



# Tanah Merah

COUNTRY CLUB

MAY / JUNE 2022



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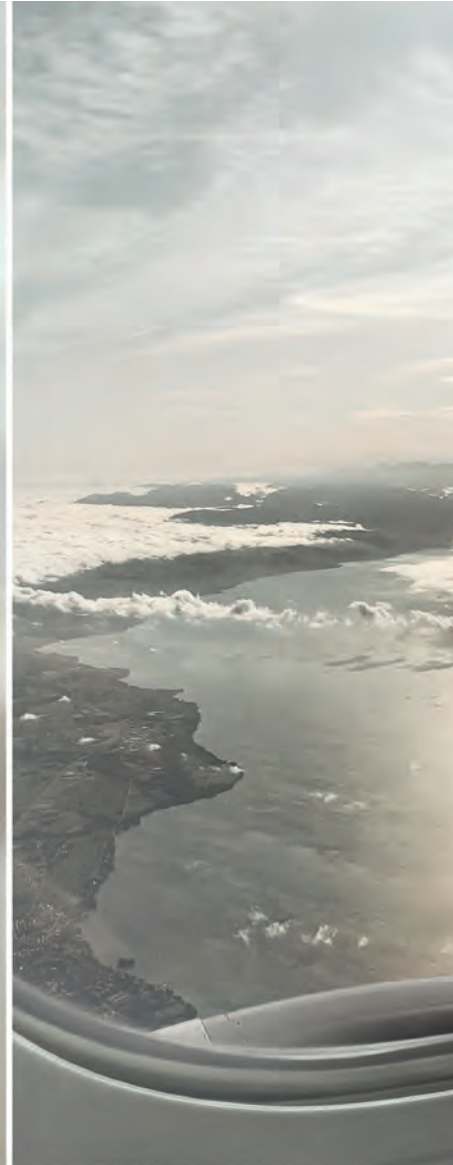
**FORMER CLUB  
PRESIDENT HO  
WILL BE HONORARY  
SENIOR ADVISOR**

## IN PERSON

**MARK RICHMOND &  
BEATRICE CHIA**

## GOLFERS' ZONE

**MIKE GORMAN'S VISIT TO  
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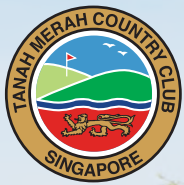
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# GC CHANGES APLENTY, BUT TMCC HAS ALWAYS ENJOYED SMOOTH TRANSITION

*By Godfrey Robert*

Mr Ho steps down as President but remains a key figure in advisory capacity



Editor Godfrey Robert

**T**o label it the changing of the guard would not be very accurate.

For although there have been changes to the Tanah Merah Country Club's general committee (GC) after the recent annual general meeting, the spirit and tradition of the Club are certain to be maintained.

Change can sometimes be hard to take. But where the recent reshuffle of the GC is concerned – also caused by tenure of positions – it is best

looked upon as the revitalising and reinvigorating of the GC which had done a tremendous job over the past few years, two of which were Covid-hit and with it the inherent difficulties and disruptions that called for astute management.

So Mr Ho Beng Huat gave up his position as President of the Club after two terms and a long 10 years. However, in recognition of his yeoman service to the Club during his tenure – most notably in handling land acquisition by Government, land lease matters, redevelopment of the two courses, members' top-up contribution and the sale of new memberships – Club Chairman Mr Ng Kee Choe had convinced the management to retain him as Honorary Senior Advisor.

It is a welcome move, for Mr Ho has been a subscribing member of the Club since July 1980, a couple of years before the Club's official inauguration. He had also held several key positions along the way before assuming the post of President in 2012.

His strong leadership qualities, wide knowledge and professional approach to issues would continue to be assets for the Club although on an honorary basis.

In the true tradition of a smooth transition which had helped the premier Club over the years, Mr Ronald Ong moves up as President with Mr Chris Liew Peng Fook as his Vice-president. The pair have been known to be very committed to the Club and will continue to uphold the integrity and prestige with their service loyalties.

The other members of the GC are stalwarts in their own rights, and the Club welcomes Dr Goh Hoon Pur as Captain, Mr Christopher Chiu as Vice-captain, Mr Chan Kok Seong as Treasurer, Mr Tan Boon Hoo, Mr Benny Tay, Mr Melvin Choo, Ms Yeo-Su-Lynn, Mr Mikio Mori and Mr Tan Boon Hoo as Committee Members.

With the relaxation of many rules for the COVID-19 pandemic, the Club has resumed many activities and normalcy is not far from the horizon. And the new GC line-up is fully aware of what and when to bring back the buzz in many of the Club's activities.

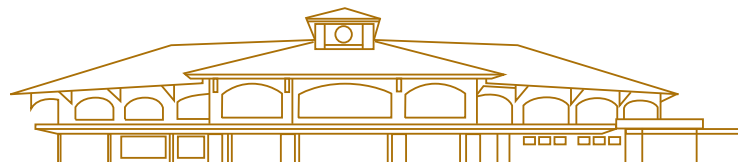
TMCC is not a Club to rest on its laurels. Although much praise has been heaped on the redevelopment of the Garden and Tampines courses – the latter receiving so many plaudits after the staging of The Singapore International which brought some of the world's best golfers – the Club is looking for enhancements to the course.

In that respect, it invited back Mr Mike Gorman, one of the lead designers with Robert Trent Jones Jr who redesigned the Garden course in 2020.

TMCC has always been striving to enhance its golf assets as well as the Clubhouse offerings, so in line with its aim of lifting the Club status as being among the best in the region. Gorman's visit and insights should help the Club achieve its ambitions.

Among the notable activities that have resumed is the opening of the Garden Lounge in conjunction with the relaxation of safe management measures as of 19 April 2022. That brought back the buzz in the lounge with the karaoke facilities much to the delight of the members who had suffered from two years of unuse of a facility that has been much sought-after for years.

And if the turnout is any indication of what is to come, the Garden Lounge will be a popular venue for members and guests as of before.







# FORMER CLUB PRESIDENT HO WILL BE HONORARY SENIOR ADVISOR

*By Godfrey Robert*

**Long-serving  
stalwart receives  
the GC 'ayes'  
following Chairman  
Ng's proposal**

It was an unprecedented move. But in the spirit of taking the Club to new heights, the proposal was unanimously accepted.

The considered suggestion by Tanah Merah Country Club Chairman Ng Kee Choe to nominate Club retiring President Ho Beng Huat as Honorary Senior Advisor, for having given distinguished service for so long, went down well with the General Committee at the 39th Annual General Meeting on 29 April 2022.

So Mr Ho's (who has been with Club since its inception in the early eighties) experience and expertise will come in good stead as the Club steers itself out of the COVID-19 pandemic two-year near-inactivity into a future with hope and ambition.

A Subscribing A member since 1980, Mr Ho has helped the Club in various roles for many years (including two terms as vice-president) before his rise through the ranks as Club President in 2012.

He has been almost like a "permanent fixture" that has been attached to the Club's management hierarchy and his continuing contributions as senior advisor to a committed committee should strengthen the prestige of the Club despite challenging times.



During the virtual AGM, after Club Chairman Ng's proposal had earlier been accepted, Mr Ho said: "It is an honour to be with the Club as an advisor. I have always been proud to be a TMCC member and I look forward to continuing to serve the Club with pride and dignity."

Mr Lee Lian Hong, who had served the Club as captain from 2014, was also praised by Mr Ng, and the former thanked everyone at the Club for having made his job a happy one despite the challenges TMCC faced over the years with course redevelopments and the pandemic.

At the AGM, three resolutions -- receipt of annual report and accounts for financial year and re-appointment of Deloitte & Touche as external auditors -- were passed with an overwhelming majority of votes.

Chairman Ng Kee Choe then appointed former Treasurer Ronald Ong Whatt Soon as Club President, Dr Goh Hoon Pur as Captain and Mr Chan Kok Seong as Treasurer. Mr Chris Liew Peng Fook was uncontested and elected as Vice-president while Mr Alan Foo Siang Huat (senior director) was the Civil Aviation Authority of Singapore nominee.

Mr Christopher Chiu, with 321 votes, topped the list of members elected to the GC. The others were Mr Benny Tay, Mr Melvin Choo, Ms Yeo Su-Lynn, Mr Mikio Mori and Mr Tan Boon Hoo.

Mr Ho also outlined that after four years of having been pushed to a corner and the Club's finances suffering incurring losses, especially in the last two years with the COVID-19 pandemic, TMCC had turned the corner with a S\$943 profit.

Several members had submitted questions with the hope of seeing improved standards in service and facilities and systems.





Club Chairman Ng Kee Choe with GC members (2020-2022)

Mr Chew Kwok Choong asked for an increase in the variety of food/promotions. The GC answered that Garden Terrace and Tampines Lounge will increase the weekday and weekend special dishes with the introduction of a new Master Chef at the Garden View Restaurant.

On promotions, the management is always actively in talks with suppliers to bring in promotions periodically as well as seasonally.

Mr Chew also asked for a complimentary 18-hole guest voucher for birthdays, to which the management said that there is no intention to change that. Currently a complimentary bottle of the House poured red wine with a minimum spending of \$88 remains the birthday gift.

Mr Vincent Lau Kay Keong asked if tee-times could be brought forward so that booking could be made easier as there would be extra flights. The GC said that the 7.30am and 7.31am first tee-off timing would remain to allow for a smooth changeover and prevention of congestion at tee-boxes during crossover.

Currently the Club is achieving 472 rounds per day when fully operational at both courses on Wednesdays, Fridays, Saturdays and Sundays. On maintenance days on Monday, the Club achieves 232 rounds at Garden (Tampines closed) and 356 rounds over Tampines and Garden on a Tuesday and Thursday as Garden is closed in the morning and does only one two-tee-start in the afternoon.





Mr Michael Tan wanted online booking day to be brought forward from Tuesday to Monday and green fee charges for walking golfers. The management replied that it would consider both the proposals.

Mr Tan Eng Koon brought up the subject of underutilised reserved car parks. The management does not see this as a problem as there are enough parking lots at both courses. Even during the weekend peak periods about 15 per cent of the parking lots at Garden and 20 per cent of lots at Tampines are available.

In summary, Mr Ho believes that challenges will arise, but with the pandemic easing up and normalcy in many fronts returning, he foresees a future for TMCC to be a bright one under the stewardship of Chairman Ng and Deputy Chairman Niam Chiang Meng.

#### GENERAL COMMITTEE (2022-2024)

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# HONEY, IT'S ALL ABOUT BEING CHUMMY, NOT THE MONEY

By Godfrey Robert

**Like Santa Claus at Christmas, the Easter Rabbit or Hare plays the role of a judge and draws up a “naughty or nice” list.**

It is a folkloric figure and symbol of Easter, the Christian celebration of the resurrection of Jesus Christ three days after his death on Good Friday.

So, bunnies with long ears were omnipresent at Easter. And it has been so at the Tanah Merah Country Club during the Ladies' Easter Social on 13 April at the Tampines course.

Everything about it is social, the game, the gathering and happy faces, many of whom donned clothing related to the bunnies.

Thirty nine ladies made up 10 flights that teed off in the early afternoon. At one point, dark clouds threatened to disrupt the event.

But the clouds soon cleared and the second nine was played under brilliant weather.

The top three Individual winners were Jeanette Lee, Koh Li Peng and Celia Teh.

For the Bunny partnership, the winners were Yukiko Tai and Sara Lew (first), Ivy Khaw and Dorothy Lim (second) and Vanessa Yeo and Corrina Chin (third).

The event was followed by a *makan kechil session*, held with safe distancing measures in place.

Distancing was not a problem because the ladies enjoyed themselves on a day of fun and camaraderie.



Top row - Sara Lew & Celia Teh (left to right)  
Seated - Sue Yap & Dily Ng (left to right)



Sara Lew, Gillian Sim & Yukiko Tai (left to right)



Dorothy Lim & Dorothy Choon  
(left to right)





Ladies enjoying some Easter golfing fun



Jun Hee Sook & Jess Beh (left to right)



▲ Gillian Sim & Lynnette Yeo (left to right)



◀ Eva Chu, Lee Kyung Chun, Gillian Sim & Jenny Chong (left to right)



# START YOUR DOWNSWING THE RIGHT WAY



Click Here to  
Watch Video!

*By Goh Kun Yang, Edited By Tan Ju Kuang*

**The correct transition from backswing to downswing is the key to better ball striking.**

**W**e all want to strike our irons more consistently. To do this, the club needs to be delivered to the ball on the right plane. But this is obviously easier said than done. In this issue, I'll focus on one problem that I see very often that prevents golfers from striking the ball cleanly. I'll also provide an easy drill to help you solve the issue.

## THE PROBLEM

Taking the golf club back is easy enough for many golfers, but the transition from backswing to downswing is where problems often occur. More often than not, recreational golfers are prone to cast their clubs outwards on the downswing, with their trailing elbows lifting up and away from their bodies (Pic 1). When this happens, golfers find themselves either hitting shots directly to the left, ending up with big slices, or, heaven forbid, facing the dreaded shanks.

In an ideal downswing, the trailing elbow (in this case, the right one), should be tucked in towards the side of the body (Pic 2). This will enable the golf club to get into the right position – with the shaft in the correct plane as it moves towards the ball. Doing so gives you a better chance for a cleaner contact and to deliver a squared clubface into the ball before it hits the ground (Pic 3).





## THE FIX

As with so many things in golf, there are several ways to help solve this problem. One that I like is a simple drill to help you groove into the feeling of getting your downswing into the slot, so to speak, and helping you get your club on the right plane through the ball.

All you need is a medium-size towel. Hold one end of it with both hands and swing it back and forth (hand to about waist-height). Try to feel the towel swing back and forth on the same plane (Pic 4 and 4a). You will notice that you need to keep your trailing elbow fairly close to your body in order to do so. This is the sensation that we're trying to foster.



4



4a



5



6

After a few swings, take the towel back to the top of your backswing (Pic 5), then down towards the ball to a full follow-through (Pic 6). You will notice that only when your trailing elbow is tucked into the correct position, you can then swing the towel through.

Do this several times, then replace the towel with a golf club. Try to replicate the sensation, and you will be striking the ball better in no time.



# MIKE GORMAN'S



From left: Honorary Senior Advisor Ho Beng Huat, Horticulture Manager Sharon Chew, Course Superintendent Derrick Tan, ex-Captain Lee Lian Hong, Mike Gorman & GM Elliott Gray

Tanah Merah Country Club was delighted to welcome back Mike Gorman, one of the lead designers with Robert Trent Jones Jr, who redesigned the Garden Golf Course in 2020.

TMCC is always striving to enhance its golf assets as well as its Clubhouse offerings and services for the benefit of its membership and their guests, and as part of lifting the status of the Club in Southeast Asia.

Honorary Senior Advisor Ho Beng Huat, ex-Captain Lee Lian Hong, General Manager Elliott Gray, together with Derrick Tan, Golf Course Superintendent and Sharon Chew, Horticulture Manager hosted Mike on Saturday, 2 April for a site inspection of the Garden Course. The objective was for Mike to review potential enhancements the Greens Committee, led by ex-Captain Lee Lian Hong and Management team, were proposing to implement on the Garden Course. These enhancements will ensure that the Garden course continues to challenge golfers of all abilities, in particular the lower handicap players.

*'I'm really pleased to be back at the Garden Golf Course and really happy with the progress, especially with the condition that Derrick and his team keeps the golf course in. We're looking forward to the further enhancements that are being proposed and we're very excited to be part of it going forward. Thank you to Honorary Senior Advisor Ho, ex-Captain Lee, Elliott and the Management Team for their time. We look forward to all our future endeavours.'*  
- Mike Gorman

Mike was last in Singapore with Robert Trent Jones II on 16 March 2018 during the finalising of Garden Course's design. Mike was delighted with the course, the maturity of the trees as well as the general maintenance and detail and commented "I will chase this for you".

Once we have received the proposals from Mike and the relative approvals from the Greens and General Committee, we will share the proposed enhancements with all members. Not to worry as there will not be any course closures when these take place.



# VISIT TO TMCC'S GARDEN COURSE



Mike running through the enhancements with Elliott

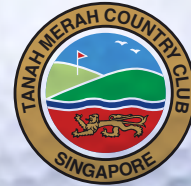


Sharing his views with Honorary Senior Advisor Ho and ex-Captain Lee



Mike running through the enhancements with Derrick and Sharon





# HOLE IN ONE ACHIEVERS

## Moon Jeong Shim

Hole #16 (88M)

02.03.2022

TMCC Tampines Course



## Chan Boon Seng

Hole #2 (185M)

06.03.2022

TMCC Garden Course

## Ngan Kah Kit

Hole #16 (112M)

09.03.2022

TMCC Tampines Course



## Hwee Chee Sheen Augustine

Hole #17 (138M)

09.03.2022

TMCC Garden Course

## Tay Lim Heng

Hole #16 (112M)

13.03.2022

TMCC Tampines Course



## Ng Kam Hong

Hole #7 (151M)

16.03.2022

TMCC Garden Course



## Brandon Chin Kim Lung

Hole #6 (137M)

16.03.2022

TMCC Tampines Course

## Jennie Tan Pin Pin

Hole #7 (131M)

19.03.2022

TMCC Garden Course

## Yip Sui Sang

Hole #14 (174M)

25.03.2022

TMCC Garden Course



## Priscilla Foo

Hole #7 (141M)

27.03.2022

TMCC Garden Course

## Christopher Chan Wai Meng

Hole #14 (155M)

27.03.2022

TMCC Garden Course







# HOLE IN ONE ACHIEVERS

**Thomas Chia  
Ching Kwang**

Hole #11 (110M)  
01.04.2022  
TMCC Garden Course

**Ian Michael  
Wong Lai Ong**

Hole #17 (123M)  
01.04.2022  
TMCC Garden Course

**Steven Thong  
Chee Yen**

Hole #14 (174M)  
09.04.2022  
TMCC Garden Course

**Errol George Pereira**

Hole #2 (134M)  
11.04.2022  
TMCC Garden Course

**Lim Chin Leong**

Hole #2 (185M)  
20.04.2022  
TMCC Garden Course

**Jeong Hae Gel**

Hole #7 (151M)  
24.04.2022  
TMCC Garden Course

**Shin Fujimoto**

Hole #14 (157M)  
24.04.2022  
TMCC Tampines Course

APRIL

# Warmest Welcome

## TO OUR NEW STAFF MEMBERS



**MR JACK WONG**  
Senior Golf Operations Manager

**MR WILLIE SIA**  
Facilities Manager



**MR CHAN JIANKAI**  
Food & Beverage Manager





Click Here to  
Watch Video!

# JAPANESE

*By Alvin Teo, Edited By Tan Ju Kuang*

# Katsu Don

**Simple, hearty and delicious, Chef Alvin Teo shows us how to make this popular dish.**



**T**he pandemic has left us all yearning to travel, particularly to sample foreign cuisine. Japan has always been a favourite for Singaporeans, and Japanese food is now embedded in our local palate.

Fortunately, at TMCC, we don't have to go very far to taste well prepared Japanese dishes. Katsu Don, or breaded pork cutlet with egg on rice, is a perennial go-to dish for a high-protein, high taste lunch that is quick and delicious.

Chef Alvin Teo takes us through the paces on how it is prepared.



## Ingredients

Pork cutlet, breaded and seasoned with salt and pepper  
Katsu don sauce (may be purchased from Japanese supermarkets)  
¼ large onion, sliced  
1 large egg, beaten  
1 serving of cooked Japanese rice  
Pickled daikon, sesame seed seasoning for garnish

## For soup:

Miso soup base  
4-5 Nameko mushrooms  
2 tbsp cubed tofu  
Spring onions

# HOW TO COOK

## JAPANESE *Katsu Don*

### Method

1. Deep fry the breaded pork cutlet in oil; remove when cooked and golden brown
2. In a skillet, heat some oil, fry the onions for 30 seconds; add the katsu don sauce, and let simmer until onions are softened
3. While the onions are cooking, heat up the miso soup base; add the nameko mushrooms, seaweed, tofu and spring onions; let simmer
4. Cut the pork cutlet into pieces; then put into the skillet on top of the onions
5. Pour the beaten egg over the pork cutlet pieces; cook until the egg is set and the sauce is well incorporated into the pork pieces
6. Pour pork cutlet, egg and onions with the sauce over the rice, garnish with the pickled daikon and sesame seed seasoning; serve hot with the miso soup







# OUR GARDEN LOUNGE IS RE-OPENED!



**As of 19 April 2022, TMCC welcomed members back to our Garden Lounge for some much-needed respite.**

Located adjacent to the Garden View Restaurant, the Garden Lounge provides an intimate and relaxing environment for Members to enjoy casual dining and a drink or two. All these while unwinding to lounge music and weekly live band performances.

*Come say hi to our lovely lounge Hostess Janelle too!*

**THE BUZZ IS  
BACK AT THE**

# Garden Lounge



**After two years of lull, the buzz returned to the Garden Lounge at Tanah Merah Country Club**

**T**he COVID-19 pandemic had turned the bustling lounge and comfort venue into an abandoned area.

But the flutter returned with feverish tempo on April 22 and 23 when the lounge re-opened for enjoyment and entertainment.

Members celebrated the rousing return at the lounge and enjoyed a set by cover band Jenny & Fredo along with a free flow of beer and delicious bar bites.

Pretty lounge hostess Janelle added to the glamour with her “service with a smile”.

The lounge is open for service from Tuesdays to Thursdays, and Sundays & Public Holiday eves from 3pm to 10pm, Fridays & Saturdays from 3pm to midnight, and closed on Mondays.

Live band performances take place every Friday and Saturday from 7pm to 11pm.





Members & guests enjoying the freeflow of beer & bites and live music by Jenny & Fredo.



# MARK RICHMOND & BEATRICE CHIA

*Edited By Tan Ju Kuang*

**Mark and Beatrice have made names for themselves in the fields of broadcasting and the performing arts respectively. In this issue, they share their thoughts of what it means to them to be members at TMCC, and also shed light on how their lives will change in order to help their son follow his dreams.**



**How long have you been members, and what prompted you to join the Club?**

**Mark & Beatrice:** We've been members since 2015 and it has really been one of the best decisions we made for the family. When we joined, (our son) Sol was starting to really enjoy golf but we had difficulty getting course access in Singapore for a junior player. We spent a lot of weekends in Johor playing the courses which were able to allow access for young kids. But we just couldn't handle the traffic jams at the causeway. So we took up a membership at TMCC.

**What do you enjoy most about the Club, and how have you used the facilities as members?**

**Mark & Beatrice:** One of Mark's favourites is the car park at Garden side! Whenever we drive in, it's like we have driven into this resort! The trees in the carpark are my absolute favourite. They are beautiful, tall and magnificent, and provide this crazy wonderful shade that we take for granted. We love the terrace at Tampines, and it never fails to impress and relax us all at once. We also love the pool, which is I think the warmest pool in Singapore! And of course the tennis courts and gym.

**Your son Sol has grown up to be quite the golfer, being in the national training squad. How did TMCC factor into his golf background?**

**Mark:** Course access. Just the simple notion that your game improves if you play often. He only started really taking an interest and competing in 2020 so he started wanting to play as much as possible. And the courses are always available to him, allied with strong coaching and a solid academy that's been set up. TMCC Teaching Pro Daren Lim who has coached him from young has helped tremendously and he also has the luxury of calling on Marc Ong now for advice and quick checks on his game. The Club has provided an amazing springboard. We should never take for granted how it has been very supportive of Sol, right down to the marshals and staff always willing him to succeed and TMCC Lady Captain Gillian arranging for interview articles to highlight his endeavours.



Happy family in Florida



### What is the most rewarding thing about parenting a promising athlete?

**Mark:** To see the hunger and drive in your kid. The bravery to want to compete even though you lose more than you win. The humility the game has given him and how he has been a true gentleman on and off the course. And it refreshes your own drive too because you get inspired watching his enthusiasm and will to succeed.

### What is the most difficult thing about parenting a promising athlete?

**Mark:** That you have no control over anything. It's like watching your favourite team play. The players are calmer than the fans because they are in control of their own destiny. And if you watch your favourites lose it can be heart-breaking. That's exacerbated if it is someone you love the most in the world.

You start second guessing how it must hurt for him and how bad he is feeling out there. And it is a punishing game because you have to be out there for five to six hours. Then he returns home and says everything is alright and wants to do it all over again and you end up fine. Then you go through myriad emotions all over again the next day because someone cruel decided golf should be decided over four rounds and not just one.

### What are his aspirations, and what roles have you both tried to play in helping him?

**Mark:** Sol hopes to be a professional golfer and play on the PGA Tour one day. As parents the best thing we can do is firstly to respect his aspirations and try our best to support him in every way, be it emotionally, psychologically and financially. I feel TMCC has played a huge part in this too. Almost all the members we meet have always been deeply encouraging with Sol and his game, not just the members, even the marshals, the teaching pros and the staff. It's been one big enthusiastic village!

### What are your current occupations, please give us a brief description of what you do?

**Beatrice:** I work as a Creative Director for various projects as well as a Director for TV and content.

**Mark:** I head the athlete life department in Sport Singapore and continue sport broadcasting, doing commentaries for the Japanese League and also the major games including the upcoming SEA Games.

### How has the pandemic affected your jobs?

**Beatrice:** The last two years were tough work wise. The pandemic had a huge impact on all of us in the entertainment and arts industries. Like a lot of Singaporeans, staying nimble and finding ways to keep working was challenging and I count myself lucky that my businesses have survived. However, the plus side is that I had the family time that I have always wanted.

**Mark:** I think with athletes they always find a way to push through so it hasn't altered much. That's part of the beauty of being an athlete. They will keep swimming till they find a channel for safety. That's why we are so happy Sol has chosen to be an athlete because it teaches you to keep pushing on and stay resilient.

**You have hinted that you may move away from Singapore as a family in the near future. What prompts this decision, and what are you all looking forward to?**



Recent Playoffs in the Thailand Junior Development Tour



Sol, Winner of the 2018 TMCC Overall Junior Champion

### Beatrice:

Sol will start school and golf training in the US from August

this year. This is a huge decision for the family as it would mean Sol being based in the US for the next four years, with Mark and myself doing cross continental shuttling for the next few years so we get to be together as a family. But we see this as a new adventure for us and, secretly, I thank Sol for being brave and clear enough at age 14 to pursue his dreams.

### Back to TMCC, what do you think the Club can do better to improve both its branding, and its offering to the members?

**Mark & Beatrice:** Frankly, we love TMCC just the way it is. TMCC comes across as a Club that doesn't shout loudly about its treasures. It is quiet, dignified and has a gentle, old-school exclusivity about it.



# EXPERIENCED LEE IS A MASTER AT THE FOOD GAME

By Godfrey Robert

**Midway through the interview Lee Hon Kit excused himself to rush to the kitchen to attend to one of his dishes on the fire.**

**I**t was a simple dish, a far cry from his speciality. But that gesture of commitment unearthed what the friendly man is all about.

Lee Hon Kit is a passionate Master Chef; a man for details, a personality who is engaging and accommodating though his language proficiency is limited because of his kampong background. Tanah Merah Country recently engaged him after former Master Chef Ng retired at 75, after dutifully serving the Club for 12 years.

Hailing from Ipoh, a Malaysian town in the state of Kedah popular for its food, Kit spent his time in the kitchen from the early age of 15.

The affable Kit did his rounds in coffee shops and makan outlets in Ipoh, then restaurants in Kuala Lumpur and Singapore, and finally clubs and hotels in the island Republic. Singapore became his “home” since 1999 when his brother who is in the construction business wooed him across the Causeway.



Sauteed Tenderloin Beef Cubes with Almond Flakes



Truffle Oil Fried Crab Meat in Fresh Milk





Master Chef Lee in action

He also did some interesting stints at Raffles Town Cub, Singapore Island Country Club and Singapore Swimming Club prior to joining TMCC, all of which he considers “learning experiences” because of his innate desire to constantly upgrade himself in his culinary profession. Although he is tasked with running a team at TMCC, he does not take a “top-down” approach but considers his fellow workers as his peers and has a good working relationship with them.

So, teamwork is his key, and from that emerges “good results”, in this case delicious and delectable dishes palatable to the TMCC members and guests who will see a good reason to visit the food outlets at the prestigious Coastal Road Club.

Kit, 44, has a wife (who also works in F&B) and a 13-year-old child, both of whom are dear to him, and he speaks fondly of them. He also considers the TMCC staff and members as “family” because he sees most of them six days a week.

His favourite dish is stir-fried beef tenderloin cubes, and he adds that “braising, steaming and stewing and primary methods of cooking – locking in natural juiciness and freshness, flavourful and healthier offerings” are his specialities.

Only six weeks on the job at TMCC but with 25 years of experience, Kit, who commutes from his Yishun home to TMCC by motorbike, hopes to come up with a menu that would whet the appetite of the members and guests at TMCC.

The multi-talented Kit, who runs during his free time to keep himself fit (he reduced his weight from above 80 kilograms to 60-plus kilos within two years) sees Summer Palace at Ritz Carlton as his first choice for a sumptuous meal.



With his family



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Watch Video!

# HIGH INTENSITY

*By Bharatt, TMCC Gym Instructor, Edited by Tan Ju Kuang*

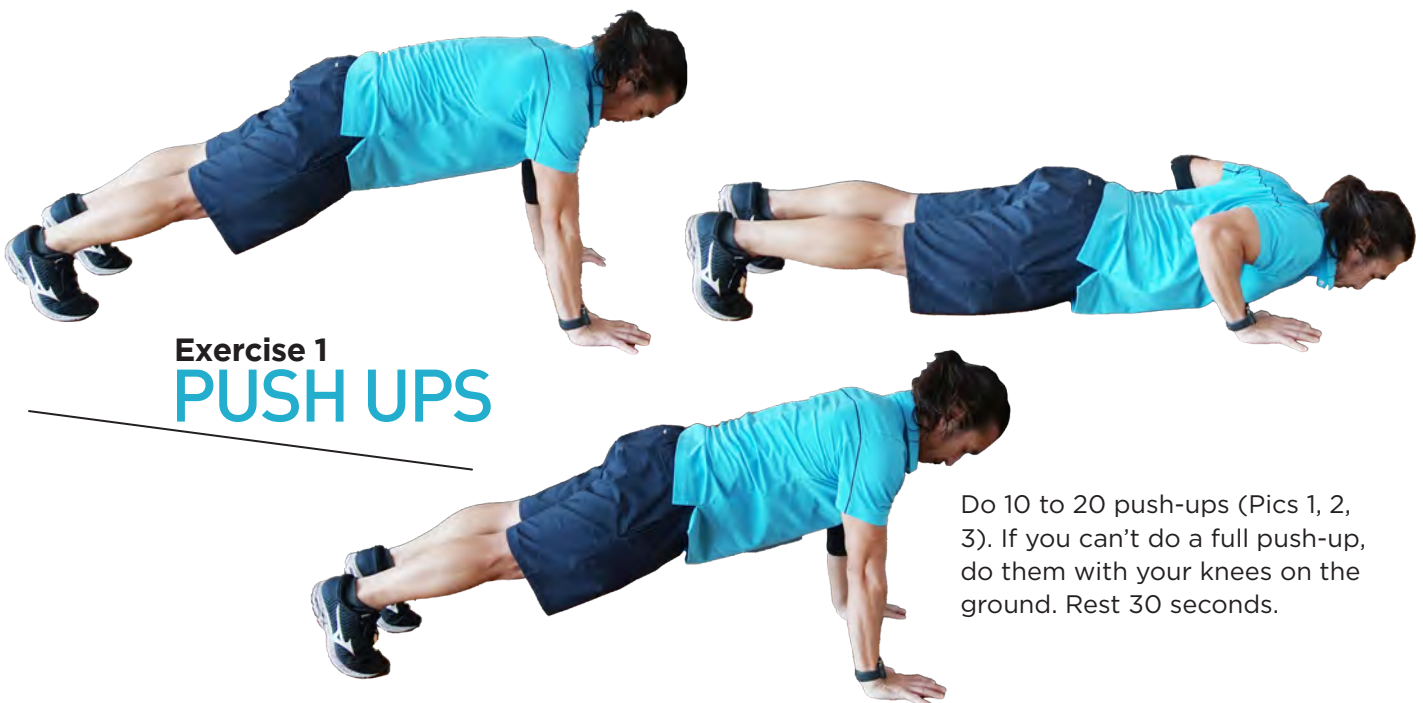
**Research has shown that you don't need to spend hours hitting the pavement in order to receive the benefits of exercise. High intensity interval training allows you to get and stay fit in a fraction of the time.**

**G**etting fit, or at least to have better stamina, is one of the most popular health goals for people. The health aspects of cardio-based exercises like running, biking and swimming are well known. But often, you need to put in enough time at one go for each of these to obtain the benefits.

This doesn't necessarily have to be the case. If you don't have the time, nor the desire, to spend hours on the road or in the pool, then high intensity interval training, or HIIT, is a good alternative. In just 10 to 15 minutes each session, you will be able to burn enough calories and gain the advantages of a cardio workout without sacrificing your time on the golf course.

Here is an example of a simple, beginner-level HIIT session that you can start with.

Do each exercise one after the other, with 30 seconds rest in between. Once you have completed all four exercises, rest one minute, and start again. Repeat for about 10 to 15 minutes.



**Exercise 1**  
**PUSH UPS**

Do 10 to 20 push-ups (Pics 1, 2, 3). If you can't do a full push-up, do them with your knees on the ground. Rest 30 seconds.



## Exercise 2 SQUATS

With your arms folded in front of you, do a full squat (Pics 4, 5, 6). Make sure to keep your back straight, and look ahead. Use your glutes, or buttocks, to push yourself up. Do about 15 to 20 repetitions. Rest 30 seconds.



## Exercise 3 SUPPORTED KICK BACKS

Hold onto a wall or a railing in front of you (Pic 7). Kick your feet back towards your buttocks one at a time (Pic 8). Repeat 15 to 20 times each side. Rest 30 seconds.



## Exercise 4 HIGH KNEES

Stand with your feet shoulder width apart (Pic 9). Bend your arms at right angles, with your palms facing down. Lift one knee up till it hits your hands; repeat with the other knee. You can start slowly, then speed up when your fitness improves. Do 15 to 20 repetitions each side. Rest 30 seconds.



# EASTER

## KIDS' CARNIVAL

By Godfrey Robert

In line with the upcoming Easter festival, TMCC Sports Complex organised an Easter Hunt & Games programme for our children on Sunday, 10 April 2022.

A total of 10 children age from 5 to 12 years old participated the programme. In order to build stronger bonding, we grouped the children randomly.

The programme started with 3 ice breaking games at the pool side, followed by a one hour egg hunt within the Sports Complex.

For safety reasons, the Sports Complex staff supervised the programme to ensure all the children had fun while staying safe.

Goodie bags were prepared for each child, much to their delight.



Children eagerly awaiting their turn for a prize



Joyous kids with their festive treats



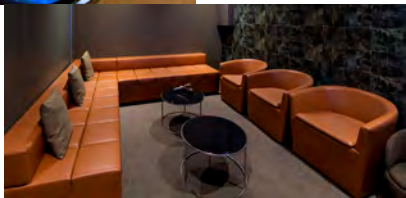
Young contenders running towards the finish line







# OUR KARAOKE LOUNGE IS OPEN!



**O**ur Karaoke Lounge has been officially opened on the 19 April 2022. The facility offers a fully self-operational system, powerful surround sounds, highly sensitive boom mics and a comfortable get together couch providing an inviting rendezvous point for a fun gathering option. From Tuesdays to Sundays, come unwind and sing to your hearts' content at TMCC's Karaoke Lounge.

## SEE YOU THERE!





# BIG EFFORT AND STRONG ENDURANCE PAY OFF FOR CAO

By Godfrey Robert

Imagine swimming the distance (by road) from Singapore to Haatyai in Thailand.

By road, the exact distance between the two locations is 907 kilometres. And Mr Cao Yuan Feng achieved the feat to win the Tanah Merah Country Club's "Longest Distance Achiever" award.

Okay, it took him 59 days, from 1 January to 28 February. Still, to cover 15-kilometres plus every day of that period is in itself an effort in stamina, endurance and fitness. And a chore - a boring routine - you may add.

However, Mr Cao, pursued and delivered with a sowl of determination and dedication. Kudos to him.

The event was part of the Club's Veteran Swim Challenge and CNY Virtual Run Prize Presentation event.

The swim meet was a joint effort between TMCC Sports Complex and Yale Swimming School. A total of 13 student-athletes participated in the swimming competition which consisted of two categories - breaststroke & freestyle.

Lucas Lim, Lucas Soh, Darryl Chan, Chan Zen Ling and Emma Proutiere shared the honours. Chan Zen Ling was awarded the "Most Improved Swimmer 2021" medal and Daryl Chan was awarded the "Most Promising Swimmer 2021" medal.

Lastly, not forgetting our Veteran Swim Challenge held on the 27 February. We would also like to congratulate our winners Ong Hock Khiow David and Justyn Jagger for clinching the respective titles in both Men's 70 years old & above and Men's 69 years old & below 50m heats.



Going the distance with our CNY Virtual Run medalists for 168km



Winners of the 88.8km CNY Virtual Run



Veteran Swim Challenge Champions



Winners of Swim Meet



# AIR PURIFIERS

## INSTALLED AROUND THE CLUB!



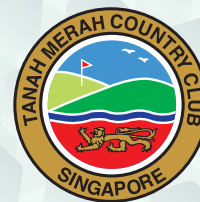
The Club is pleased to announce the installation of air purifiers in all changing rooms and the Glass Gym.

This initiative is part of our assurance to Members that they have a clean and healthy environment to socialise in and enjoy.

TMCC will continue to remain vigilant in our efforts to keep the Club COVID-free for all Members.

# 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 trained extensively in The Golfing Machine and Mac O'Grady's MORAD system since 2005.

He is a Brookbush Institute Human Movement Specialist and a Kelvin Miyahira Level 4 certified instructor in Spine Mechanics and Qualitative Biomechanics in Golf.

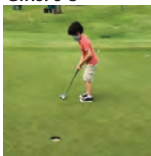
A specialist in junior golf development since 2005, he has a wealth of experience in teaching juniors. He is passionate about introducing the game to TMCC juniors, nurturing their technique and a life-long love for the game. Over the years, some of his juniors have gone on to compete at the collegiate 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.

### 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







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

## BHARATT

20+ Years of Experience  
Group Exercise Leader (American College of  
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**“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  
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Basic First Aid, CPR and AED



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## MALAYSIA

### Saujana Golf & Country Club

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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  
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Fax: 61 2 9450 0034  
www.terreyhillsgolf.com.au

Woodlands Golf Club  
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Australia  
Tel : 61 3 9580 3455  
www.woodlandsgolf.com.au  
Golf\_Manager@woodlands.com.au

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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.jinlilakegolf.com

### DUBAI

Dubai Golf  
Tel: 04 586 7761  
www.dubaigolf.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.cwbgbgolf.org  
golf@cwbgbgolf.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  
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Halim Perdanakusuma Jakarta Timur 13610,  
Indonesia  
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Fax: 62 21 80 878 877  
www.royalejakarta.com

### JAPAN

Ashinoko Country Club  
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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  
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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

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Selangor Darul Ehsan, Malaysia  
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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  
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Kathu District, Phuket 83120,  
Thailand  
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Fax: 66 076 322 009  
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Pathum Thani 12000, Thailand  
Tel : 66 02501 2789  
Fax: 66 02501 1833  
www.mbkkgolf.com/riverdale

### UK

Centurion Club  
Hemel Hempstead Hertfordshire HP3 8LA  
Tel: 01442 510520  
www.centurionclub.co.uk

### 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

Mondays	Closed
Other days	7.00am to 7.00pm

#### GARDEN COURSE

Tuesdays & Thursdays	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)

### Operating Hours:

Sundays, Tuesday, Wednesdays and Thursdays

## 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.*



Photo credit: Alwyn Chong