiquette including covering coughs and sneezes.

Please remember the popular slogan: you are safe only if everyone else is safe. Happy golfing.



Against the backdrop of the pandemic and many uncertainties, Tanah Merah Country Club (TMCC) is especially humbled and privileged to be recognised in Golf Travel's Top 100 Golf Courses in Asia.





This celebratory feat is a culmination of the hard work and dedication of many TMCC staff in maintaining the immaculate greens and resplendent fairways of Tampines Course all year round. TMCC will continue to build on the legacy of our pioneering successes to attain greater heights in the 21st century.

CHAIRMAN'S PRIZE GOLFERS SAVOUR THE GOOD FROM BAD WEATHER



From left to right: Ong Lay Ann, Captain Lee Lian Hong, Caroline Ong & David Ong

Results

Winners : Christopher Chiu/Melvin Choo 35 pts Runners-up: David Ong/Caroline Ong 34 pts Third : Jonathan Lee/Cheong Jin Yu 32 pts Fourth : Gabriel Tan/Samir Bedi 31 pts ocb Fifth : John Baey Yam Chye/Raymond Lim Tiam Teng 31 pts Sixth : Sng Seow Wah/Niam Chiang Meng 30 pts ocb

NOVELTY EVENTS

Nearest the Pin:

Hole 4 : David Soh Hole 6 : Chua Weijie Hole 14 : Tadashi Minowa Hole 16 : Chan Thiam Seng A golfer's biggest opponent is not his rival, but the weather. Luckily, it didn't have to be with the Chairman's Prize at the Tampines course on May 9.

lay was disrupted several times, but the golfers kept their spirits high and enjoyed the fun, camaraderie and, more importantly, competition. Since the majority of the flights could not complete all 18 holes, the final results were based on 13 holes.



Winning duo Christopher Chiu & Melvin Choo with flight mates Jonathan Ho & Tan T Kiang

And the consensus and sporting spirit shown by all 116 players, including Club Chairman Ng Kee Choe, were to be admired.

Playing off 80 per cent of their course handicaps, Christopher Chiu and Melvin Choo won the four-ball-better-ball stableford competition with 35 points, edging out David Ong and Caroline Ong by one point.

And all the winners did not mind that the prize presentation was not held because of the COVID-19 restrictions.

Everything was made up for when the participants got to enjoy the post-game snacks "a la makan kechil" and free-flow of beer served at their tables.



From left to right: Gillian Sim, Juliet Taylor, Brett Poulsen, Dion Lim



From left to right: Leonard Yeo, Sara Lew, Khoo Siew Kheng, Margaret Soh

TAMPINES COURSE By Godfrey Robert

IMPROVEMENT WORKS

(PHASE 1)

t was not so long ago when heavy rains lashed Singapore and turned many areas - including golf courses - into pools and puddles, there was so much inconvenience for people that they preferred to stay indoors.

For movement and transportation through the floods became a hassle, and it added to the restrictions imposed by the COVID-19 pandemic.

Despite having one of the best drainage systems among the island's golf courses, Tanah Merah Country Club's two courses were also affected.

But not for long, because the Club's management and maintenance crew acted fast with the repairs and restorations so that golfers could return to the courses within days.

Keeping the Garden and Tampines in tip-top shape is a priority with the Club management. And committee members and marshals often check on the conditions of the courses while members offer good feedback on this aspect.

Only recently holes 1, 2 and 5 at Tampines were attended to following checks. For the par-four hole 1, there was backfill up the affected area (valley) with sand and tie-in with the existing gradient.



1. Previous terrain





2. Backfill with sand, shape to tie into the existing gradient and returf



3. Previous valley is smoothened out and tie in nicely with the existing gradient with additional subsoil pipe added in to provide more drainage.







2. Existing sump being raised by 300mm



3. Installing new sub soil pipe



4. 150mm new sub soil pipe



5. New sub soil pipe joined to a new sump



6. 150mm sub soil pipe



7. 150mm new sub soil pipe



8. Sub soil pipe backfill with new gravel

TAMPINES COURSE IMPROVEMENT WORKS (PHASE 1)

The repairs which started on May 19 and lasted three days, included adding in of additional sump and sub soil pipe where needed and the re-turfing after shaping of the affected area.

The existing sump was raised up by 250mm and area was backfilled with sand.

For the par-four long hole 2, a B1 drain with gratings along the hole 8 rough was added to catch the surface run-off. Area 1 was enlarged from the existing 300mm diacatch basin to 900mm diameter. And damaged sub soil pipes were replaced.



1. Tree roots and soil clog up the mega flow pipes



2. Water not flowing through the mega flow



3. Water ponding



4. Water used to wash out the soil. Roots can be seen in mega flow. Mega flow will need to change out on a yearly or bi annually to prevent roots for clogging up the mega flow.

Tampines Course Improvement Works at Hole 2



1. Added 150mm dia round mega is used to join between sumps



2. Additional mega flow added





4. Sand cap and roll with a 3 ton roller before turfing





1. 900mm dia catch basin. Existing area ponding with water



2. 450mm dia sub soil pipe towards the canal.



3. Backfill with gravel then with sand.



4. 450mm dia pipe to the canal.



5. Water draining off through the 450mm drainage pipe.

A 150mm diameter pipe was set to collect the surface runoff to the new B1 drain. Areas 2 and 3 were raised and the catch basin was enlarged to 900m diameter. Sub-soil pipes were checked and those damaged were replaced. A new sump and 450mm discharge pipe was set up running to the canal.

For the par-five hole 5, backfill was done to the affected area (valley) with sand and tie-in with existing gradient. Drainage of the existing subsoil pipe was checked and additional sump and soil pipes were added if needed. After shaping the affected area, returfing was done.



1. Gravel added on the top of the megaflow



2. Compact with a 3 ton roller



1. Previous gradient before the improvement work



2. Returfed and properly tie in with existing gradient



3. Shaped and compacted



1. Newly added sump with a 150mm dia pipe added to it



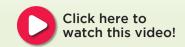
2. Joining the mega flow with a 150mm dia round pipe



3. New mega flow added to the rough



4. More mega flow added



SOLVING THE SHANKS Co-written by Tan Ju Kuang & Daren Lim

The dreaded "s" word is a heinous problem that surfaces every now and then, and causes golfers to enter a state of fear-induced helplessness. But curing it is not only possible, but rather easy too.

The S-word. It's probably the problem shot golfers fear the most. With often a short iron in hand, the ball clanks off the club with the most awful of sounds, only to squirt viciously to the right (for right-handed golfers) in a feeble, low trajectory that is nowhere close to where you aimed.

The second reason is if the golfer starts his downswing too much on the inside (image 3). This leads to an excessive in-to-out move (image 4), which will also cause the shaft to finish in front of the ball at impact leading to a shank.

What causes this and how do we fix it?

THE FAULT

The main cause of a shank is when the shaft is in swung in front of its optimum position at impact. When this happens, the hosel comes in contact with the ball - instead of the clubface - and the ball spins off it to the right (image 1).



Image 1: Hosel Too Close to the Ball

There are generally two reasons why this may occur.

One is if the golfer starts his downswing in an over-the-top move, i.e. releasing the club too early so that the swing plane is out-to-in (image 2).

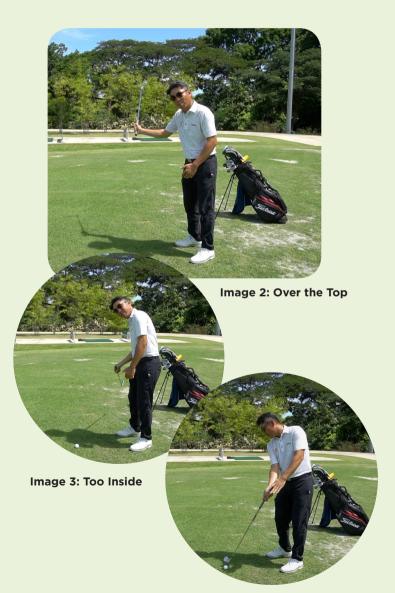


Image 4: Too In to Out

THE FIX

There are several ways to fix a shank, but one of the easiest is this "Missing-on-the-inside" drill. The ultimate goal is to return the clubhead so that the sweet spot is closer to your body (image 5).



Image 5: Sweet Spot Closer to the Body at Impact

Start by placing two balls on the practice area, with one in front of the other, separated by about 2-3cm (image 6). Set up normally with the ball further away from you (image 7).



Image 8: Take a Normal Backswing

Take your normal backswing (image 8).

But instead of trying to hit the outer ball, attempt to hit the ball closer to you instead (image 9). This allows you to move the sweet spot of the clubface closer to your body, and in doing so, eliminate those dastard shanks from your game.

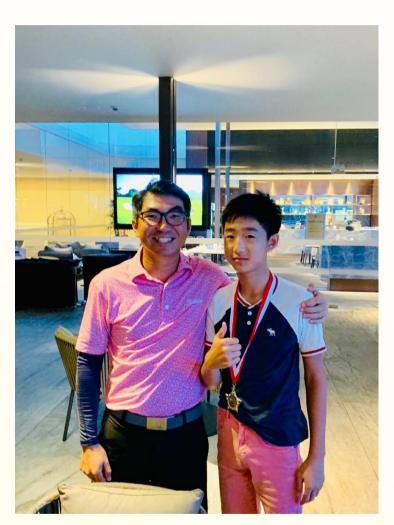




Image 9: Hit Inside Ball

Image 7: Setup on Outside Ball

AFFABLE LEE HAS HIS HEAD ON By Godfrey Robe. HIS SHOULDERS



Jung Chan at age 12 with Coach Daren Lim

alf an hour before his scheduled interview, South Korean Lee Jung Chan was at the Tanah Merah Country Club Garden lobby, classic backpack slung over his right shoulder and looking excited.

Mum Jun Hee Sook had just dropped him and as she was pacing to the car park, he waved his right hand with the greeting "najung-e-boja", as he usually does after every time he is ferried for golf practice.

And that routine is at least once a week for Lee's usual range or course practice with club coach Daren Lim, who sees great promise in the slim, tall youngster armed with an admirable 5 handicap index.

Coach Lim believes that the five-handicapper's greatest assets are discipline and punctuality. The second welcoming trait was exemplified in his early arrival for the interview and Lim's confirming that Lee's conduct has always been exemplary.

The Dulwich College Year-10 student who moved to Singapore from Switzerland, was posted here three years ago, modestly admits that he is "only an average student academically".

But he is probably undervaluing his study potential at the highly-rated international school from the direct manner in which he answered the questions.

An interview with him reads thus:

"Are you a good golfer?" "Okay, nothing great, but I enjoy my golf."

"Are you a good student?" "So far I have managed my studies, specialising in mathematics and physics. I do enjoy computer science and economics too."

But this answer takes the cake, for a question about what his future holds



Winning 1st runner-up at the Singapore Junior Development Tour Championship 2021 at age 15

for golf. Question: "With such potential, do you harbours hopes of becoming a golf professional"? "No way, I know my strengths and weaknesses, and I believe in an academic career not a sports career."

However, Lee wants to enjoy his golf, and see it as a vehicle to "build camaraderie, make contacts, and cement networking".

And his parents, dad Lee Jae Ho and mum Jun Hee Sook will not stand in his way for they know that their only son is a responsible teen who has his head on his shoulders.

Still, while studies take priority over golf, Lee is keen to make a mark as a good amateur golfer. Armed with a modest 230-metre average drive, he recently finished runner-up in an under-15 junior competition at Laguna National.

He returned scores of 77, 79 and 80 on the Masters course and culd have been in running for the title had he not triple-bogeyed the 17th when he found water and double-bogeyed the finishing hole to lose by four shots.

He loves the two courses at TMCC, Garden and Tampines, on which he gets to play as a member of the Club's junior programme. His best score was a 73 achieved at the Garden course about seven months ago in a social round.

The affable Lee was first in among the three interviewees, but he had to wait long for his turn because he was the last to be interviewed. An hour-and-a-half had passed since his arrival when he was let off for his practice session. But Lee was not irked or irritated, but still managing a big smile with a "thank you" parting shot.



is grandad and dad wanted him to be a footballer. His school believed that he would be a good basketballer. Or at least a swimmer who with his long limbs would gobble up the metres fast in the pool.

And there were good reasons for those choices. Grandad was a footballing stalwart who represented Singapore in the Sixties and Seventies. The popular Brian was a sport presenter on radio and television and currently still hosts the radio show "The Vintage Showcase" on Sunday mornings.

Dad Mark was also a decent school footballer, sometimes playing as a goalkeeper, and he followed in Brian's footsteps to be a television commentator.

Sol's secondary school ACS Barker thinks that the 14-year-old, at 1.81 metres would excel as a swimmer or cager. But Sol chose golf as his sport. And he is so serious about this passion that he wants to be a professional golfer.

For most teenagers this pull in different directions would turn out to be puzzling. Not for Sol, a decent 4.5 handicap index golfer who is focused on the gentleman's game of pars and birdies.

The old six-hole Tanglin course, now non-existent, was his first golfing playground when at six his dad would take him there for swings and putts.

Then, a pupil of ACS Primary, Sol was bitten so much by the golf bug that he would ask his dad or mum, Beatrice Chia, to ferry him to Tanglin.



Sol at the HSBC at Youth Challenge 2021 at age 13

And later at ACS Barker, a school which offered golf as a CCA, he got obsessed with the game that his Friday sessions at basketball became meaningless.

With the help of popular coach Greg Anketell at Keppel Club, his striking distances were getting further while his handicap was coming down.

And now with strong ball striking skills and an average of 265 metres driving distance, Sol says that he needs to polish up his short game and play around the greens.

No doubt, Sol rues the lost opportunities to play more now that the pandemic has affected his weekly routine of going to Johor for 18-hole games with his dad.

At an Under-16 junior event at Laguna a fortnight ago, he finished tied-sixth with scores of 84-73-82, underscoring that consistency is what he should seek if he wants to take his game a few notches higher.

One-over 73 has been his best score so far and he relishes the eagle at the finishing par-five hole at Orchid Country Club's Vanda course. From the blue tee, he smacked a driver and a five-wood to the green before draining the putt.

It is somewhat surprising that for a golfer who was born outside the era of scintillating play of megastar Tiger Woods, he singles out the American as his idol. "Okay, I have not watched him live, but TV clips have shown me what a great golfer he has been. I enjoy his fabulous all-round game."

Since 2018, Sol has been in the Tanah Merah Country Club's junior programme and under the coaching of Daren Lim, he has shown tremendous progress. Says Lim: "Sol has great potential. He is disciplined and focused and I enjoy teaching him."

Sol is a big loss to football, basketball and swimming, but the sport of golf has gained a level-headed personality who seems to know what he wants from golf. Even awareness of the hard life a golfing pro goes through does not deter him.

For he believes strongly that golfing is the career he wants to pursue. And grandad, dad and mum are fully behind him in his passion.

ONLY 12, YET BRUCE IS FOCUSED ON A GOLF CAREER

With good coaches and very supportive parents, he can only move forward

e will become a teenager only next month (August), but he speaks with a maturity that keeps you engaged in conversation.

Still only 12, Bruce Kwong Ching Yat has a mind of his own and is very focused on what he wants to do in the future.

For a Secondary One student at ACS Independent, Bruce has at least a decade ahead to decide on a career.



By Godfrey Robert

But he is emphatic when he says: "I want to be a golf professional, playing first at the Asian Tour, and then maybe beyond that."

No doubt it is early days yet about a career, but when you find Bruce steering the interview towards golf, and only golf, without distraction, you cannot but admire his conviction.

The fanatical golfer, who was born in Singapore but relocated to China when he was just two years old with his family, played his first 18-hole game at only five in Shanghai. In five years, post return to Singapore, he has brought his handicap down to 5.8 through sheer hard work, with practice, practice and more practice, and the occasional 18-hole rounds.

Former national golfer Dino Kwek, now a pro, enjoyed working with the serious Bruce, when he was 9, at the Punggol Driving Range. And it was all about range work, chipping, iron play and bunker workouts.

And now that his school has a CCA golf programme, Bruce is overjoyed that he has allotted slots to work on his game. Additionally, being a member of the Tanah Merah Country Club junior programme, Bruce has quality time with Club coach Daren Lim.

Even at 12, Bruce impressed at a matchplay event at Changi and recently he won a junior tournament at Laguna National with scores of 80-82-86.

In fact, he plays social rounds with Daren and is proud that there were few occasions when he beat his coach in at some holes and derives motivation from that. At the Tampines par-four hole 11, he hit a good drive and a perfect second shot from 148 metres to register an eagle en route to a 75 for his best-ever round last year while playing with Daren.



Topping the SGA Talent selection programme at age 11

Bruce admires Tiger Woods and watches his games on television, mostly the playbacks. "What I like about Tiger is his strong mental game that gels with his solid all-round play. In fact, Tiger has given the game a new dimension."

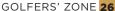
He also believes that Jordan Spieth is the best at putting, for "he reads the lines well, and executes a perfect routine."

Bruce has a brother in Bryan, whose interests are completely different. Bryan enjoys his football as a midfielder and is attached to the Barcelona Academy in Singapore.

"And what I enjoy most about them is that even when I don't play too well, they remain behind me. And provide the encouragement I need to ensure that I stay on course with my golf."

The one thing going for Bruce is that his dad Bosco, a banker, and mum Eva are solidly behind him in his deep passion. "I derive great motivation and inspiration from that because a load of pressure is taken off me.

Bruce is definitely set for great things in golf, and the youngster knows that the road ahead can be long and winding. Still, he wants to give it a go.





FEATHER IN THE CAP FOR TMCC

ITS TWO COURSES ARE A HAVEN FOR BIRDS, AS SEEN IN THE UNMASKING OF 'LAPWING' mnipresent at golf courses are a variety of birds. And in Singapore they range from the humble mynah, the irritating crow and, excitingly, an exotic list of the feathered kind that could make your head turn.

Tanah Merah Country Club's two courses, Garden and Tampines, have also been a haven for birds because the landscape and greenery are inviting and the trees are varied and flourishing, making for beautiful resting places and nests for them.

Recently spotted at TMCC are attention-grabbing "yellow-faced" birds that were seen nesting at the Garden's first hole. Identified as the "Masked Lapwing", also called "Masked Plover", the birds have a distinctive fleshy yellow wattle on its face.

It was spotted that both parents took turns incubating and defending four little eggs for fear of any outside threat. And it is said that the female lapwing will lay three or four eggs at 24-hour intervals.

To erase fears of threat from predators and the fickle weather, TMCC deployed a specially fabricated cage with leaf branches (see images) as cover to house the birds, bearing in mind that they can only add to the beauty and splendour of the course.

Observing the birds, one enlightened watcher said:

"Looks like they had a dip in cheese fondue".

No doubt, birds and the game of golf go hand in hand in one important aspect. Wondering why the terms "birdie", "eagle" and "albatross" are golfing terminology for under-par scores.

Technically, birdie is a golf term associated with scoring one stroke less than the declared par of any given hole. So, for instance, you are dealing with a par-three hole, to score a birdie, you simply need to make sure you complete the hole consuming only two strokes. For a par-four hole, you would need three strokes. Eagle is two under the par and albatross three under par.

The term "birdie" was derived from an American slang "bird" which is mainly to mean something great or wonderful. There are different accounts as to where the term actually came from.

However, the most recognised commemoration of when and where it was brought to the game was in a golf game at Atlantic City Country Club in New Jersey back in 1903. In fact, a plaque was established on site to help remember its conception.

So on the golf course, a great shot – one that led to an under-par score – came to be known as a "bird," which was then transformed into "birdie." The term birdie was in worldwide use by the 1910s. And it was during a match at Atlantic City Country Club that birdie came into existence.

Most sources point to Atlantic City Country Club in Atlantic City, New Jersey, as the place of origin. The USGA Museum cites the book Fifty Years of American Golf, published in 1936, which itself references a match played at Atlantic City Country Club in 1899.

Atlantic City Country Club itself, however, says the match was in 1903, so that's the year we accept. One of the golfers in that match, Ab (Abner) Smith, is quoted in the book saying this:



Eggs were kept safe from potential predators.



A pair of Lapwings nesting their eggs at Garden Course Hole #1.

"My ball ... came to rest within six inches of the cup. I said 'That was a bird of a shot ... I suggest that when one of us plays a hole in one under par he receives double compensation.' The other two agreed and we began right away, just as soon as the next one came, to call it a 'birdie.'"

So we can say that "birdie" was coined by Ab Smith and his fellow-competitors. (Today, on the hole at ACCC where it happened, a plaque commemorates the event.) The term immediately became common around that club, visitors to the club learned it and it spread out across the golf world from that single golf course in New Jersey.

By the early 1910s, the term was used by golfers around the world, but wasn't yet common outside the US. Writing in 1913, English golf writer Bernard Darwin said that "it takes a day or two for the English onlooker (in the US.) to understand that a birdie is a hole done in one stroke under par" (citation from The Historical Dictionary of Golfing Terms).

Unlike with birdie, we don't know the time and place that "eagle" entered the golf lexicon. But it was very soon after the creation of "birdie." The same Ab Smith who coined "birdie" said that he also recalled using "eagle" at ACCC soon thereafter.



Gregory Laurent Trinh

Hole #9 (150m) SICC Island Course 25.03.2021

James Goh Siang Thong

Hole #14 (155M) TMCC Garden Course 02.04.2021



Hole #14 (151M) TMCC Tampines Course 01.04.2021



Karen Lee Shu Pei

Hole #6 (110M) TMCC Tampines Course 04.04.2021



Ong Kong Wee

Hole #16 (126M) TMCC Tampines Course 08.04.2021

Kwon IL

Hole #8 (175M) Sentosa The Serapong Course 03.04.2021

Osamu Nagai

Hole #17 (138M) TMCC Garden Course 01.05.2021



Hole #4 (159Y) Laguna Classic Course 02.05.2021



Hole #11 (126M) TMCC Garden Course 19.05.2021

Chiang Kok Meng

Hole #7 (141M) TMCC Garden Course 27.05.2021

Chua Teck Hock

Hole #14 (125M) TMCC Garden Course 31.05.2021













Jozef Salaerts

Hole #11 (110M) TMCC Garden Course 02.06.2021



Ang Swee Thye David

Hole #6 (122M) TMCC Tampines Course 06.06.2021

Richard Tock

Hole #16 (123M) TMCC Tampines Course 09.06.2021



Lee Howe Yong

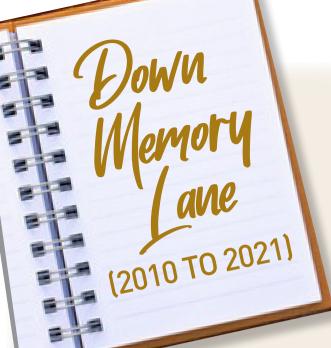
Hole #2 (130M) TMCC Garden Course 10.06.2021

Sng Huang Pang Michael

Hole #6 (140M) Keppel 15.06.2021







TANAH MERAH'S TWO COURSES RECEIVE WORLDWIDE

ATTENTION I

By Godfrey Robert

n a whirlwind visit some 15 years ago, former world No. 1 golfer Ernie

Els described the Garden course as one of the best layouts he had played on.

"Awesome" was the word oftentimes used when, just over a decade ago, former England footballer and national team manager Bobby Robson soft-spiked on the fabulous Tampines course as he occasionally halted to admire the planes taking off from Changi Airport.

Those truisms sit well on Tanah Merah Country Club's two lovely courses, and form the basis on which they have graced some of the world's leading tournaments and welcomed many of the world's top golfers.

So there was good reason for bringing events such as the Lexus Cup, HSBC Women's Champions, Tanah Merah Skins, Singapore Open, Putra Cup and the Queen Sirikit Cup to boost the reputation of TMCC.

In the process, TMCC allowed fans from Singapore and beyond to soak in the impressive talents of golfers such as Els, Sergio Garcia, Vijay Singh, Ian Woosnam, Annika Sorenstam, Lorena Ochoa, Karrie Webb, Michelle Wie, Inbee Park and Grace Park as they paced around the two world-acclaimed courses.

Recall these players to the Club now, and they would realise that the two playgrounds are very different now. For in the name of keeping with the times, they have been redesigned and redeveloped to bring about a refreshed look to extract better beauty in appearance and inject a more memorable playing experience for golfers of all standards.



So, what we have seen, especially in the past decade is a twice-redeveloped Garden and a reinvented Tampines which has been turned into a championship course, is in line with one of the core values of the Club commitment to quality through maintenance and renewal.

With airport expansion works encroaching onto parts of the Garden Course, the course was reconfigured in December 2014 with the makeover taking a mere three months to complete. Course designer Phill Jacobs was re-engaged to preserve the challenges and quality, which has always been the hallmark of the Garden Course.

The re-configured Garden Par 70 was officially opened for play on 1 March 2015. The Garden Couse had undergone its most major redevelopment todate in 2019, necessitated by future infrastructure development works which will again affect it.

As such, on 25 February 2019, the entire Garden Course was closed for a record-breaking 11-month complete redevelopment. It was reopened for members' play on 10 February 2020. The entire redesign was undertaken

by internationally acclaimed golf course designer, Robert Trent Jones II.

Although the area available for golf course use was substantially reduced, RTJ II rose to the challenge and successfully reimagined the new Garden Course and skilfully crafted 18 unique holes in an almost impossible space, utilising every available area on the green canvas.

With the spirit of the old Garden very much alive, the new iteration of the Garden Course, which was reopened for play in early 2020, boasts a uniquely enjoyable 18-hole, par-71 golf course with a respectable length of over 5,700 metres.

Comprising 18 memorable golf holes framed by picturesque lakes, strategically placed bunkers and beautiful landscape befitting its name, the new Garden promises golfers of every level a truly memorable experience extracting fun, enjoyment and dollops of competition.

The Garden Clubhouse was also extensively refurbished in 2019, with the Garden Golfers' Terrace and the changing rooms completely refreshed lending the Club a more contemporary and resort-style fee.

The Men's Changing Room was conceived with both aesthetics and function in mind, the changing room facility is fitted out with state-of-the art amenities that are the equivalent of top international hotel standards. The luxurious space offers members a chance to

refresh themselves before or after an absorbing game.

For the women, the airy and expansive changing room facility features top hotel standard amenities along with graceful design elements that lend it an air of class. The tranquil space is perfect for members to unwind and refresh themselves before or after a game.

The Club's second 18-hole course hosts an even richer array of vegetation and RSE wildlife than its sister course. With its beautiful rolling hills and large greens, Tampines Course promises a fun and memorable experience for all levels of golfers.

The Club's second 18 holes was envisioned to be "equal to or better than" and "different" from its first,

according to the former Club Chairman Sim Kee Boon. Originally designed by Max Wexler and launched in 1988, the 6,421 metres par 72 course was noted as the first buggy-only course in the region.

Built at a reported cost of \$1 million per hole, the course was lauded for its "natural appeal", featuring soft gradients of rolling hills with spacious teeing areas and large greens. The "West Course" (as Tampines Course was originally referred to) unbelievably has an even richer array of vegetation and wildlife than the Garden Course.

In the third quarter of 2009, Tampines Course was upgraded in three phases to improve the aesthetics and presentation as well as the playability of selected holes. In 2017, the Tampines was redeveloped and completed in 15 months. The stunning designed layout was soft opened on 30 April 2018. The championship course, 6,887 metres, par 72 has been lengthened by 466 metres and designed by the renowned Phil Jacobs.

The course presents beautiful water features, gently rolling fairways, undulating greens, well-placed bunkers, calm lakes and parkland-style with trees to allow golfers long views of key points on the course.

The gently rolling fairways are not the only challenge, as golfers may have to negotiate tricky pin positions if the ball is in the wrong quadrant of the green. Tampines will provide a truly unique memorable experience, good challenge and fun for all levels of golfers, including the professionals.

The Men's Changing Room was designed for a luxurious experience from the shower to dressing area. The changing room facility is well-equipped with quality amenities that are equivalent to international hotel standards.

The spacious and relaxing Ladies' Changing Room facility

features hotel-standard amenities and elegant finishes. The serene space offers golfers semi-private experience to unwind and refresh themselves.

Who would imagine that the whole layout was sculpted from a barren piece of reclaimed land because of the foresight, vision and ingenuity of Singapore's founding father Lee Kuan Yew and the Club's first chairman Sim Kee Boon way back in 1980.



Robert Trent Jones' visit to TMCC

Mr Lee spent countless hours surveying the site of swampland on a helicopter with Mr Sim, and the dynamic duo banked on turning the massive piece of land into a 36-hole golf layout that later lined the adjacent land which was turned into Changi Airport, giving the nation an economic lifeline through tourism and shopping. Mr Lee died on March 23, 2015, at the age of 91 and a fitting state funeral was given to our first Prime Minister whom we remember with fondness and gratitude.

Raking through the events over the last 10 years, one cannot forget the history-making achievement, on Aug 23, 2016, of swimmer Joseph Schooling who

received his baptism at the Cooch Vincent Poon. Schooling, then

Celebrating Joseph Schooling's Olympic victory at the Club

PMCC pool under Club Poon. Schooling, then 21, sunk the hopes of a swimming legend and two other global superstars to claim the Olympic Games gold medal in the 100 metres butterfly in the Brazilian capital of Rio de Janeiro.

Leading from the start, he brushed aside the challenges of the great American Michael Phelps, South African Chad Le Clos and Hungarian Laszlo Cseh to freeze the timer at a new Olympic record of 50.39 seconds. And in the process he became an instant millionaire, bagging the \$1 million prize from the Singapore National Olympic Council's Olympic rewards programme.

Days later, Schooling was back in Singapore to a tumultuous welcome at Changi Airport and then during an open-top bus parade from Kallang and via Nicoll Highway into the city where thousands joined in to celebrate the nation's greatest victory in sport.

It was heart-warming that in the week of Schooling's happy homecoming, he made it a point to spend an evening at TMCC when the Club made him an honorary member.

Among the other events over the past decade (as seen in the graphics), one that stands out is the hosting of the HSBC Women's Championships several times. Being fabulous hosts is the hallmark of TMCC with its efficient organisation and clockwork precision in its putting together of all the necessary requirements to win worldwide recognition which showcased the club.

In short, the TMCC experience is special. And unique.



Click here to watch this video!

HEAD NOTES By Tan Ju Kuang

Fish Head Curry is arguably one of Singapore's most iconic dishes. TMCC Executive Chef **Daniel Sng provides some** insight on what goes into our Club's popular version.



n this country of foodobsessed people, deciding on what is our national dish is an endless debate. But no conversation on the topic can go on without a mention of our beloved fish head curry.

Luckily for us at Tanah Merah Country Club, the version prepared by our own Executive Chef Daniel Sng is arguably one of the best as far as country club fare goes. It's so good that many members come to the Club specifically for the dish.

The secret, as most currybased dishes go, is of course in the rempah, or blend of spice and roots that form the foundation of this culinary genre. Chef Sng and his team makes their own rempah from scratch from a carefully proportioned blend of garlic, shallots, chilli paste, candle nut, lemongrass, galangal, and belachan (Image 1). These ingredients are ground into a paste, then frozen for use when orders are made (Image 2).





Chef's Sng embellishes the TMCC Fish Head Curry with a healthy addition of eggplant, okra, fried tauhu, tomatoes and pineapple, which goes a long way in helping make the dish all the more substantial (Images 3 & 4).



Image 3

Image 4

Members may wonder how a dish that looks so seemingly complicated can arrive at the table not 15 to 20 minutes after the order has been placed. It helps that the TMCC kitchen always has rempah in hand, ready to be used when called upon.

With the rempah at hand, preparation can go like clockwork for our kitchen professionals. The rempah is first fried till fragrant (Image 5), before water and tamarind is added (Image 6).





Image 5

Image 6





Image 7

Image 8

Once it is brought to a boil, the fish head - typically red snapper - is added (Image 7). First-squeeze coconut milk is then added for that "lemak" (rich) flavour and as a thickener (Image 8), and the curry is left to cook for about three to five minutes.





Image 9

Image 10

The eggplant and okra (ladies' finger) need to be blanched lightly before it is added (Image 9). At this time, the tomato, pineapple and tauhu pok also goes into the pot (Image 10).





Image 11

Image 12

The curry is left to cook for about 15 minutes in medium low heat at this point (Image 11). The final step is to throw in several sheets of dried bean curd skin (Image 12). Let it cook until softened, and then the fish head curry is transferred into a serving bowl before being brought out to the table.

Chef Sng says TMCC prepares about 50 to 60 fish head curry orders a week, making it one of the bestselling dishes in our menu. Certainly, after a tiring game of golf, and with a cold drink on the side, there are few contenders with this for a meal that will hit the right spot.

DID YOU KNOW...

...That the creation of fish head curry in Singapore is attributed to M.J. Gomez who was originally from Kerala in India. The story goes that Gomez, who ran a small Indian restaurant here in the 1940s, wanted to please his Chinese customers so he decided to add fish head into his Indian curry.

The dish became so popular that soon several different versions surfaced. Some dishes had more tamarind for a sour facet, while others had more coconut milk and different rempah concoction for a richer overtone. Today, fish head curry is near ubiquitous on our island state, with each restaurant offering its own special take on this uniquely Singaporean dish.

TMCC Fish Head Curry

INGREDIENTS

For the rempah (curry paste):

250g fish curry powder

300g shallots

80g garlic, peeled

2 stalks of lemongrass

40g blue ginger (galangal or lengkuas), peeled

20g yellow ginger, peeled

20g belachan (shrimp paste)

40g candlenut (buah keras)

200g chilli paste

200ml cooking oil

For the curry:

30g tamarind (assam)

200ml coconut milk

80ml evaporated milk

6g salt

10g sugar

80g brinjals (eggplant), cut into 4cm pieces

80g okra (ladies' finger), cut into 4cm pieces

80g fresh pineapple, cut into chunks

2 pieces tauhu pok (deep-fried soya bean)

1 tomato, quartered

10-15 curry leaves

1000ml water

1 stalk lemongrass, bruised

30g dried, deep-fried beancurd skin

METHOD

- 1. Blend the shallots, garlic, lemongrass, blue ginger, yellow ginger, belachan and candlenut together. (This rempah may be frozen to be used at a later time.)
- 2. Mix the tamarind with the water, then sieve out the tamarind seeds
- 3. Blanch the eggplant and okra for a few minutes, then rinse with cold water and set aside
- 4. Heat the oil and fry the bruised lemongrass; add the blended rempah
- 5. Add the chilli paste and fish curry powder and fry for about 10 minutes
- 6. Add the tamarind water, salt, sugar and curry leaf; bring to a boil
- 7. When the gravy is boiling, add the fish head, coconut milk, evaporated milk, blanched okra and eggplant, tomato, pineapple and tauhu pok
- 8. Cook for about 15 minutes, then add the deep-fried bean curd skin; cook for another 5 minutes till the bean curd skin is soft; then transfer into serving bowl
- 9. Serve with steamed white rice



MAY SCHOOLING Edited By Tan Ju Kuang

The mother of Singapore's only Olympic Gold Medal winner, and long-time Tanah Merah Country Club member, talks about the challenges of motherhood, and what she enjoys about the Club.

1. How long have you been a TMCC member and what do you enjoy best about the Club?

It's been such a long time, but I think it was around 1993 or 1994 when we became members. Initially, we joined for the golf, swimming and tennis. It was convenient because we live in the east.

Joseph started swimming there as a baby and then took lessons from Vincent Poon when he was 4 years old. Uncle Vincent was the swimming coach at TMCC for many years. He only retired recently.

2. How long have you been playing golf?

I tried starting golf when we joined TMCC. I took golf lessons from Kim Baldwin, got my PC and then Joseph came in 1995. All tennis and golf stopped after that!

3. How did you get into the game?

At that time, we were members of three golf clubs as Colin was crazy about the game and played almost every day. So if you can't beat them, join them, I say.

Anyway, I love sports but tennis was more my game.

I played tennis and softball for my school, MGS Ipoh, and for my state, Perak. I won the Perak Open Tennis ladies' singles when I was still in school. I also represented Malaysia in softball. After coming to Singapore, I represented SICC for Club tennis and Singapore Recreation Club for softball.

4. What was your occupational background?

Lam a chartered and certified accountant.

5. What was your parenting style with Joseph, and what role did you play in helping him nurture his athletic instincts?

Joseph was a very active baby and child. I always say he has ants in his pants all the time! So it was always some sport or another.

We cycled a lot at Bedok Reservoir and Bedok Park, played badminton, tennis, football, basketball - among others - under our block with the neighbours' children every afternoon.



May sitting pretty by the pool

From young, he loved sports and we just kept him active. I think that developed his athletic and competitive instincts as he always wanted to beat Mummy!

I was good at all land sports in school too, but cannot swim! That was the reason we started Joseph early with swimming lessons. He'd jump into water whenever he sees it - be it a pool, river or sea. It was worrying because I wasn't able to keep him safe in water. Now, he says he will save me.



From left to right: Senior Coach Ronald Teo, Assistant Competitive Coach Beth Lin, Swim Captain May Schooling & Technical Director Yang Bin

6. What would your advice be to mothers whose children want to pursue sports as a career?

It is difficult for parents to accept if their child wants to follow a different career path from thev plan what for their child. As parents, we want the best for our children but the child might have

different passions and interests. So when they are young, let the child explore and experience as many things as possible. Sooner or later you will understand what he or she is interested in. When they do things that interest them, they do better. However this does not mean that parents just let children do what they like. Parents have to guide them in doing the right things, some of which the kids may not like but are ultimately important in life. Studying, for example. So if the child is interested in sports, so be it, but make sure he finishes his studies as well. Playing sports might not be a long-term career.

7. What was your biggest challenge in helping Joseph be the best that he can be as a swimmer?

We started on a roller coaster ride with Joseph. We were not sure if we could support him, and didn't know where it would lead us to. It started when he was 13 years old and he wanted to go to the USA to train.

We enrolled Joseph in The Bolles School, a private school in the US. He spent middle and high school there. It was expensive and we were self-funding both his education and swimming.

Sports Singapore only began to help when they started the Spex Scholarship programme in late 2013. The athletes only get a small allowance to help with training and competition expenses. The stipend was based on performance of the athlete at major games. When he went to University, he was first on a partial scholarship, which then became a full scholarship. This made it much easier on our finances.

8. How did you overcome these challenges?

By overcoming one challenge at a time with God's help. To tell the truth, we were not sure how we did it but things somehow came together to help us through all the obstacles.

9. What are you busy with these days?

I'm busy looking after my husband, who is not getting any younger and has health issues. We're also trying to get some businesses started which Joseph can take over when he finishes with competitive swimming. We started Swim Schooling, a swim school and Schooling Sports, a gym app. We also have a company, The Schooling Company, who looks after sponsorships, events and projects.

10. In what areas do you think TMCC can improve?

TMCC is a premier Club with some of the best facilities in Singapore. Our members just need to support more of the Club's activities and facilities. Our Club has to be more innovative in planning these activities for members and also to allow guests of members to participate – at least until sufficient number of members support such activities.

11. What are some of your hobbies?

I like reading and playing all sorts of sports. I have a lot of books at home to keep me busy. When the Covid restrictions are relaxed, I aim to get more active in sports.

12. What makes you happy?

Interacting with everything – nature and people - makes me happy. Even if I do meet some not so happy people. If you have a happy attitude, you will be happy!



May at the Club's new outdoor gym, trying her hands at the ropes



May Chong, Housekeeping Supervisor

The Housekeeping Supervisor at the Club says: "My hometown is Johor Bahru where my family is. I fondly remember planting and growing our own durians back home. However, ever since my siblings and I came to Singapore to work, plus the current pandemic raging on, it has been difficult to go back home to enjoy our durians.

"But the Country Club environment here, with its lush greenery, flora and fauna and fresh air give me a strong sense of happiness. Colleagues here are also like family and everyone gets along and tries to help one another. I like that camaraderie."

May was an F&B supervisor for 8 years, mainly in-charge of banquet set-ups and service. "The company closed its shutters and I decided to pursue something else. That's when I chanced upon an opportunity in the Housekeeping Department in TMCC and decided to give it a try.

TMCC IS LIKE HOME FOR JB-BORN MAY

Club's Housekeeping Supervisor is enjoying work life even after 20 years

t is a home away from home, so to speak.

From the plantations of Johor where she was born, May Chong has spent the past two decades enjoying the flora and fauna of Tanah Merah Country Club.

No, she is not a botanist or agriculturist, but a lover of nature who finds TMCC a cosy, comfortable home.



Housekeeping Department at TMCC's Dinner & Dance

"Housekeeping is an essential department in all organisations. Many people think that it is all about cleaning, but we perform far more ad hoc tasks and responsibilities. We learn and better ourselves every day," she says.

May has been with TMCC for precisely 20 years and 2 months. She recalls: "Our uniforms were harmonious back then with the Club's backdrop. The tops were a flowery batik design and beautiful."







"The pandemic has forced us to make lots of changes quickly, and sometimes on the spot. However we are grateful to have very understanding guests. We always give our best no matter what the job."

Housekeeping personnel at work

Her current duties include overseeing administrative duties, purchasing supplies and looking for suppliers as well as ensuring that the club has sufficient workers. "We currently have 14 people in the department, and it is my job to know their schedules and if each worker is always at his/her respective posts.

"It is also my responsibility to be well prepared for any problems that may come our way so that it will be handled well," she adds.

May has had many positive encounters at the Club, mainly receiving praise and recognition from members when a job is well done.

She cherishes an event held at the banquet room years ago where she had the opportunity to put her flower-arranging skills to good use." We purchased some flowers and I made floral arrangements into baskets and banners which were used for decorating the event. These floral decorations are still being used for festive occasions," she emphasises.



Floral décor created and arranged by May during a Club event

One of May's exceptional photos taken from the Singapore Flyer

May, who is a recipient of at least three Long Service Awards and three Best Employee Awards, enjoys cycling, travelling and sightseeing, photography and floral arrangement.

Of the Lost and Found aspect of her department, May says: "Lost and found is interesting yet challenging at the same time. We feel a sense of accomplishment when we manage to find an item that belongs to a guest, especially if that item is very important to them.

"However, there are times that after a massive search, it turns out the item was with the guest all along."

COVID-19 has been testing and challenging for her.



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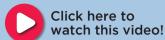
Situated outdoors and adjacent to tennis court number 4, the location is surrounded by landscaping and provides a refreshing and healthy work out option.

The facility is equipped with a Parallel Bar, Sit Up Bench, Functional Fitness Bar, Power Rope Station, and a Horizontal Bar. Our fitness trainers will be on hand to show you how to get the best out of your new outdoor workouts.

We look forward to seeing you there!



Heading To The Bar



The new Garden Outdoor Gym at By Tan Ju Kuang the Club's Garden location is just the place to sweat it out, no matter how old or fit you are

f there's anything this pandemic has taught us, is that we have to be thankful for the great outdoors. It's therefore timely that the Club has opened our new Garden Outdoor Gym.

There are great benefits to working out al fresco. Not only will you burn calories and build muscles while breathing in fresh air, but also the exercise stations now available here have been carefully curated so that all you need is your own bodyweight for resistance.

While the exercise equipment at our Garden Outdoor Gym may look somewhat intimidating, it definitely doesn't have to be so. Regardless of age or fitness level, there are myriad exercises you can do with a little creativity and quidance.

To kick off this new section on fitness, our resident gym instructor Bharatt shows us a few exercises you can do on the parallel bars that will hit all parts of your body.

Number of reps/sets: 8 - 10 reps/2 - 3 sets Muscles worked: Quadriceps, hamstrings, gluteus maximus

Assisted Squats

Start by holding onto one side of the parallel bars with both hands.



Keeping your back straight and looking forward, squat down till your knees are parallel to the ground.

Stand back up focusing your effort on your quadriceps and glutes (backside muscles). That counts as one rep.

Tip-toe Press-ups

Number of reps/sets: 6 - 10 reps/2 - 3 sets Muscles worked: Calves, shoulders, chest, triceps



Hold onto one side of the parallel bars with both hands.



Raise your heels off the ground so that you're on tip-toes.



Lower your upper body towards the bars till your chest nearly touches the bar.



Return to the starting position.

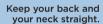
Inclined Row

Number of reps/sets: 6 - 10 reps/2 - 3 sets

Muscles worked: Biceps, back



Start by holding the bar with palms facing upwards. Walk forward so that your feet are in front of the bar, and your body is inclined backwards with you facing the sky. Lift your toes up so that your bodyweight is on your heels.



Using your back muscles and biceps, lift your body towards the bar till your chest touches it.





Slowly lower your body to the start position, feeling the tension in both your back and arms.

To alter the difficulty of the exercise, you can change the position of the feet. The further your feet are to the bar you're holding - the more inclined your back is to the ground - the harder the exercise, and vice yersa.

Justin Tang

CERTIFIED JUNIOR GOLF COACH





8188 1701

justin@elitegolfswing.com







Whatsapp

Email

Instagram

- · MG Purestrike Golf Academy, in Destin, Florida USA
- Kinesiology and Biomechanics of Golf
 (KMG Level 4 certified in Spine Mechanics and Qualitative Biomechanics in Golf)

Justin Tang has been a specialist in junior golf development since 2005.

With a wealth of experience in teaching juniors, his passion lies in introducing the game to TMCC juniors, nurturing their technique and a life-long love for the game. Over the years, some of his juniors have gone on to compete at the collegiate and national level.

Using the American Development Model, his holistic approach balances the mental, physical and technical aspects of the game to meet every TMCC junior's unique needs.

He continues to seek out the brightest coaching minds in the USA and Australia to further refine his system which is based on anatomy and psychology for rapid improvement.

He has been a member of the MG Purestrike Golf Academy in Destin, Florida since 2005. He is also KMG Level 4 certified in Spine Mechanics and Qualitative Biomechanics in Golf.









Play for LIFE







TMCC JUNIOR GOLF



Open to Juniors from 7 years of age



ENROLMENT OPEN for 2nd Semester 2021 **Training**

(Golfing training starts from July till November)

DEVELOPMENT LEVEL	INTERMEDIATE LEVEL	ADVANCED LEVEL	
Coach Justin Tang		Coach Daren Lim	
For Beginners / Juniors whom are preparing to attend the Courtesy Round to obtain Proficient Certificate	For Juniors who have attended Courtesy Round (PC Holders and H.I 24.5 & above)	For Juniors with a Handicap Index of 24.4 & below	
Saturday or Sunday	Saturday or Sunday	Saturday	
Fee: \$428 incl GST	Fee: \$642 incl GST	Fee: \$856 incl GST	
15 sessions (1 hour)	15 sessions (1.5 hours)	15 sessions (2 hours)	
The Games / Play in the Development Level is designed to teach different aspects of the game of golf.	Drills are designed to help Juniors in the Intermediate Level learn grit and perseverance.		
The 15 Sessions in the Development and Intermediate Levels are divided into 4 Modules:		In this level, a full assessment will be done of a Junior's current skills to determine	
Module 1	: 3 sessions of Putting	their strengths and weaknesses. Thereafter, a specially designed programme will be created for them, tailored to suit their physical and non-physical skillset needs.	
Module 2	: 3 sessions of Chipping		
Module 3	: 6 sessions of Pitching		
Module 4	: 3 sessions of Swing (3/4)		
Training modules prepared by Daren Lim. TMCC JGP Head Coach			

Training modules prepared by Daren Lim, TMCC JGP Head Coach



TMCC JUNIOR GOLF PROGRAMME

THE GAME FOR LIFE

MISSION STATEMENT

The Mission of the TMCC JGP is to provide juniors entrusted to us an opportunity to acquire life skills and values through golf in a safe and challenging environment.

Golf is a game of life in more ways than one. You play it for life and the game of golf will guide you for life.



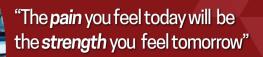




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"If it doesn't **change** you, it doesn't **challenge** you!"

ABDILLAH

11+ Years of Experience
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Fitness Instructor at United States Sport Academy
Basic First Aid, CPR and AED





4 Years of Experience
NITEC in Fitness Training
Higher NITEC in Sports Management
Basic First Aid, CPR and AED

"Goals are achieved when you start now and *quit talking*!"

Find out how you can achieve your fitness goals with us today!



The Glass Gym @ 6592 0309

GOLF RECIPROCAL CLUBS

Saujana Golf & Country Club Saujana Golf & Country Clu Saujana Resort, Section U2 40150 Shah Alam Selangor Darul Ehsan Tel: 603 7846 1466 Fax: 603 7847 5830 golf@saujana.com.my

The Lakes Golf Club Cnr King Street & Vernon Ave, Eastlakes, New South Wales Tel: +61 (02) 9669 1311 Fax: +61 (02) 9669 6206 www.thelakesgolfclub.com.au info@thelakesgolfclub.com.au

JAPAN

Shinwa Golf Group (Japan)

Members are required to make bookings through TMCC. Please contact Samantha Leong/Garden Golf Office at 6592 0343 for further assistance.

Reciprocal Member is required to produce:
• Letter of Introduction • Membership Card • Passport to verify their identity and to show that they are not residents of the same Country as the Host Club (Japan) • Handicap Certificate

AFFILIATE CLUBS

AUSTRALIA

Moonah Links 55 Peter Thomson Drive Fingal VIC 3939, Australia Tel: 61 3 5988 2000 Fax: 61 3 5988 2094 www.moonahlinks.com.au

Terrey Hills Golf & Country Club 116 Booralie Road, Terrey Hills New South Wales, Australia 2084 Tel: 61 2 9450 0155 Fax: 61 2 9450 0034 www.terreyhillsgolf.com.au

Woodlands Golf Club 109 White Street Mordialloc, Victoria 3195 Australia Tel: 61 3 9580 3455 www.woodlandsgolf.com.au Golf_Manager@woodlands.com.au

Yarra Yarra Golf Club 567 Warrigal Road, Bentleigh East, Victoria 3165, Australia Tel: (61) 9575 0575 Fax: (61) 9575 0585 www.yarrayarra.com.au

CAMBODIA

Angkor Golf Resort Kasekam Villiage, Sra Nga National Route 6 (Airport Road) Siem Reap, Cambodia Tel: +855 (0) 63 767 688 Fax: +855 (O) 63 761 140 www.angkor-golf.com

Imperial Springs International Summit Club

Guangdong 510970, China Tel: 86 20 3108 8888 Fax: 86 20 3108 8098 www.imperialsprings.com

Red Flag Valley, Dalian Cha'an Village Hongqi Town Ganjingzi District, Dalian 116033, China Tel: 86 411 8646 6666 Fax: 86 411 8428 0471 www.rfvgolf.com

Sheshan Golf Club Lane 288 New Lin Yin Avenue Sheshan National Tourism Resort Songjiang District, Shanghai 201602 Tel: 86 21 5779 8008 Fax: 86 21 5779 8006

www.sheshangolf.com

Spring City Golf & Lake Resort Tangchi Yiliang, Yunnan Province Peoples Republic of China, 652103 Tel: 86 871 6767 1188 or 86 871 6767 1185 www.springcityresort.com

Suzhou Jinji Lake International Golf Club

No. 2 Guobin Road, Suzhou Industrial Park, Jiangsu, 215021, China Tel : 86 512 6288 6868 or 86 512 6288 3426 www.jinjilakegolf.com

HONG KONG

Clearwater Bay Golf & Country Club 139 Tai Au Mun Road, Clearwater Bay, New Territories, Hong Kong Tel: 852 2335 3882 Fax: 852 2719 4207

www.cwbgolf.org golf@cwbgolf.org

INDONESIA

Damai Indah Golf Bumi Serpong Damai (BSD) Course Jln. Bukit Golf I, Sektor VI, Serpong Tangerang 15310, Indonesia Tel: 62 21 537 0290 Fax: 62 21 537 0288 www.damaiindahgolf.com

Pantai Indah Kapuk (PIK) Course Marina Indah, Penjaringan, Kapuk Jakarta 14470, Indonesia

Tel: 62 21 588 2388 Fax: 62 21 588 2391

Royale Jakarta Golf Club Jalan Raya Halim Tiga, Halim Perdanakusuma Jakarta Timur 13610, Indonesia

Tel: 62 21 80 888 999 Fax: 62 21 80 878 877 www.royalejakarta.com

Ashinoko Country Club A50minoko Guditiy Gudi 4708 Minamiharasuga, Mishima-shi, Shizuoka 411-0000, Japan Tel: 81 55 985 2122 Fax: 81 55 985 2480 www.ashinokocc.com

KORFA

Sky 72 Golf Club 2029-1, Woonseo- Dong, Joong- Gu, Incheon, Korea Tel : 82 327 418 562 Fax: 82 327 439 108 www.sky72.com

reserve@ashinokocc.com

Teddy Valley Golf & Country Club 365 Hanchangro, Andeokmyeon, Seoguipo City, Jeju, South Korea 699-921 Tel: 82 647 931 201 Fax: 82 647 931 108 www.teddyvalley.com

MALAYSIA

The Mines Resort & Golf Club Jalan Kelikir, Mines Resort City, 43300 Seri Kembangan Selangor Darul Ehsan, Malaysia Tel: 60 3 8943 2288 Fax: 60 3 8943 9212 www.minesgolf.com.my

THAILAND

Alpine Golf Club 99 Moo 9 Bangkhan-Sathaneevithayu Road Fathumthani 12120, Thailand Tel: 66 0 577 3333 Fax: 66 2 577 7100 www.alpinegolfclub.com

Loch Palm Golf Club 38 Moo 5 Vichitsongdram Rd Kathu District, Phuket 83000, Thailand Tel : 66 076 321 929 34

Fax: 66 076 321 927 8 www.lochpalm.com

Red Mountain Golf Club 119 Moo 4 Vichitsongkram Rd, Kathu District, Phuket 83120, Thailand

Tel: 66 076 322 000 1 Fax: 66 076 322 009

www.mbkgolf.com/redmountain

Riverdale Golf Club

123/5 Moo1 Tiwanon Road, Bang Kadi Sub-District, Muang Pathum Thani District, Pathum Thani 12000, Thailand Tel: 66 02501 2789 Fax: 66 02501 1833

www.mbkgolf.com/riverdale

VIETNAM

The Montgomerie Links Dien Ngoc Commune, Dien Ban District, Quang Nam Province, Vietnam

Tel: 84 510 3 942 942 www.montgomerielinks.com reservations@montgomerielinks.com



FAST FACTS

TAMPINES COURSE:

18-hole Buggy Course

Redesigned by: Phil Jacobs (2017)Total Yardage: 6,887metres (Par 72)

• Course Rating: 76.1

• Fairways & Roughs: Zoysia matrella

• Greens: Paspalum platinum TE

GARDEN COURSE:

18-Hole Buggy / Walking Course

• Redesigned by : Robert Trent Jones II (2020)

• Total distance : 5706 metres (Par 71)

• Course rating : 70.3

• Fairways & Rough : Zoysia matrella

• Green : Paspalum platinum TE

Caddie Services (with buggy)	18-Hole	9-Hole
Twin-share (1 caddie to 2 golfers)	\$70.00	\$35.00
Single golfer	\$50.00	\$25.00

*Cash payment required for caddie services All rates are in Singapore dollars and GST is not applicable.

GOLF OFFICES OPERATING HOURS

TAMPINES COURSE

Mondays Closed

Other Days 7.00am till 7.30pm

GARDEN COURSE

Tuesdays and Thursdays 9.30am to 7.30pm Other Days 7.00am to 7.30pm

PROSHOP OPERATING HOURS

TAMPINES COURSE

Monday Closed

Other days 7.00am to 7.00pm

GARDEN COURSE

Tuesday & Thursday 11.30am to 7.00pm Other days 7.00am to 7.00pm

For enquiries, kindly call:

- Tampines Golf Office 6513 7818 & 6513 7819
- Tampines Proshop 6592 4808
- Garden Golf Office 6545 1731 & 6592 0343
- Garden Proshop 6592 0371



GARDEN VIEW RESTAURANT (GVR)

Situated in the main clubhouse of Garden Course, it can accommodate 130 persons in a comfortable air-con, elegant setting. With a panoramic view of the golf course, the Garden View Restaurant offers attentive service, and warm ambience.

Operating Hours:

Daily

Lunch: 12.00pm to 3.00pm (Last Order - 2.30pm) • Dinner: 6.30pm to 10.00pm (Last Order - 9.30pm)

Closed on Mondays except on Public Holidays

Tel: 6545 2891 / 6592 0388.

GARDEN BANQUET ROOM (GBR)

Whatever the need, weddings, birthdays, product launches, golf prize-presentation etc, GBR can cater up to 250 diners with its balcony overlooking the serene surroundings of the Garden Course. Tel: 6592 0386 / 6592 0385

GARDEN LOUNGE (GL)

The lounge is situated adjacent to Garden View Restaurant and members can enjoy the magnificent view of the Garden Course.

*Due to COVID-19 Restrictions, we regret to inform you the Garden Lounge is currently not available for usage.

Operating Hours:

Sundays to Thursdays 3.00pm to 10.00pm (Last Order - 9.30pm) Fridays & Saturdays 3.00pm to 12.00am (Last Order - 11.30pm)

Closed on Mondays except on Public Holidays

Tel: 6592 0319

GARDEN EVENTS ROOM (GER)

The Garden Events Room caters for up to 100 persons for sit-down dinners and has parquet flooring for dancing. The room is also a popular venue for the club's social activities.

Tel: 6592 0386 / 6592 0385.

POOLSIDE CAFETERIA

With a prime vantage point overlooking the swimming pool at the Sports Complex, this poolside retreat is the perfect place for refreshing the spirit after a day of fun in the sun. Famous for its local fare served up with a warm smile.

Operating Hours:

Tuesdays to Fridays Saturdays, Sundays & Public Holidays Closed on Mondays

12.00pm to 8.00pm (Last Order - 7.30pm) 8.00am to 8.00pm (Last Order - 7.30pm)

POOLSIDE COVERED TERRACE (PCT)

Overlooking the best view of both worlds, a panoramic view of Garden Course and the calm water of mesmerising pool amidst beautiful landscape, the Poolside Covered Terrace is a good venue for barbecue or social gatherings and can hold 30 tables with buffet tables placed on the pool deck.

For bookings of rooms for private functions, please call F&B office at Tel: 6592 0386 / 6592 0385.

TAMPINES GOLFERS LOUNGE & TERRACE

Tampines Golfers' Lounge (air-conditioned) adjacent to the non-airconditioned Golfers' Terrace for dining.

Operating Hours:

Monday (Except on Public Holidays) Closed Tuesdays, Wednesdays & Thursdays 7.00am to 8.00pm Friday to Sunday & Eve of PH

7.00am to 9.00pm

Garden Golfers' Terrace

Opening Hours:

Mondays & Wednesdays Tuesdays & Thursdays Fridays to Sundays & PH Eve of PH

7.00am to 8.00pm 11.00am to 8.00pm 7.00am to 10.00pm 7.00am to 10.00pm

GARDEN VIEW WING



Heliconia Room

Need to hold board meetings, workshops, seminars etc? Book the Heliconia Room with seating capacity from 30 to 60 persons, offering various set-ups.

Ixora Room

Cooking and baking are such an enjoyment with a stylish kitchen studio. The room can also be used to conduct talks ranging from beauty to personal enrichment up to 40 persons. So look out for the various activities that we have in store for you printed in the bi-monthly newsmagazine.



Lotus Room

Dining in privacy is guaranteed here, with a seating capacity for 20 persons.

Hibiscus Room

More spacious than the Lotus Room, you may organise your gathering and dine in private here. Seating capacity is 30 to 60 persons. Lunch - \$500 minimum spending (on food and non-alcoholic beverages); Dinner - \$700 minimum spending (at least minimum \$600 on food)

Karaoke Lounge

Belt out your best hit songs at the self-operated Karaoke Lounge, with a seating capacity for 20 persons.

*Due to COVID-19 Restrictions, we regret to inform you the Karaoke Lounge is currently not available for usage.

Operating Hours:

Sundays, Tuesday, Wednesdays and Thursdays

