

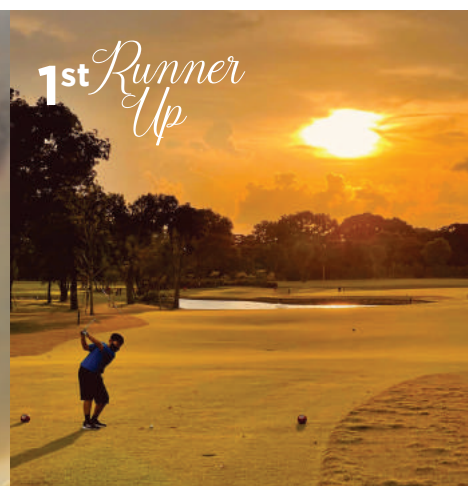
# Tanah Merah

COUNTRY CLUB

SEPTEMBER / OCTOBER 2021



*Winner*



*1st Runner Up*



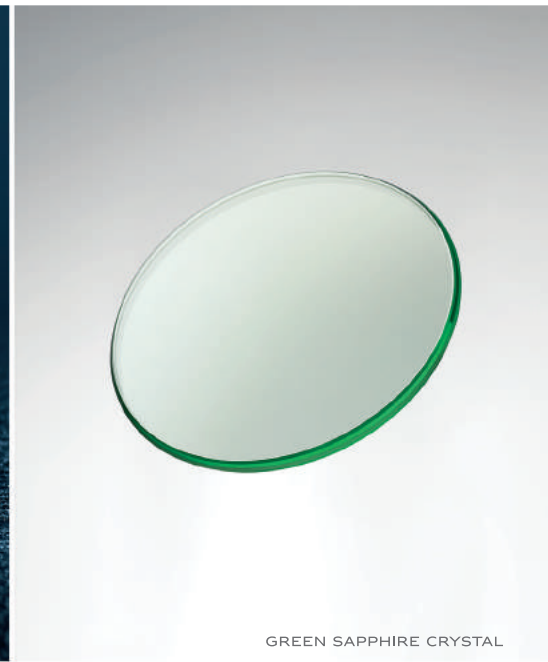
*2nd Runner Up*

## FEATURE STORY

MARC BEATS HIS  
TMCC COUNTERPART  
GREGORY ON  
COUNTBACK IN  
PRO-SERIES

## GOLFERS' ZONE

RYAN HOLDS OFF  
JUSTIN, HAILEY CRUISES  
PITCHING PROBLEMS



GREEN SAPPHIRE CRYSTAL



ORANGE LIGHTNING BOLT HAND



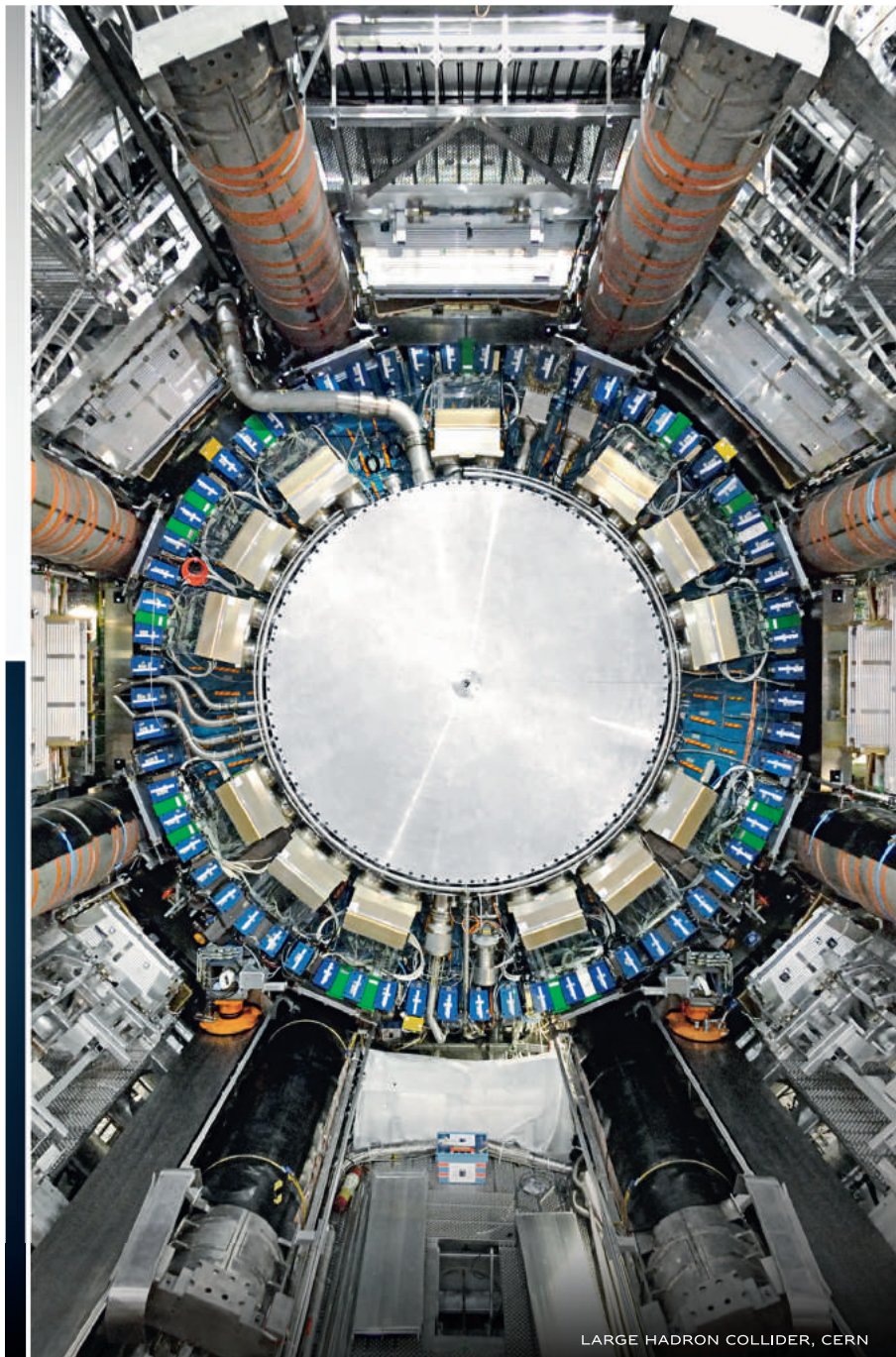
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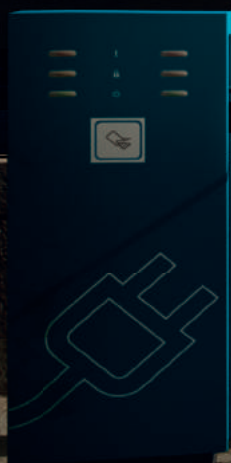
  
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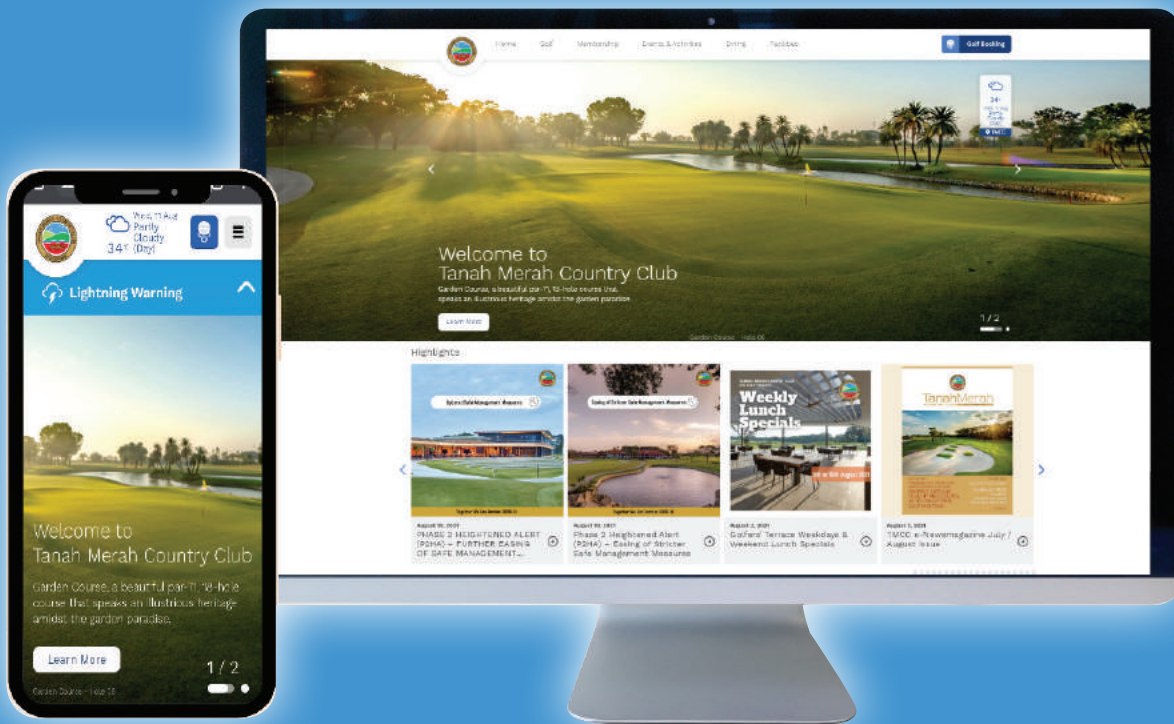
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[www.tmcc.org.sg](http://www.tmcc.org.sg)

*\*Terms and Conditions Apply.*



# OUR NEWLY REFRESHED TMCC WEBSITE IS OFFICIALLY LAUNCHED!



Offering a refreshing look-and-feel with stunning shots of our golf courses, the new website also improves navigation, with interactive and responsive drop-down menus, optimised for both mobile and desktop versions.

You will also notice that the contents are streamlined and re-categorised to offer a faster and convenient access to the contents and golf-centric functionalities that you are looking for, at just a tap or click away.

We encourage you to browse the website at [www.tmcc.org.sg](http://www.tmcc.org.sg) regularly for the latest news & announcements, weather updates, club events, golf ballot result and more, and take advantage of all its new features.

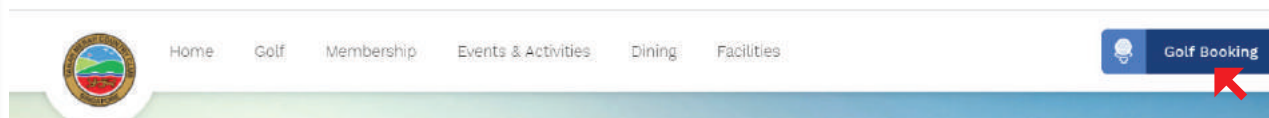


*Flip this page to find out how you can navigate  
Golf-related features on this new interface.*

# METHODS TO NAVIGATE GOLF FEATURES

## WEEKDAY GOLF BOOKING

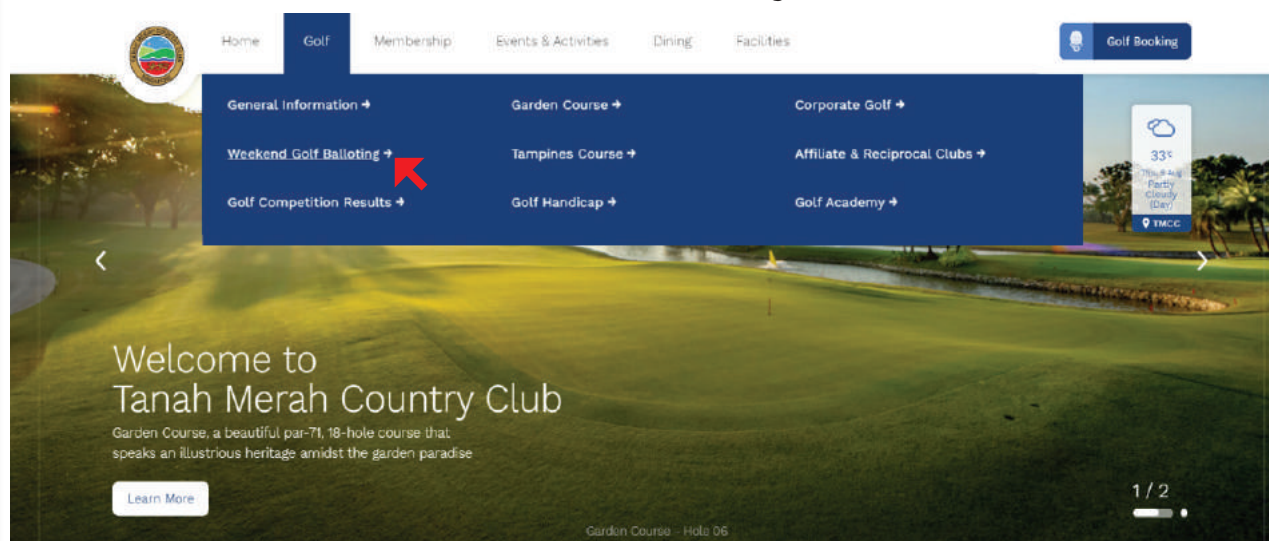
For weekday golf bookings, click on the 'Golf Booking' button on the top right corner of the website. You will be led to make your booking as usual via MiClub-Northstar.



## WEEKEND GOLF BALLOTING

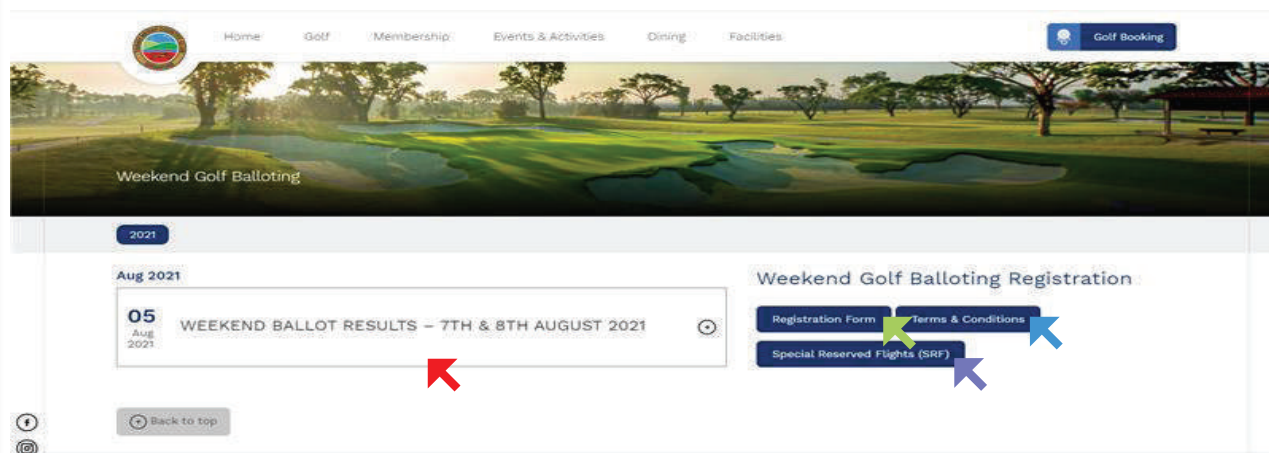
### Step 1:

Hover over the 'Golf' tab and click on 'Weekend Golf Balloting'.



### Step 2:

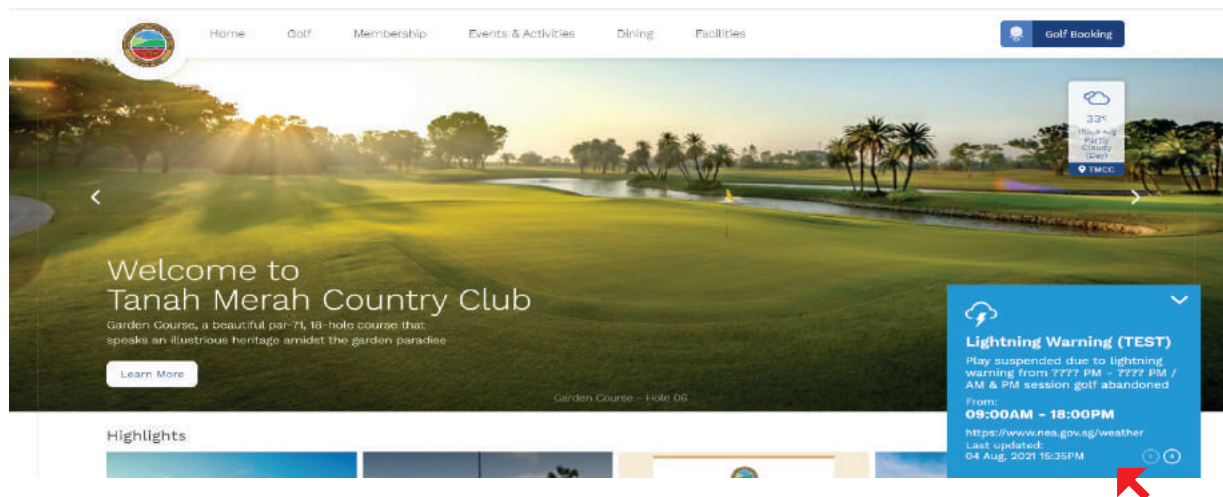
- **To register for the balloting** → Click on the 'Registration Form' button on the right side of the screen under 'Golf Balloting Registration'.
- **To see balloting results** → Click on the latest 'Weekend Ballot Results' box.
- **To read Terms & Conditions** → Click on the 'Terms & Conditions' button just beside the 'Registration Form' button on the right side of the screen.
- **To find out about Special Reserved Flights (SRF)** → Click on the 'Special Reserved Flights' button below the 'Terms & Conditions' button.





## LIGHTNING WARNING

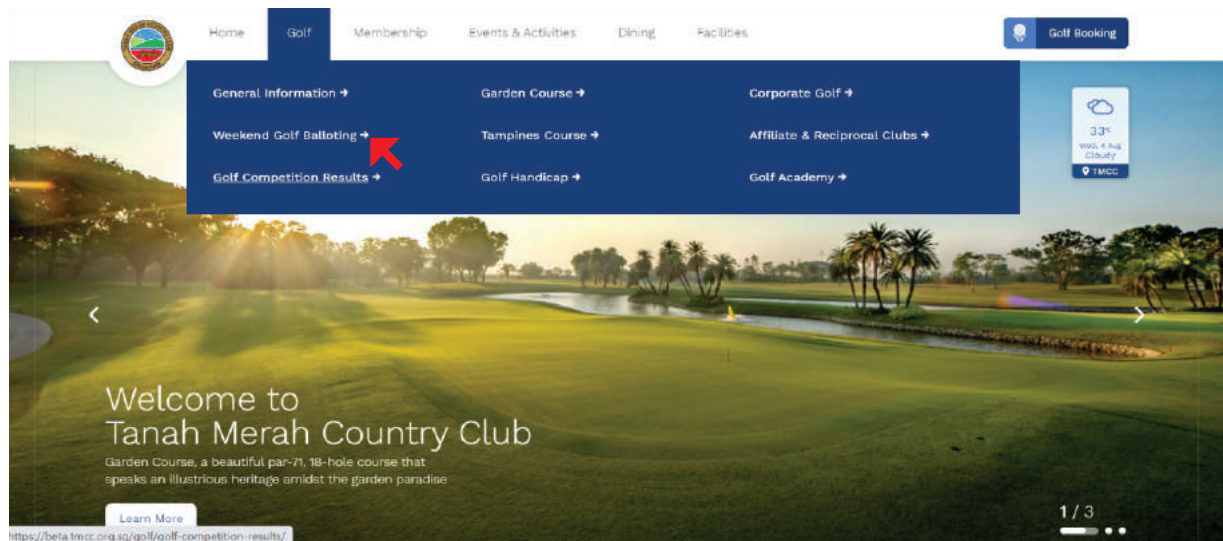
In the event of play suspension due to lightning, a lightning warning advisory notice will pop up on the right bottom corner of the screen.



## GOLF COMPETITION RESULTS

### Step 1:

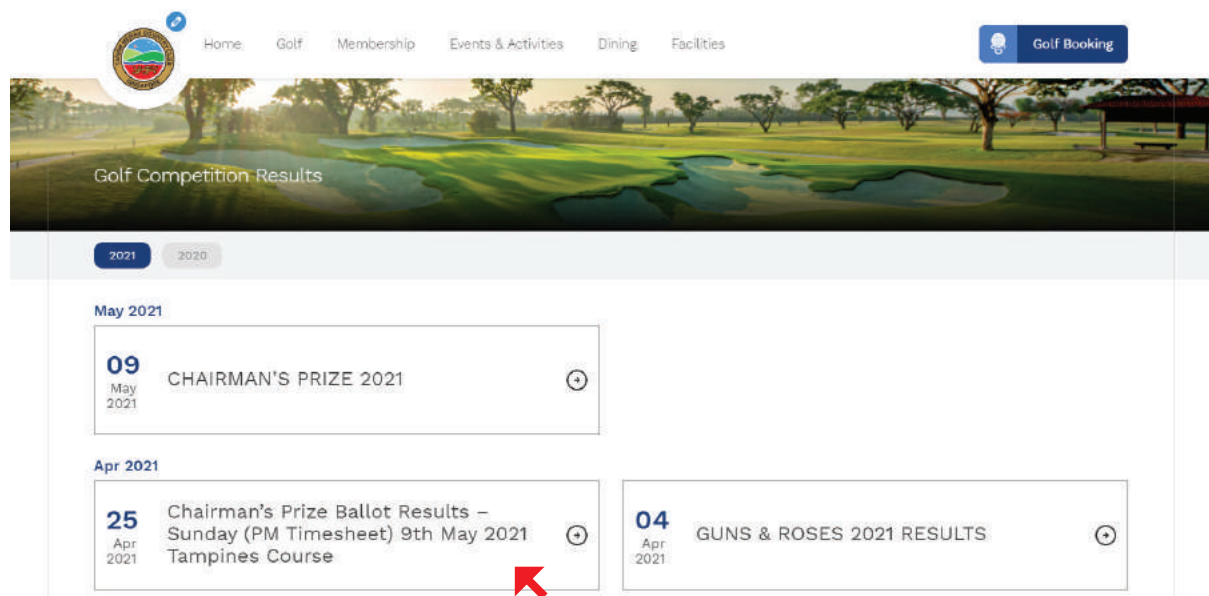
Hover over the 'Golf' tab and click 'Golf Competition Results'.



## GOLF COMPETITION RESULTS

### Step 2:

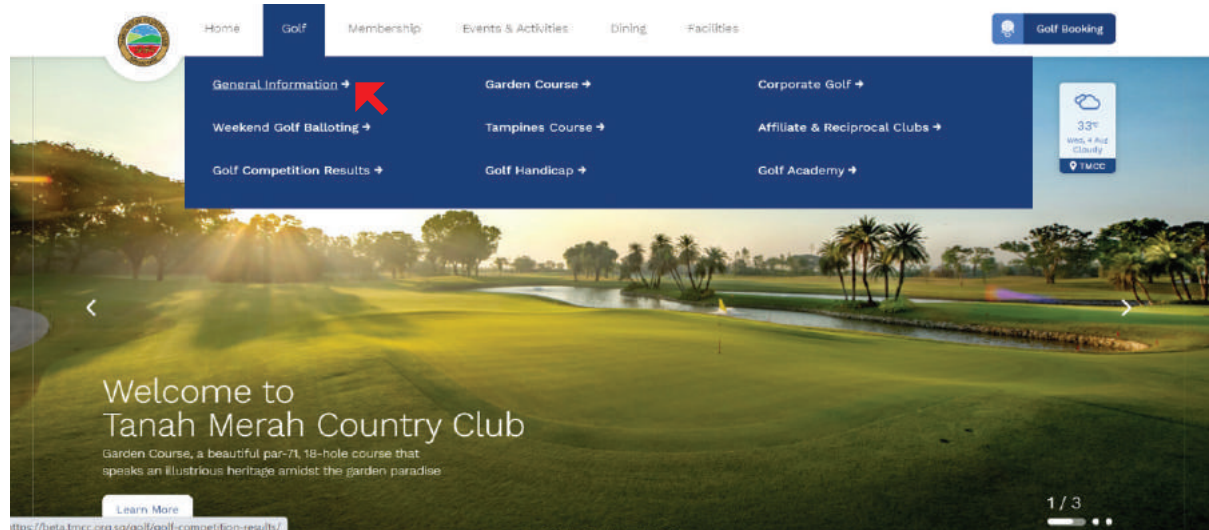
Click on preferred golf event box to see results.



## GENERAL INFORMATION

### Step 1:

Hover over the 'Golf' tab and click 'General Information'.



### Step 2:

- **To see Golf Booking Procedures** → Click on the 'Golf Booking Procedures' tab.
- Scroll down to find out information about **Operating Hours of our courses and driving range, Golf Fees, Handicap Requirement and Dress Code.**



# WHEN THE GARDEN SHOWED THAT IT IS NOT AN EASY COURSE

By Godfrey Robert



Editor Godfrey Robert

It complements Tampines in playability; the buzz is returning to TMCC despite pandemic

Initial angst turned into eventual bliss.

When first told that my three media friends and I would be playing at the Garden Course and not the usual Tampines layout two weeks ago, there was a feeling of resentment on the part of three debutants at the former course.

"Garden may be too easy for us," was the verdict of a 16-handicapper who has a 220-metre average drive. In the end, he was tamed by the narrow fairways, omnipresent bunkers and the tricky greens and returned a 12-over score over nine holes before rain came to his rescue.

And he surmised: "The Garden is very different from the very challenging Tampines, but it is not as easy as I had thought. The courses complement each other.

"I would love to play on it again because it offers a different challenge and a good test of nerves and game management. The beauty about Tanah Merah is that it offers two courses with varying demands.

"And despite losing so much land to the airport expansion and highway extension, the Club has done well to turn the Garden into a course that tests your mettle and hones your skills, especially on the par-fours".

So, while the par-71 Garden is very popular with the high-handicappers and the oldies who prefer pulling trolleys, the par-72 Tampines is a perfect layout for the professional test.

That is why the FTAG Singapore Pro Series, and the Singapore Open Amateur Series were huge successes when they were held together at the Tampines course in July. Course familiarity helped, and it was no coincidence that Club member Marc Ong took the main honours in the Pro Series to bag the top prize of \$3,850, winning on countback from another member

Gregory Foo who took home \$2,850 from an initial 24-strong field.

In the Singapore Open Amateur event, national squad member Ryan Ang held off the challenge of Justin Kuk to win by two shots, while Hailey Loh, who was on holiday from her studies in the United States, emerged a runaway winner by five shots for the girls' title.

Competitive and social golf aside, TMCC has also been busy with corporate events which are revenue-generating items. However, golf is not the only activity buzzing at the Club as the dining outlets have been well patronised, especially at the Tampines course.

The resumption of five fully vaccinated pax to a table for F&B is great news and members have been encouraged to patronise the Garden View Restaurant which offers a slate of dishes.

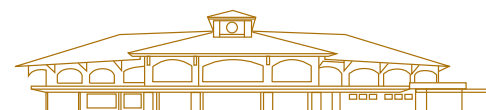
The service is good, the menu is wide and varied, and personally I feel that the sliced fish curry and black pepper beef are two items you should savour.

So golf is in full swing, the F&B is becoming a hit and despite some restrictions on other activities, the other events are not at a standstill.

Working within the rules of the COVID-19 pandemic, especially safe distancing, the wearing of masks and sanitising of hands, many indoor activities are gradually being eased in.

The Kids' Painting Workshop was a relative success as 12 children indulged in art, brushes, cloth drop, touch-up tools etc to turn the event into a colourful one. And the best ones were rewarded with prizes.

The buzz is on its way back at Tanah Merah Country Club.



# RYAN HOLDS OFF JUSTIN, HAILEY CRUISES

By Godfrey Robert



Ryan obliges with the smile of a champion

**R**yan Ang held off the late challenge of fellow-National Squad member, Justin Kuk to emerge the men's champion of the Singapore Open Amateur Championship at Tanah Merah's Tampines course on July 16.

After a hotly-contested fourth and final round, Ryan Ang managed to bounce back for a two-over 74 to win by two shots.

Ryan did not have a great start in the final round with bogeys on the par-four second and third holes, but recovered on the back nine, a bogey on the par-three 16th hole being the only blemish on his scorecard.

He signed off his final round with a 221 (75, 72, 74) total while Justin, who raised his game with an even-par 72 totalled 223.

"It feels amazing to have won the first major amateur event of the year. To have triumphed over a strong field in such tough conditions, and to be able to bounce back after a rough first nine really meant a lot to me. I'm extremely happy with how the week went!" said Ryan.



Hailey shows so much drive and ambition with her tee-shot

He added that a combination of good ball striking and solid putting inside six feet really contributed to his success this week.

*"Most importantly I feel that trust in my own game pushed me over the line today. I trusted my swing and my game and executed shots to the best of my ability,"* he beamed.

Fresh off her win at the recent National Ranking Game, Hailey Loh went wire-to-wire with another victory in the women's event.





A very happy Ryan and Hailey celebrating their big win

Hailey, who is studying in the United States, signed off with a 77 to total 226 following earlier scores of 75 and 74. She won by five shots over Aloysa Atienza who totalled 231 (76, 75, 80).

This is Hailey's third win in as many events upon her return from the US. ***"I had a consistent ball striking week and just kept trying to play to the best of my ability with a me-versus-the course mindset."***

Hailey was able to draw upon her previous wins to close out the event on the very challenging Tampines course.

### Final scores:

#### Men:

1 Ryan Ang	(75, 72, 74, 221)
2 Justin Kuk	(73, 78, 72, 223)
3 Brayden Lee	(74, 76, 75, 225)
Nicholas Mok	(71, 79, 75, 225)
Brandon Han	(74, 74, 77, 225)

#### Women:

1 Hailey Loh	(75, 74, 77, 226)
2 Aloysa Margiela Atienza	(76, 75, 80, 231)
3 Samantha Marie Dizon	(76, 83, 80, 239)
4 Shang Yu	(84, 85, 77, 246)
5 Inez Ng	(80, 82, 85, 247)



# MARC BEATS HIS TMCC COUNTERPART GREGORY ON COUNTBACK IN PRO-SERIES

*By Godfrey Robert*



The Singapore Pro Series Invitational 2021 at Tampines Course

**T**he last flight hadn't come in, and professional Marc Ong had just submitted his scorecard and was lost in his thoughts.

The TMCC Tampines Clubhouse was a hive of activity as the final rounds of two big events – fourth leg of the FTAG Singapore Pro Series and the Singapore Open Amateur Championships – were being staged on July 16.

Amidst the buzz and bewilderment as golfers of different age groups gathered around the scoring area, Marc seemed to be in solitude, in a world of his own.

I jolted him with a slap on his shoulders, then asked him how he had fared. “Probably third”, was his spontaneous reply, as he mulled over his hole-by-hole scores.

The “lost” TMCC teaching pro suddenly became an instant hero, as people swarmed around him and many congratulated him as champion. Among them were Gregory Foo, his TMCC teaching compatriot, and the multi-acclaimed veteran Mardan Mamat.

A scoring error for Mardan and Gregory’s 75 score while playing with Mardan, saw Marc catapult to being the winner of the fourth leg of the series in a 16-player field.

Marc beat his long-time buddy Gregory on countback after he posted a two-under 70, against Gregory’s 75, for a respectable even-par 216 total over three days on the challenging Tampines course.

Marc’s first success in the eight-legged series which gave him \$3,850 in prize-money moved him to third on the money list with \$5,250, behind Gregory (\$7,050) and Mitchell Slorach (\$5,600). Gregory won \$2,850 and third-placed Zaw Moe (218) took home \$1,100.

The victory puts Marc in contention for the “Race to FTAG Cup” where the winner will take home also a \$10,000 bonus.

Marc said that his familiarity with the course helped him return a sub-par score. In fact, he plays at least once a week with Gregory in social rounds at least once a week.

FTAG Group chairman Kelvin Chng, a keen golfer and member of TMCC, said that the idea behind the series was to provide local professionals with playing time during the COVID-19 pandemic which had banned travel and cancelled tournaments.



Marc's first win as a professional



Pro Series competitors at Tampines Course



# TAMPINES COURSE IMPROVEMENT WORKS (FINAL PHASE)

By Godfrey Robert

**D**rop in at the buggy bay at Tanah Merah Country Club's Tampines course, and you will notice one thing. Golfers, who have completed their rounds at the challenging par-72 course, always have a ready smile and calm demeanour. That is because they are satisfied with their rounds, good or not, and are ready to relax after an enjoyable outing.

But little do they realise the works had been completed on holes 1, 2, 5, 9, 10 and 17 because there is very little disruption to their play. No doubt, occasionally they see club officials in buggies, director of golf Ian Roberts appearing on the scene and workers shuttling about doing some repairs.

The whole idea behind these works is to improve the course conditions so that every golfer who plays is fully satisfied that his or her outing is worth the while.

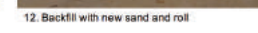
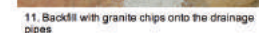
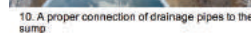
Holes 1, 2, 5 and 9 have been improved, and holes 10 and 17 are seeing a series of repair works to bring about improvement for play. Work on the par-four hole 9 started on July 19 and was completed July 27. Here, three sumps (300mm diameter) were added with new sub soil pipes to ensure good drainage.

Localised clayey sand that clogged up the drainage pipe was removed, so too the poorly laid sub soil pipe during construction and a new sub soil pipe was relayed. Most contours were reshaped to be gentler and maintenance friendly. There was a backfill of new sand, shaped to tie into existing contours. Re-turfing was done after shaping the affected area.

## HOLE 9

Work on holes 10 and 17 have also been completed. The par-five hole 10, which is one that quite resembled the previous hole before redevelopment is a beautiful hole with the drive over water and then beautified by a lake all along the left fairway with bunkers before the green.

Here, the 35-metre run of the existing buggy track was hacked and raised up to prevent ponding after a downpour. The surrounding area was raised up and tie in nicely to the existing gradient.





13. Roll to compact and smoothen the surface



14. Existing sprinklers were raised up to match the new level.



15. Final shaping before turfing



16. Re-turf and topdress with sand



17. Water down heavily



18. Turfing completed

Two brick sumps were constructed with a new drainage pipe that lay below the buggy path which helps to discharge water towards the lake.

Sub soil pipes were added along both side of the buggy path for better drainage and re-turfing after shaping made it a smooth transition.



1. Existing buggy path was hacked out



2. Backfill fill the desired level



3. Crushed and compacted with a roller



4. Foam works, and reinforcement bar added



5. Pouring of cement onsite



6. Casting on a warm day

For the challenging par-four hole 17, which has water on the left and bunkers on the right of the fairway, two brick sumps were constructed with a new drainage pipe that lay below the buggy path that discharged water towards the lake.

Sub soil pipes were added along both sides of the buggy path for better drainage, and re-turfing after shaping brought about a clean transition.



13. 200mm solid pipe join from sump



14. 200mm solid pipe that runs below the buggy path



15. 200mm solid pipe that joins straight from the sump to the lake



16. Mega flow subsoil along the buggy path



7. Smoothen the concrete



8. Creating subsoil pipe across the buggy path



9. New sump with drainage added



10. New sump and brick sump added



11. New sump added to facilitate better drainage



12. Returfing once casting of new buggy path is done



17. Ponding after a downpour before improvement works



18. New buggy path at the finished level. No signs of ponding after a heavy downpour

# HOLE 10



## TAMPINES COURSE IMPROVEMENT WORKS (FINAL PHASE)

## HOLE 17



1. Existing turf was harvested



2. Organic matter removed from site



3. Backfill of fresh sand. (Approx. 600-800mm)



4. A huge difference in level



5. Shaped to tie in with existing gradient



6. Compacting the sand further



19. Re-turfing back with harvested turf



7. Marking out sub soil drainage



8. Trenching in



9. 150mm diameter sub soil pipe



20. Re-turfing with roll turf from contractor's nursery



10. New 300mm diameter sump is being built



11. Connecting the sub soil pipe to the sump



12. Gravel around the sump for better drainage



21. Re-turfing with roll turf



13. Manually trenching to lay mega flow sub soil pipe



14. Connecting mega flow sub soil pipe



15. Gravel added onto the mega flow pipe



22. Roll after re-turfing



16. Mega flow join to the newly created sump



17. New 250mm diameter outlet pipe to drain off water to the lake



18. Compacting before re-turfing



23. Sanding the newly planted turf



24. Before improvement works



25. New buggy path at the finished level. No signs of ponding after a heavy downpour



26. Gently gradient and ties in nicely with the existing contour



27. After the improvement works, no sign of water ponding



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# PITCHING PROBLEMS

**That niggly 30 to 50m shot to the green looks easy, but so many golfers have a problem with getting it to the flag. Here are a couple of tips to help you hit it close.**

*By Goh Kun Yang, TMCC Teaching Pro, edited by Tan Ju Kuang*



If your greens in regulation stats are not quite up to par with the pros, then it is highly likely that you're faced with pitch shots under 100m to the green more than half a dozen times in a round.

Getting it on the green is one thing, but getting it close consistently can mean a welcome reduction in strokes. The reality is that faced with these half or three-quarter shots, we often mess it up.

## The Fault

One of the main things I see high-handicappers do when faced with a pitch shot is that there is too much movement either away from the ball or forward of the ball through the swing.

Very often, the backswing drags the head behind the ball, and the downswing through impact leads the head too quickly ahead of the ball.

This excessive lateral movement often results in either chunked shots that dribble a few metres, or skulled shots that careen through the green into trouble. (Pic 1)



### The Fix

The good news is that fixing this problem is relatively straight forward.

Use two alignment rods arranged perpendicular to each other (Pic 2).

You can use a shorter one that is perpendicular to the target line (black one in pic), and a longer one along the target line (orange).

Set up so that your head and sternum are above the black one.

On your backswing, make sure that your head and sternum do not move away from the black rod (Pic 3). Maintain this head position through impact and until the ball is hit.

Keeping this head position in place through the swing will result in better ball contact, and more consistent pitching.







# HOLE IN ONE ACHIEVERS

**John Ong Eow Chong**

Hole #2 (200M)  
08.07.2021  
TMCC Garden Course

**Tan Wei Reng Galven**

Hole #6 (137M)  
08.07.2021  
TMCC Tampines Course

**Aditya Kalia**

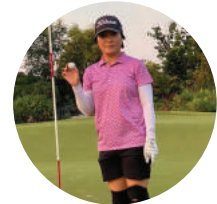
Hole #2 (200M)  
14.07.2021  
TMCC Garden Course

**Sugumaran  
Narayanapillai**

Hole #16 (112M)  
15.07.2021  
TMCC Tampines Course

**Chen Guan Mei**

Hole #16 (112M)  
17.07.2021  
TMCC Tampines Course

**Ho Cheok Kong**

Hole #11 (110M)  
18.07.2021  
TMCC Garden Course

**Joey Chang Wei Nang**

Hole #11 (126M)  
25.07.2021  
TMCC Garden Course

**Lee See San**

Hole #11 (126M)  
28.07.2021  
TMCC Garden Course

**Tan Tiong Meng Vincent**

Hole #16 (119M)  
17.07.2021  
TMCC Tampines Course





# HOLE IN ONE ACHIEVERS

**Choy Sui-Lan**

Hole #14 (135M)  
07.08.2021  
TMCC Garden Course

**Tan Siak Hwee Colin**

Hole #7 (151M)  
08.08.2021  
TMCC Garden Course

**Gerald Ong Chong Keng**

Hole #4 (190M)  
24.08.2021  
TMCC Tampines Course

**Koh Yat Chung**

Hole #2 (185M)  
27.08.2021  
TMCC Garden Course

AUGUST





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# FRIED HOKKIEN MEE

By Tan Ju Kuang

**This is arguably one of the more popular dishes on the Garden Terrace menu. Executive Chef Daniel Sng, lets us behind the scenes and shows us how it's made.**



**H**ave a look around the Garden Terrace Restaurant the next time you're at the Garden location. Chances are good that you'll see at least a couple of diners there enjoying Executive Chef Daniel Sng's Fried Hokkien Mee.

This dish is becoming ubiquitous around the club, and there is little reason to ask why. Chef Sng's version is rich and flavourful, and comes with that customary garnish of deep-fried pork lard. Not exactly the healthiest topping, but what, after all, is Fried Hokkien Mee without it?

The secret to many dishes of this genre is in the stock. Chef Sng uses the shell and head of the prawns for his. You may add garlic, onions and celery to give it a fuller flavour. I've known other versions that use dried cuttlefish and anchovies (ikan bilis) as well.

Once you have the stock ready, the rest is relatively straight forward.

## Ingredients (Serves 2 - 3, Pic 1)

200g glass or tiger prawns – shelled and deveined  
80g medium sized squid  
80g streaky pork, cut into strips  
500 ml prawn stock  
400g white rice noodles (aka Laksa noodles)  
80g yellow wheat noodles  
50g (approx. 2 handfuls) bean sprouts  
2 stalks Chinese chives (replace with spring onions if unavailable)  
3 eggs – beaten  
2 cloves garlic – minced  
Sambal chilli & lime

## Seasoning:

1 tab fish sauce  
½ tsp salt  
1 tsp chicken powder  
Dash of white pepper  
Vegetable oil



## Method of Cooking



2 Heat oil in a wok over medium-high heat (Pic 2)



3 Add minced garlic, and beaten eggs; stir until the eggs are cooked (Pic 3)



4 Add the noodles, and fry for a few seconds (Pic 4)



5 Add the prawn stock, chives, bean sprouts, prawns and sliced streaky pork; you may also want to add some seasoning (e.g. pepper) at this time (Pic 5, 6, 7); fry till the noodle absorbs most of the liquid and the prawns and pork are cooked



8 Add the squid, some soy sauce, and the deep-fried pork lard (Pic 8); fry till the squid is cooked, and the flavours are all infused into the noodles (Pic 9). Serve hot with sambal chilli and lime (Pic 10).

## DID YOU KNOW...

...that the Fried Hokkien Mee found in Singapore originated after World War II by Chinese sailors who came here from Fujian Province in Southern China?

Hokkiens constituted the largest dialect group among Chinese immigrants at that time, making up 40%. They settled in areas along the Singapore River, including Amoy Street and Telok Ayer Street.

Historical accounts have it that they would obtain excess noodles from the factories, and fry them over charcoal stoves, thus starting a culinary trend that would eventually become one of the country's most iconic dishes.



# FOOD FOR THE PEOPLE

Compiled By Tan Ju Kuang

**When it comes to feeding the masses, Alfred Chua knows what it takes. The Managing Director of The Wok People shares his thoughts on how he got into the business, and how his love for golf prompted him to join TMCC.**



Alfred in discussion with his team

## **When did you join TMCC and what made you decide on it?**

I joined TMCC this April, which is also my birthday month. In fact, I'm grateful to the Membership Department for helping me activate the membership just before my birthday.

Due to COVID-19, we spend most of our time in Singapore. So getting a slot to play golf has been difficult. Though I am a member of both Singapore Island Country Club and National Service Resort and Country Club, getting a tee time is not easier. Many of my golf kakis were joining TMCC, and I thought about it last year when the price was lower, but unfortunately, I kept procrastinating. It came to a day when I realised I needed to add more 'joy in my life' since COVID-19 had changed many things. That delay in becoming a member caused me \$30K more! No regrets though because the price has gone up even higher now.

## **What do you enjoy most about the Club, and how do you think it differs from others in Singapore?**

The two golf courses at TMCC are totally different in style and layout as those at SICC. This is especially so at Garden which is a course that can help you gain confidence in your game, and stops you from wanting to give it up when you start playing badly. Tampines, on the other hand, is a nice, challenging course with superb conditions. I also notice that the customer service at TMCC – from the marshals to the food and beverage staff – is particularly good. Staff make the effort to recognise and acknowledge each member.

Members at TMCC seem more friendly and engaging. It's a Club where I feel more at home, and I don't have the sense that I'm "differentiated" just because I'm a new member.



Hanging out with Tiger Woods in 2013

## **How often do you play, and with whom?**

I play once or twice a week, usually with my friends from SICC who joined TMCC like me, or with other TMCC members who have been in the Club for some time.

## **In your travels to play golf, what have been some of your most memorable trips and why?**

Playing at the Evian golf course in France comes to mind. I remember enjoying the fresh Evian water from the taps on the course. There were also apple trees everywhere on the course. You will never go hungry there. ClearWater Bay in Hong Kong is also a very memorable course with a beautiful layout and scenery.

## **How did you start out in the food business? What did being in the food industry teach you?**

After national service, I worked many different jobs to make ends meet. I sold advertising space at Adpost, sold carpets, sunglasses, did sales at a shipping company, and was also a contractor selling granite and marble to home owners. I chanced upon the cafeteria

business, which I felt had a low entry barrier, and was almost recession proof at the time. I discovered it was a labour-intensive business, and very people oriented as you're always dealing with staff, and clients who are quick to complain about the food and our suppliers and vendors.

From there, I learned a lot about managing people as well as the importance of people relationship in the Singapore food and beverage industry. You should never rush into expanding without detailed planning, and never be too ambitious or greedy.

**If there is one thing one needs to survive in the food industry, what is it?**

Good customer relationship and providing high quality food. Never cut corners to save on cost.

**You've come a long way since starting The Wok People. What are your main business interests today?**

We're looking into mergers and acquisition – to acquire other businesses that complement our current business model for regional expansion. I've never been on the buy side so this will be an interesting change. There is also the on-going integration with our parent company in Japan to slowly corporatise The Wok People in order to grow in Southeast Asia.

**How has the pandemic affected your businesses and how are you overcoming these challenges?**

Hotels have suffered during this pandemic, which has resulted in many temporary cessation of staff cafeteria contracts. Manufacturing companies workforce have also been reduced due to those working from home, and this has also caused business sales to drop drastically. Overall, our revenue has dropped by nearly 50%.

We've taken the opportunity to restructure the company and train staff internally. We're introducing more technology and preparing to be more manpower lean. Honestly, to be optimistic, this is a great opportunity to press the reset button!

**Apart from golf and work, what other interests do you have and how do you pursue them?**

Since 2010, I've volunteered my time to grassroots work to give myself a better perspective of the challenges

some of our fellow Singaporeans faced in their day to day life. I can relate to this given that I used to live in a rental HDB flat in Clementi when I was a teenager. It also a way for me to give back to society with my time and some financial support. In the last 10 years as a grassroots leader, I helped a lot with fundraising. One of the activities that I've been a part of was organising the Bukit Batok Charity Golf for more than 5 years to raise funds to help the needy residents.

I was given the opportunity to be the Chairman of Bukit Batok Community Club Management Committee (CCMC) a few years ago to manage the Community Club in Bukit Batok as a volunteer working alongside staff from People's Association. CCMCs promote racial harmony and social cohesion through the various cultural, educational, recreational, sporting and other community based activities organised specially for residents. The greatest satisfaction I get from my volunteer work is seeing people from all walks of life benefit from the activities organised by the community club. Through these activities, we find out deeper issues they face and are better able to lend them a helping hand.

**At this stage of your life, what are the most important things to you? And how do you try to achieve them?**

I'm trying to learn to enjoy the fruits of my hard work from the last 20 years! But honestly, I try to spend more time with my family, especially my two kids who are both in primary school. I've heard from many friends who regretted not spending enough time with their children. You cannot turn back time, so I'm trying to get as many moments with them while I can.



Enjoying some golf with friends



# Justin Tang

## CERTIFIED JUNIOR GOLF COACH



8188 1701



[justin@elitegolfswing.com](mailto: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.

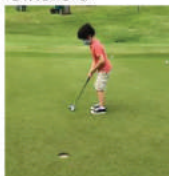
Using the American Development Model, his holistic approach balances the mental, physical and technical aspects of the game to meet every TMCC junior's unique needs.

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.

### FUNDamentals

Boys: 6-9  
Girls: 6-8



### Learn to Play

Boys: 9-12  
Girls: 8-11



### Play to Improve

Boys: 12-16  
Girls: 11-15



### Play to Compete

Boys: 16-23  
Girls: 15-21



### Play for LIFE



# TMCC JUNIOR GOLF

## PROGRAMME

Open to Juniors from 7 years of age



### ENROLMENT OPEN for 2<sup>nd</sup> 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:

Module 1	: 3 sessions of Putting
Module 2	: 3 sessions of Chipping
Module 3	: 6 sessions of Pitching
Module 4	: 3 sessions of Swing (3/4)

In this level, a full assessment will be done of a Junior's current skills to determine their strengths and weaknesses. Thereafter, a specially designed programme will be created for them, tailored to suit their physical and non-physical skillset needs.

*Training modules prepared by Daren Lim, TMCC JGP Head Coach*

Enquiries / Application Form Garden Golf Office (Tel: 6545 1731 / 6592 0343)





# 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.

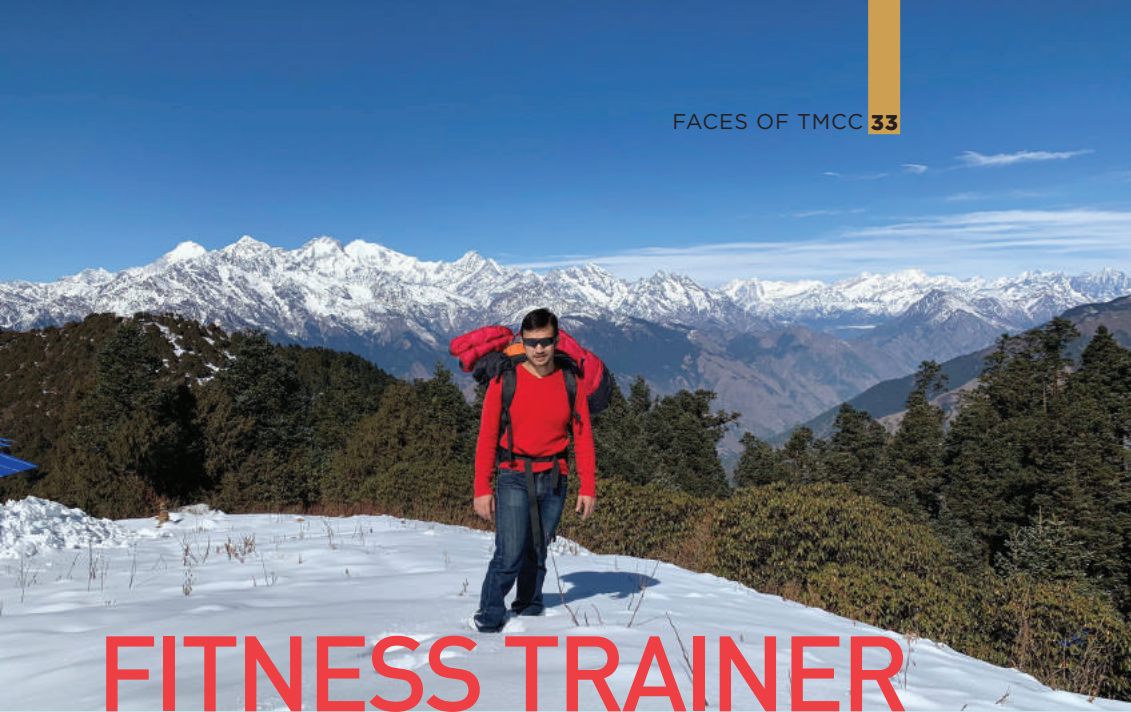
Golf is a game of life in more ways than one. You play it for life and the game of golf will guide you for life.



**R**espect  
**E**thics  
**S**portsmanship  
**P**erseverance  
**E**nthusiasm  
**C**onfidence  
**T**enacity

Learn more at

<https://www.tmcc.org.sg/golf/junior-golf-programme/>



Hiking in Nepal,  
Langtang region

# FITNESS TRAINER BHARATT ENJOYS HIS GYM WORK AT TMCC

*By Godfrey Robert*

**It's like a second home for the hardworking Nepalese who has made Singapore his country**

**H**e has to be counted among the happiest employees at Tanah Merah Country Club. After 18 years of dedicated and devoted service, Bharatt Lamsal is still committed to his job at the Club as fitness trainer as had been his enthusiasm when he first joined in 2003.

And judging by his signing off of this interview with a stamped affirmation that read: "I get paid for what I love to do", you got to believe that he is a very happy and satisfied man.

Life has been tough on him, especially during his younger days in Nepal. Born in a village in 1976 to a poor family, Bharatt has endured some difficult periods as a youngster in the landlocked country famous for its biodiversity.

While doing post-primary education, he had to walk for three hours to and from Achane Secondary School in Dhading every day. So precious time was lost in travelling, which affected his studies and plans.

So, he had always been thinking of a better life abroad. And when the opportunity for an overseas stint came in 1999, Bharatt grabbed it with open arms, and ended up working in a restaurant in Purvis Street in Singapore's city area.



Working out in TMCC gym

And he did not stop there. After finishing his regular 11am to 6pm shift at the restaurant, Bharatt attended a fitness instructor course in the evenings (6pm to 9.30pm) at the American College of Sports Medicine so that he could pursue his innate interest in gym work.

Finally, when he obtained his diploma, he worked at Swissotel in 2001 as a fitness instructor. A friend there then offered him an opening at TMCC as a fitness instructor in 2003, and he stayed on dutifully at the job until now.





Hiking with his son in Nepal Langtang region

A familiar face at the TMCC gym and its surroundings, Bharatt does not shy away from hard work, often willing to work beyond normal hours. His drive and commitment at TMCC saw him enjoy a happy life in a four-room flat at Bedok now, with his wife and three children.

Gradually, he upgraded himself from books and interactions, and today he runs the Club gym with an air of confidence with another employee and a part-timer who steps in when Bharatt takes his day off on Wednesdays.

“I’ve always enjoyed fitness training, probably because of my background in Nepal,” said the 46-year-old affable Bharatt. “Walking, running and always being on the move are traits found in most Nepalese, who are a hardy lot,” he adds.

Now, Singapore is his home and he is proud about that. “I love Singapore because it is safe, the weather suits me, and is a great place for education. My eldest son, Arbaaz is the beneficiary of the good education, and after obtaining his diploma in sports science from Republic Polytechnic, the 20 year-old, now serving National Service, is looking forward to a job quite related to what his dad does.



Trekking in Nepal, Annapurna region

Bharatt has a friendly and humble demeanour and that is why TMCC members who patronise the gym enjoy his sessions, which can run from 30 minutes to 90 minutes depending on the ages and fitness of his clients.

“I have one lady member who is 88, and she enjoys the half-hour sessions mostly devoted to basic functional stuff like pulling, pushing and exercises of little resistance. The sessions are tailored to each individual depending on their physical condition.” On any day, he has about four or five clients, and in total there are about 25 to 30 people, he says.

On his day-off from his two-shift work, Bharatt, who stands 1.64 metres and weighs a taut 67 kilogrammes, goes for runs, cycles, plays tennis or does weight training. And even on the days he works, he does fitness schedules during breaks.

Now with the COVID-19 pandemic, he cannot make his annual trip back home for two or three weeks. But he is not too bothered, for he says, unlike in Nepal which experiences cold winters from November to February and torrential rains and landslides during the heavy monsoon period in July and August, Singapore offers him round-the-year good weather for outdoor pursuits.

He is full of praise for the Club for the management and staff treat him well. “But best of all, all my clients find my sessions interesting, especially in our interactions. And they have always obliged and followed my instructions, and I am happy to see them pleased after every session.”

For Bharatt, the permanent fixture at his second home at the TMCC gym, the motto is ‘service with a smile’.



Traversing Cambodia, Siem Reap

# CORE OF THE MATTER

**A strong core is not only the secret to balance and fitness, but also the prevention of injuries**

*By Bharatt, TMCC Fitness Instructor, edited by Tan Ju Kuang*

If there is one part of your body that you can never ignore when it comes to exercise, it is the core.

But what is this “core” we’re always hearing people talk about?

For the most part, the core muscles include the abdominals and obliques in the front, and to some extent, the lower back, pelvis and buttocks. Maintaining core strength and flexibility will help ensure a healthy posture, balance and strength and even improve body alignment.

Golfers in particular will gain great benefits from a strong core. If you think about it, the golf swing rotates around your core. Strengthening it will help you maintain the correct positions through the swing thus improve ball striking, and allows you to apply more speed to and through the ball. On top of that, good core integrity will prevent injuries as well.

Traditionally, abdominal exercises have been centred around the common sit-up and leg raises. But these exercises are not only ineffective, but if done wrongly, can result in injuries.

One safe and highly effective exercise to build up core strength and stability is the humble plank (Pic 1).





plank left **2**

Get down on the floor and position your hands directly below your shoulders. Make sure that your back and neck are straight. Feel your abdominal and oblique muscles tighten to maintain this position. Hold this basic plank position for 30 to 60 seconds. Don't forget to breathe. Repeat one or two more times to complete a set.

You can also make it a bit more challenging by incorporating a knee-raise into the exercise.

Start from a basic plank position, then slowly bring one knee towards your chest (Pic 2). Make sure that your back and neck remains straight. Lower your knee back down to the start position, and then repeat with the other leg (Pic 3). This makes one repetition. Do 8 – 10 reps to make up a set.

This knee-raise plank variation not only works the front core muscles but brings in the lower back and pelvic muscles as well, and is a great way to have your entire core firing for a complete workout.

plank right **3**



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Watch Video!

# TMCC'S GARDEN OUTDOOR GYM CATERS TO SENIORS AND ELDERLY

By Godfrey Robert

**P**ioneer Generation, Merdeka Generation, Vaccination for Seniors, Discounts for Seniors...these have become common labels these days in Singapore.

It demonstrates the Government's lead in looking after the seniors in Singapore as an appreciation for all what they had done in laying the foundations for a vibrant and modern country.

Tanah Merah Country Club has joined in on the list of clubs or organisations who go out of the way to help seniors for their past contributions.

The Club's senior and elderly members can go through an exercise regime tailored to their age and needs at the Club's Garden Outdoor Gymnasium.

In this article, the various exercises are showcased by one of the Club's fitness trainers, Tarmizi. The exercises are pitched at various levels of difficulty (depending on how much they can do), and a pace suited to the seniors.

There is a whole gamut of exercises, and they can run from 30 minutes to an hour, with the discretion of the participant to call it quits at any time.

The participants can do leg raises, triceps pull-down, chest press, back rows bench, face pull, shoulder press, shoulder press with resistant band (bench), on the easy level, those who can cope can move up to the intermediate and advanced levels for new exercises.

## EASY EXERCISES



### Leg Raises (Abdominal)

- 1 Position hand shoulder width apart on pull up bar
- 2 Legs flat on the ground
- 3 Raise both legs together
- 4 Repeat

### Triceps Pull Down

- 1 Position resistant band above head
- 2 Face resistant band
- 3 Arm 90 degrees at starting point
- 4 Pull resistant band downwards and control when going back to starting point



### Chest Press

- 1 Position resistant band above head
- 2 Position body through resistant band
- 3 Position band at chest level
- 4 Bend body slightly forward
- 5 Push band away from chest and control movement when going back to starting point

### Back Rows (Bench)

- 1 Place bands around bench leg support (refer to video)
- 2 Stand away from bench
- 3 Hold resistant band
- 4 Pull the band towards body and back to starting point



### Shoulder Press

- 1 Face parallel bar
- 2 Position feet away from parallel bar
- 3 Place hands on parallel bar
- 4 Bring head towards the bar and then push away using your shoulder muscle

### Shoulder Press with Resistant Band (Bench)

- 1 Place bands around bench leg support
- 2 Sit on bench
- 3 Hold resistant band
- 4 Push the band upwards and back to starting point





# TMCC'S GARDEN OUTDOOR GYM CATERS TO SENIORS AND ELDERLY

## MODERATE EXERCISES



### Face Pull

- 1 Position resistant band above head
- 2 Face resistant band
- 3 Starting point will be face level
- 4 Pull band towards the face and control movement when back to starting point

### Back Row

- 1 Face parallel bar
- 2 Place feet in between the parallel bars
- 3 Place hands on parallel bar
- 4 At starting point, body will be away from parallel bar. Pull your body towards the bar to execute back row



### Feet Supported Pull Up

- 1 Face parallel bar
- 2 Place feet in between the parallel bars
- 3 Bend legs
- 4 Place hands on parallel bar
- 5 At starting point, body will be hanging under the parallel bar. Pull your body upwards to execute the pull up

### Hand Support Deep Squats

- 1 Face parallel bar
- 2 Place feet away from parallel bars
- 3 Place hands on parallel bar
- 4 Execute deep squats



### Back Row with Resistance Band

- 1 Face parallel bar
- 2 Place feet away from parallel bars
- 3 Wrap resistant band around parallel bar
- 4 Pull band towards the body and control movement when back to starting point

### Slow Alternate Waves

- 1 Legs wide apart
- 2 Hold battle ropes
- 3 Start swinging up and down on one arm and then the other



### Assisted Elevated Sit Ups

- 1 Place bands around bench leg support
- 2 Place other end of bands around back of neck
- 3 Lay down on bench
- 4 Perform sit ups

## CHALLENGING EXERCISES



### Single Leg Half Squat

- 1 Face parallel bar
- 2 Place feet away from parallel bars
- 3 Balance on one leg
- 4 Place one hand on parallel bar
- 5 Execute half squats
- 6 Repeat with the other leg



### Assisted Dips

- 1 Wrap resistant band on both parallel bars
- 2 Place knee on the resistant band
- 3 Get to dips position
- 4 Bring body downwards and straighten arms to push yourself up



### Fast Alternate Slams

- 1 Legs wide apart
- 2 Hold battle ropes
- 3 Start swinging up and down fast alternatively on each arm



### Double Wave Slams

- 1 Legs wide apart
- 2 Hold battle ropes
- 3 Start swinging up and down fast both arms together



#### Double Snake Waves

- 1 Legs wide apart
- 2 Hold battle ropes
- 3 Start swinging inwards and outwards with both arms



#### Assisted Pull Up

- 1 Place both feet on resistant band
- 2 Position hand shoulder width apart on pull up bar
- 3 Pull your body up and control when going down
- 4 Place feet flat on ground
- 5 Repeat

Situated outdoors at the Sports Complex, and surrounded by lush greenery, the facility is a great workout venue option from the glass gym.

The Garden Outdoor Gym is equipped with a parallel bar, sit-up bench, functional fitness bar, power rope station and a horizontal bar. Operating hours are from 7am to 9.30pm daily.

The trainers, if called upon, can also advise you on diet, rest, sleep, and other outdoor forms of exercises, but it is important to take heed of caution and care, and your health conditions.

**In fact, there's even an 88-year-old member who enjoys the fitness sessions with them. So what are you waiting for, TMCC seniors?**

# MEET YOUR PERSONAL TRAINERS AT THE GLASS GYM



**“The pain you feel today will be the strength you feel tomorrow”**

## BHARATT

20+ Years of Experience  
Group Exercise Leader (American College of Sports and Medicine)  
Certified Personal Trainer Course (Sport Singapore)  
Fitness Instructor Course (Sport Singapore)  
Basic Exercise Course (Sport Singapore)  
Basic First Aid, CPR and AED

**“If it doesn't change you, it doesn't challenge you!”**

## ABDILLAH

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



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

## TARMIZI

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



**Find out how you can achieve your fitness goals with us today! The Glass Gym @ 6592 0309**



# OH FOR THE JOYS OF FISHING



Getting some fishing tips from our staff

The evolution of fishing is said to date back to Japan in the ninth century. It was more for survival, depending on the catch, than of recreational.

But the earliest essay on recreational fishing was published in 1496, shortly after the invention of the printing press.

Singapore, being an island, is also a perfect place for fishing with water surrounding the nation. And Singaporeans, especially retirees, enjoy the sport for two main reasons, namely relaxation and to while away the time.

So it was appropriate that Tanah Merah Country Club introduced the basics of fishing to members on 5 September for two hours at the TMCC Canal.

With the guidance of staff members, four members found the activity not only interesting but also educational for they became familiarised with the types of fish.

They also found it enjoyable and exciting, and the euphoria was felt by one child when he managed to catch a fish. In fact, the experience was one to treasure, and the snacks and drinks provided became an after-thought as the quartet were so engaged in the activity.

And they were wiser for the experience for now they know all about a fishing rod, fishing line, pliers, fishing reel, hooks, weights and floats.

Of course, they also learnt about the virtue of patience, for the wait for a catch can be one for eternity.

Learning to bait



Concentrating on the catch



A junior member showing off his catch



# WHEN RED AND WHITE DOMINATE

By Godfrey Robert



Raring to get their creative juices flowing

**A** riot of colours. Images of red, white, blue, green, orange and pink. Awash in tint, shade, blush and a spray in hue.

Twelve children from the ages of 3 to 9 put on their thinking caps and let their ideas flow in a competition that has no place for the colourless.

The Kids' Painting Workshop held on 22 August, from 4pm to 6 pm, assembled at the Club's Sports Complex a youthful group brimming with ideas.

It was a National Day celebration event that urged the participants to paint on sheets of paper.

The theme, of course, was National Day, and something on TMCC. It was a fiesta to soak in the aim of promoting patriotism and bonding among our members.

The youngest child was a three-year-old girl and the eldest a 9-year-old boy.

At the end of the day, three prizes were give out. The winners were:



Participants all ready to start painting



A happy participant with his masterpiece



2nd Prize winner, Ryan Quah



1st Prize winner, Ashlynn



## MALAYSIA

### Saujana Golf & Country Club

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

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

## AUSTRALIA

### 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.

## 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 (0) 63 761 140  
www.angkor-golf.com

### CHINA

Imperial Springs International  
Summit Club  
1 Imperial Springs Avenue, Conghua  
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.jinji lakegolf.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

### JAPAN

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

### KOREA

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

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  
Klong 5, Klong Luang  
Pathumthani 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 Vichitsongdram Rd,  
Kathu District, Phuket 83120,  
Thailand  
Tel : 66 076 322 000 1  
Fax: 66 076 322 009  
www.mbkkgolf.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.mbkkgolf.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	12.00pm to 8.00pm (Last Order – 7.30pm)
Saturdays, Sundays & Public Holidays	8.00am to 8.00pm (Last Order – 7.30pm)
Closed on Mondays	

## 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	7.00am to 8.00pm
Tuesdays & Thursdays	11.00am to 8.00pm
Fridays to Sundays & PH	7.00am to 10.00pm
Eve of PH	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



# *TMC Photography Contest Entries*

