

Lanah Herah Country Club



Combined Captains' Day & TMCC Prize Presentation

GOLFERS' ZONE

Strong Team Effort Sees TMCC Retaining Rolex Inter-Club Title

What a Grandstand Finish to the Guns and Roses Challenge

FEATURE STORY

TMCC'S LEADING ATHLETES CELEBRATE CRAND SPORTING EVENT









LORENA OCHOA, WOMEN'S BRITISH OPEN, ST ANDREWS





ABOUT GOLF...

Here are a few things that we know about this most particular game. And about its most eminent participants. We know that their aim could not be higher. That you do not come this far without an unwavering determination to overcome every challenge and conquer every distraction. We know that tradition can only last this long if it is perpetually enriched by talent. We know that every drive starts with inner strength, and every putt with unrelenting humility. These are but a few reasons that we have partnered for so long with the noblest institutions, the most legendary tournaments, and the greatest players. After all, we are on the same course.

#Perpetual



OYSTER PERPETUAL DAY-DATE 40 IN PLATINUM



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Tanah Merah Country Club

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CONTENTS NOVEMBER/DECEMBER 2022 · ISSUE 6

18

What a grandstand finish to the Guns and Roses challenge

21

Congratulations to Bruce Kwong, 2nd Runner-Up at the Singha Junior World Championship at Royal Hua Hin, Thailand

22 Hollow Tining

23 Mini Golf and Treasure Hunt Make It a Memorable Outing

27 Hole-in-One Achievers (Sept 2022)

28 Hole-in-One Achievers (Oct 2022)

29 Get Out

31 AROUND THE CLUB TMCC Celebrates Oktoberfest in Style 35 Teddy Sheringham Meet & Greet in TMCC for AIA Fund Raiser Event

36 Caring for Your Prostate Health By UroHealth Clinic

37 EAT & DRINK Steamed Yam Cake **39** SPORTS & FITNESS All-Body Workout with Kettle Bells

41 Check Out Our New Gym Equipment at the Glass Gym!

42 Donovan Serves Something Special

46 CLUB INFORMATION



07 EDITOR'S NOTE

80

GOLFERS' ZONE TMCC's Leading Athletes Celebrate Grand Sporting Event

14

Strong Team Effort at Rolex Inter-Club Tournament

16

Furusho-san Wants to Remember His Albatross

Countcown Saturday, 31 December 2022

7pm - 1am Tampines Banquet Room

Closing date: Saturday, 10 December 2022

7-piece Versatile & Lively Band Entertainment JIVE TALKIN



Check them out: https://www.jive-talkin.com/home

Fees

(Member) \$128/pax (Guest) \$158/pax

Highlights

- Cocktails Delectable Chinese Dinner
- Teochew Porridge Supper
 Door Gift
 Lucky Draw

{ marketing@tmcc.org.sg

Two Complimentary Bottles of Wine per table

Dress Code Retro Glam

Terms and conditions: You may use your F&B minimum spending for this event. Full fees will be charged for no-show or any cancellation made upon confirmation of the booking form. No refunds allowed, All prices are in Singapore Dollars and inclusive of 7% GST. Table allocation will be based on first-come-first-serve basic upon receiving of confirmed booking. Booking after closing date is acceptable if there are are available seats but cancellation is not allowed, TMCC reserves the right to make changes without prior notice.

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EDITOR'S NOTE

GOLF WAS THE HUGE PRIORITY IN A BUSY 2022 FOR TMCC

Apart from all-round activities, the Club hosted three major regional competitions at pristine Tampines course



he name "Golf Club" is usually more than what the simple words convey.

For many golf clubs have facilities beyond the course or courses.

They can vary from tennis and squash courts, bowling alley, gymnasium, snooker and billiards tables and swimming pools.

And activities can range from dancing lessons to cooking classes, and some have rooms for cinema and seminars.

Editor Godfrey Robert

But basically, the test of a good golf club is whether it provides for good golf events - social sessions, club competitions and international tournaments.

And this is where Tanah Merah Country Club scores BIG.

Over the past year, the game of golf has been abuzz at TMCC.

The Singapore International, a prestigious US\$1 million Asian Tour event that teed off in January 2022, raised the loud cheers with some scintillating golf from an elite field from around the region.

This was followed by a series of local events, namely the Combined Captains' Day and the Moon Fest inaugural minigolf competition.

The Captains' Day event was significant in that it made a return after a two-year hiatus, affected by the Covid-19 pandemic.

And the club event was welcomed back with fervour and fanfare yet unseen. For the golf event, there were 133 participants competing in a 2-man scramble format. There was also the annual prize presentation for the various categories.

For the Moon Fest, the min-golf event that was staged for the first time, proved to be a day of fun and enjoyment immersed in family joy.

The popular Oktoberfest event was back on the calendar after a two-year hiatus, so there was an extra "oomph" about it for 130 members who enjoyed the free flow of beer and the music provided by the five-piece band Reverie.

In September, the US\$1.2 million Singapore International Series, another Asian Tour event crowned by the newly formed LIV Golf, brought about four days of high-tempo competition from leading regional golfers who provided the thrills.

There was high drama at the finish when four players were in contention. However, the steady hands and clear mind of Thai Nitithorn Thippong saw him to an exciting victory.

Golf's emphasis was also seen in the club doing well in local tournaments, with the "oldies" winning the Singapore Golf Association's Senior Amateur Championships and the fourman team, spearheaded by Samir Bedi claiming the Rolex Inter-Club League title with a 13-under score, buoyed by 11 course birdies.

Helping Samir were Vicky Zhan, Charles Phua and Ivan Wang who combined well at the SICC New Course in the Texas Scramble competition to retain the title which TMCC won when the event was last held in 2019.

Japanese club member Hideki Furusho etched his name in the record books when he bagged an albatross on the 476-metre par-five 18th hole of the Garden course in a social outing on September 5.

The odds of an albatross are said to be 6 million to one, and Hideki, playing with his coach Daren Lim and two other buddies, hit a wind-aided 290-metre drive followed by a sixiron to find his ball roll and drop into the hole.

The Club is now bracing itself for yet another major event, the inaugural Hana Financial Group Singapore Women's Open at the Tampines course from December 9 to 11.

Singapore's leading professionals Koh Sock Hwee and Amanda Tan will spearhead the local challenge in the S\$1.1 million event of the Ladies Asian Tour Series.

TMCC President Ronald Ong said: "The club has a long tradition of supporting women's golf and has in the past hosted the Kosaido Asahi Ladies Championship, Lexus Cup, HSBC Women's Champions and Queen Sirikit Cup. TMCC is very pleased to continue this tradition with the inaugural Ladies Hana Financial Group Singapore Women's Open."



TMCC'S LEADING BY GOD GRAND SPORTING EVENT

Annual gathering has a blast with golf and music after a two-year hiatus

t is a gathering of champions.

Or maybe, winners would be a more appropriate word.

For not only are the firstplaced honoured, but also the podium finishers, and more.

The exhaustive list says it all.

Swimmer of the Year, Tennis Player of the Year, leading finishers of golf competitions, Best Improved Swimmer and Tennis Player of 2022, and more.

Almost two dozen and more sportsmen and sportswomen were honoured on Oct 9.

In a short, the who's who of sports at Tanah Merah Country Club attended the grand annual prize presentation event at the Tampines location.

Of course, on a grand day such as this, there has to be a competition to put the icing on the cake.

So, a two-ball scramble golf competition was staged prior to the presentation of awards at dinner. And, even for the golf event, there was prizes galore.

Keifer Sim and Sim Chun Siang took top honours with a 61 net on countback from Bryan Ko and Rex Tan, with Tan Swee Seng and Rudy Johansen taking third place on the same score, beaten on countback.

There were also Nearest To Pin prizes for men and women, with Keifer featuring again.

Special mention also went to Lucas Soh for being Swimmer of the Year 2022 and Clara Tan for being Tennis Player of the Year.

About 160 members attended the dinner at the Tampines Banquet Room, of whom 133 competed in the golf event.

To put the diners in serenade mood, music was provided by former GC member Hia Hui Kim and friends.

TMCC ANNUAL PRIZE PRESENTATION 2022

SPORTS AND MAJOR GOLF EVENTS

SPORTS

Swimmer of The Year 2022 Best Improved Swimmer 2022 Tennis - Player of The Year 2022 Tennis - Best Improved Player 2022 Lucas Soh Darryl Chan Clara Tan Kieran Goh

GOLF

NATIONAL DAY COMPETITION 2022 (H.I 18.1 TO 24.0) (Stableford / 80% Handicap allowance)

WINNER (Men's Div)

Sean Kenzo Tsumura WINNER (Ladies' Div) Michelle Ang RUNNER-UP (Men's Div) Ricardo Portabella RUNNER-UP (Ladies' Div) Norlia Embong

CHAIRMAN'S PRIZE 2022 (4-Ball Stableford) Winner Joey Chang & Wong Weng Yew

LADIES MATCHPLAY CHAMPIONSHIP 2022CHAMPIONVicky ZanRUNNER-UPSara Lew

LADIES 4-BALL MATCHPLAY 2022WINNERWendy Soh & Norlia EmbongRUNNER-UPFumiko Minowa & Loh Kah Ing

LADIES INTERMEDIATE CHAMPIONSHIP 2022

(HI 13.6 & 24.0) WINNER RUNNER-UP OVERALL BEST NETT DAILY BEST NETT (R-1) DAILY BEST NETT (R-2) DAILY BEST NETT (R-3)

Lynnette Yeo Ee Lyn Linda Wee Jae Sook Do Jae Sook Do Lynnette Yeo Linda Wee

LADIES CLUB CHAMPIONSHIP (H.I 13.5 & BELOW)

WINNER RUNNER-UP OVERALL BEST NETT DAILY BEST NETT (R-1) DAILY BEST NETT (R-2) DAILY BEST NETT (R-3) Sarah Tan Wei Jasmine Chew Sue Yap Sue Yap Dion Lim Dion Lim

THE CLUB MATCHPLAY CHAMPIONSHIP 2022

CHAMPION	
RUNNER-UP	
JOINT-THIRD	
JOINT-THIRD	

Ken Sugino George Foo Tan Lee Hong Bruce Kwong

2022 TMCC MEN'S CLUB STROKEPLAY CHAMPIONSHIP OVERALL CHAMPION Ken Sugino

THE CLUB STROKEPLAY CHAMPIONSHIP (H.I 6.0 & BELOW)

WINNER RUNNER-UP OVERALL BEST NETT Ken Sugino Bruce Kwong Tan Lee Hong

MEN'S MID-CHAMPIONSHIP (H.I 6.1 TO 10.0)

WINNER RUNNER-UP OVERALL BEST NETT Teo Han Kiat Stephen Tan Hock San Koh Jun Wei

MEN'S INTERMEDIATE CHAMPIONSHIP (H.I 10.1 TO 18.0)

WINNER RUNNER-UP OVERALL BEST NETT Steven Lee Soo Liap Tan Soon Cheong Simon Chew Swee Meng

MEN'S CHALLENGE CUP (H.I 18.1 TO 24.0)

WINNER RUNNER-UP OVERALL BEST NETT Koh Tak Hong Alex Goh Cheng Chuan Kiefer Sim



2-BALL SCRAMBLE GOLF COMPETITION

Sunday, 9 October 2022 - Tampines Course

WINNERS

1st	Keifer Sim & Sim Chun Siang	61 Nett OCB
2nd	Bryan Ko & Rex Tan	61 Nett OCB
3rd	Tan Swee Seng & Rudy Johansen	61 Nett
4th	Soh Choi Hwa & Francis Chia	62 Nett OCB
5th	Yeo Su Lynn & June Yeo	62 Nett OCB
6th	Jason Ng & Douglas Lim	62 Nett
7th	Michelle Ang & Melvin Choo	63 Nett OCB
8th	Chong Tat Chong & Vicky Zan	63 Nett OCB
9th	Oh Se Koan & Tan Wei Ming	63 Nett OCB
10th	David Ng & Kooi Cho Liang	63 Nett

Nearest to Pin Winners - Men

Hole 4	Keifer Sim
Hole 6	Derrick Yu
Hole 14	Chong Tat Chong
Hole 16	Douglas Lim

Nearest to Pin Winners - Ladies

W

.



COMBINED CAPTAINS' DAY & TMCC ANNUAL PRIZE PRESENTATION















STRONG TEAM EFFORT AT ROLEX INTER-CLUB TOURNAMENT By Godfrey Robert

Samir, Vicky, Phua and Wang combine well to ward off strong challenge in prestigious event



n embarrassment of riches.

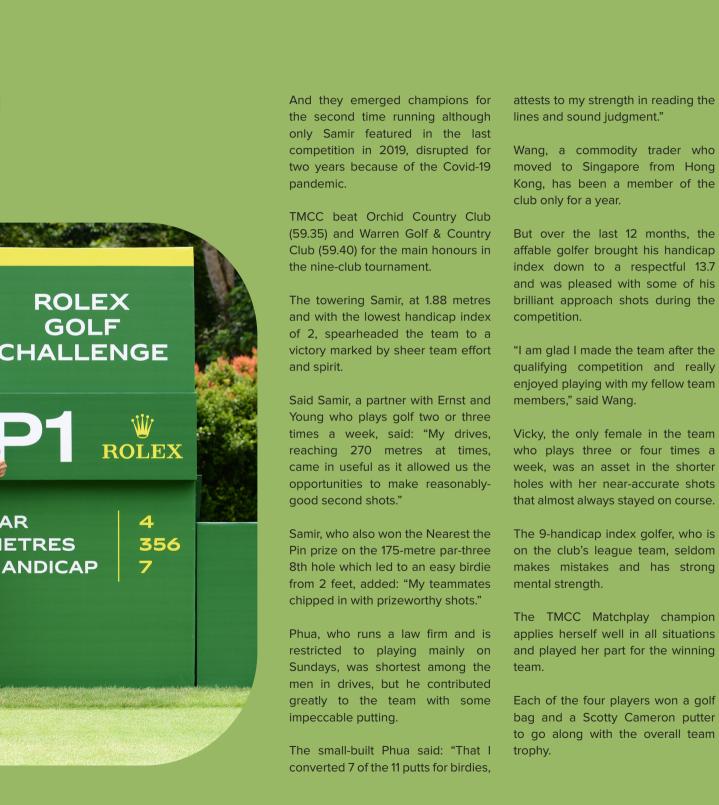
That was how one member of Tanah Merah Country Club's winning quartet of the Rolex Inter-Club league described his team composition for the prestigious annual event.

If that be so, it was no surprise that the esteemed club sauntered to victory with a 13-under 58.70 score on a 2.75 handicap, buoyed by 13 birdies at the Singapore Island Country Club's pristine New Course on Oct 14.

Samir Bedi, Vicky Zhan, Charles Phua and Ivan Wang were easily on the same page in the Texas Scramble format because all four players were solid with proven ability.

This allowed the team the luxury of choices in deciding whose and which three drives to take (compulsory for each player) in the 18hole competition.





15

FURUSHO-SAN WANTS TO REMEMBER HIS ALBATROSS By Godfrey Robert

Japanese club member asks for memorial tree after heroics on Garden's 18th hole



From left: Nakamura Masahide, Daren Lim, Hideki Furusho & Jack Wong, TMCC's Senior Golf Operations Manager

he odds of making a hole-in-one in amateur golf is said to be 12,500 to 1. If that looks hard enough, what about an albatross (three below par)?

A real impossibility. A very, very rare feat.

And judging by the odds - 6 million to 1 - that seems far-fetched.

Tanah Merah club member Hideki Furusho accomplished that masterstroke when his second shot on a par-five landed at the edge of the massive green and dropped into the hole during a social outing on September 5.

The heroics arrived on the par-five 476-metre 18th hole at the Garden course after he had teed off from the blue tee.

With the wind behind him, the five-handicapper whacked an almost 290-metre drive and then used a six-iron to find the hole.

"Lucky" was how Furusho described the shot, although the excited golfer admitted that there were some calculations done.

Playing with his coach Daren Lim, Furusho picked up a five-iron from his bag, but the competent Daren, who is so familiar with the course, told him to take a six-iron because of the tailwind.

And the Japanese businessman, who has been in Singapore for 12 years, obliged his committed coach with a brave approach on a layout that has water all along the left fairway.

"High-fives" was the order of the day as he hugged Daren and his two other flightmates Kuroiwa Tsuyoshi and Nakamura Masahide (both club members) and continued the celebrations with buddies at the clubhouse.

The ever-friendly Furusho, 44, had never registered an ace in his almost 12-year golfing career, giving an extra reason for wanting to remember the albatross.

Also a Sentosa Golf Club member, Furusho, later emailed the club's General Committee asking that if they would allow him to plant a memorial tree near the green of the 18th hole.

He said: "In Japan, we have that practice, so I asked the club if I could plant a tree in an area that would not disturb the play of the golfers.

"In Japan, we believe that this gesture would

bring good luck to all the members. Of course, I will bear the cost."

Coach Lim congratulated Furusho-san, saying: "He is a truly good student who picks up the tips very fast. He is an accomplished golfer with a natural swing. I enjoy teaching him."



WHAT A GRANDSTAND FINISH TO THE GUNS AND ROSES CHALLENGE By Godfrey Robert

A close finish. A dramatic end. A fabulous late chip that decided the match. A week before the American rock band Guns N' Roses perform at the National Stadium in Singapore, the event by a similar name provided thrills at Tanah Merah Country Club.



o, at the Tampines course, the Guns versus Roses annual golf game on Nov 8 drew to a breath-taking finish.

That the Guns, represented by men attired in blue, won 8-7 mattered.

But, more importantly, the manner in which they beat the Roses (dressed in pink and white) was a talking point that engaged the 60 participants all through the evening and night.



With just one game left, the Guns held a slender one-point lead.

The showdown between club captain Goh Hoon Pur, partnering Ken Sugino, and Yeo Su Lynn and June Yeo drew to a tantalising last hole.

And the Guns celebrated when Goh chipped close to the hole and managed to half the match, resulting in an 8-7 win.

The women were somewhat disappointed, but their sporting spirit was clearly evident when they congratulated the men for a good win.

On a great Sunday afternoon when the weather was truly kind, the participants looked smart in their respective gear with the men teeing off from the blue tee and women from the red.



The Roses started well and held a commanding lead after the first few games. But the tide slowly turned with the gritty men showing their tenacity to slowly tear down the women's dominance.

The atmosphere was great as the golfers who had finished their games cheered from the sidelines and clubhouse.

In the end, the men managed to retain the title, but it used to be a different story when the event used to be held at the Garden course. This time, the tougher Tampines course provided a different challenge.

After the game, dinner (makan kechil) with beer, was served at the Tampines Golfers' Terrace.

And there were five lucky draw prizes given out.

The icing on the cake came when Captain Goh announced that he was committing to hold at least another two Men/Ladies social in 2023.









8

TFA

2nd Runner-Up at the Singha Junior World Championship at Royal Hua Hin, Thailand

В

HOLLOW TINING

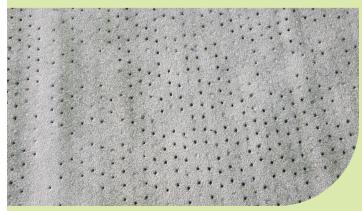
How the greens renovation process happens:



Tining machine in action, removing soil cores and blowing the soil cores into a pile for collection



Completed process will require 2-3 weeks for recovery



Top dressing with fine sand

n February 17, TMCC had its regularly scheduled hollow tining at Tampines Course. This important maintenance includes an aerification process that creates more air space in the soil and promotes deeper rooting which ultimately keeps our grass plants healthy! Traffic from golfers' feet tend to compact the soil under the putting green. The aerification process aims to relive soil compaction, improve soil mixture around the highest part of a green's roots and reduce the accumulation of excess thatch, and ensuring the healthy roots get enough oxygen through the tiny pockets of air.

In most cases, aerification is done by removing half-inch cores from the compacted soil in order to allow the infusion of air and water thus encouraging growth. The spaces are filled with sand topdressing that aims to help the soil retain air space and thus aid the roots in growing downward.

Filling aerification holes with sand improves drainage and resists compaction. The periodic introduction of sand to a green's top layer can, over time, avoid or postpone expensive rebuilding or renovation of greens.

Growing of turf adds to a layer of organic matter on the surface. This layer, called thatch, is an accumulation of dead stems, leaves and roots. A little organic matter makes for a resilient green, but too much invites diseases and insects. Topdressing with sand can prevent thatch buildup and aerification is one of the best ways to reduce an existing layer and prevent an excess of thatch from becoming established.

The next time you are on our greens, feel the weight of the field underneath your soles and appreciate the maintenance work that goes into keeping our greens healthy!

WATCH THIS VIDEO ON TANAH MERAH COUNTRY CLUB'S YOUTUBE CHANNEL!

By Godfrey Robert & TMCC Marketing Department

TREASURE HUNT MAKE IT A MEMORABLE OUTING

What is the best thing to do on a starry, starry night? Soak in the atmosphere and ambience, naturally.

nd that was what 83 participants did at the Mid-autumn festival event on the 10th of September at TMCC's Garden Course. Aptly called Moonfest @ TMCC, members were treated to an array of exciting activities such as a 9-hole mini golf competition, guided night trail with a twist of treasure hunt matrix at the golf course, sumptuous buffet dinner and delish mooncakes with tea.

The festive celebration began with the 9-hole mini-golf competition at Garden's putting green. Being the first ever mini-golf activity at TMCC, providing a fun and highly playable mini golf experience for golfers of all competencies were the priorities. The mini golf course features tastefully configured interactive putting holes and mini decorative that resemble golf course hazards such as sand bunkers and water.

60 golfers participated in the competition in a shot-gun format. There were two groups —the first teeing off at 4.30pm and the second at 5.15pm. Big smiles were apparent on the participant's faces as they were enthusiastically posing for photo opportunities in the midst of the game.









Emcee Sheryl was dressed to the theme and continuously engaged members and their families in Mid-Autumn folklores, stories and fun quizzes.

As the night was approaching, members made their way over to the alfresco dining area waiting eagerly for dinner to be served. The wait was short lived as Sheryl, the emcee, who came dressed to the mid-autumn festival theme, engaged the members and their families in Mid-Autumn-related stories and fun quizzes. Just before everyone were feeling slightly peckish, the buffet line was ready to serve up a line-up of mouth-watering food spread where members queue up in glee under the moonlight. Participants enjoyed the alfresco dinner, consisting of live stations, burgers, fried rice, tempura and green bean soup. Moonfest @ TMCC is not only about reunion and celebration of the Mid-autumn festival, but also a season of expressing love through a charitable cause. TMCC collaborated with a Me2, a training hub for youths and adults with special needs, to sell beautifully handcrafted lanterns.









Members extended their generosity to purchase beautifully-handcrafted lanterns and 100 per cent of the sales were donated for society integration training and development programmes. Each lantern cost \$80 and the organisation raked in \$1,000 in sales proceeds from 16 out of 20 of the handmade lanterns sold.

Following a hearty alfresco buffet dinner, members gathered at the assembly ground and took a group photo against the magnificent backdrop of TMCC Garden iconic facade before embarking on a lantern carrying night trail and treasure hunt.

Besides taking a leisurely moonlit stroll along the golf course with their favourite lanterns, participants are also on the lookout for coloured Titleist golf balls along the trail, in a bid to win a \$10 TMCC F&B voucher for every coloured ball they found. Adults and children alike had an enjoyable bonding time. Some took the time to admire the nuances of the golf course by whipping out their mobile phones to snap some photos as it is their first time treading on the golf course after dark.









Upon their return from the night trail and treasure hunt, participants were treated to mooncakes and tea while admiring the full moon under the well-lit night sky.

There was also prizes galore, for the winners of the golf competition and for the treasure hunt.

Golf prizes comprised Transview vouchers, presented by Mr Wong Weng Yew, a member of the Marketing Committee.

For the treasure hunt participants who managed to find the coloured Titleist golf balls got a \$10 TMCC F&B voucher for each ball. The treasure hunt prizes were presented by Mr Joey Chang, General Committee member and Marketing Convenor of TMCC.





As night fell, members were treated to a sumptuous buffet dinner with mooncakes and tea under the well-lit night sky.

The Moon Fest @ TMCC strung together a series of curated activities around the customary traditions of the mid-autumn festival with fun activities that create a joyous occasion for TMCC members, guests and families to unite and bond together. At the end of the day, big smiles were apparent and the lively vibes were roaring.

So, what did the participants take back: In short, "Happy Memories."

HOLE-IN-ONE ACHIEVERS

SEPTEMBER



Robert Ong Chee Meng Hole #18 (185M) 13 Jul 22 Sembawang Country Club

Dr Chong Tat Chong Hole #12 (166M) 25 Aug 22 Horizon Hills

Tan Jin Hwee Hole #16 (112M) 3 Sep 22 TMCC Tampines Course



Jasmine Chew Hole #14 (105M) 9 Sep 22 TMCC Tampines Course



Kuek Chaio Jin Roy Hole #7 (141M) 11 Sep 22 TMCC Garden Course

HOLE-IN-ONE ACHIEVERS

OCTOBER





Cheong Chow Yin Hole #16 (112M) 5-Oct-22 TMCC Tampines Course



Masaru Hamada Hole #7 (130M) 9-Oct-22 TMCC Garden Course

Gerald Mah Kah On Hole #11 (110M) 13-Oct-22

TMCC Garden Course



Kentaro Mochizuki Hole #7 (141M) 2-Oct-22 TMCC Garden Course **Ong Eng Hai** Hole #14 (151M) 25-Oct-22 TMCC Tampines Course

Gary Tang Keng Boon Hole #7 (151M) 27-Oct-22 TMCC Garden Course

WATCH THIS VIDEO ON TANAH MERAH COUNTRY CLUB'S YOUTUBE CHANNEL!





Having trouble extricating yourself from the sand? Follow these simple tips and you'll knock your ball onto the green in one easy shot.

any recreational golfers are terrified of greenside bunker shots. In actual fact, these are probably some of the easiest shots in golf – if you understand the fundamentals.

To hit a golf ball out of a sand bunker, you don't even need to hit the ball. What you're actually trying to do is to displace the sand where the ball is sitting on out of the bunker and onto the putting surface.

Some of the common errors I see players make are either hitting too steeply into the sand (Pic 1), or standing up on the downswing and either skulling the ball over the green or missing it completely (Pic 2).





Here's an easy drill to help you displace the right amount of sand, and hence the ball, out of the bunker and onto your target.

Draw a line in the sand (Pic 3). Make a swing with your wedge so that the leading edge hits the line, bottoms out about six to ten centimetres in front of it (Pic 4), then throws out the sand towards your target on the follow through (Pic 5).

Now place a ball about the width of your shoe in front of the line (Pic 6), then do the same thing and try to hit the line, and displace the sand – together with the ball – towards your target. And don't forget to follow through!

Practise this simple drill and you'll not fear greenside bunker shots anymore.





Pic 4

Pic 5

WATCH THIS VIDEO ON TANAH MERAH COUNTRY CLUB'S YOUTUBE CHANNEL!

TMCC CELEBRATES OKTOBERFEST IN STYLE

By TMCC Marketing Department

anah Merah Country Club (TMCC) said prost to Oktoberfest as the Club ushers in the long-awaited celebration for the first time on Saturday, 17 September 2022 at Tampines Clubhouse, following a two-year COVID-19 pandemic induced hiatus. The event was reinvigorated in a big way, with the inclusion of a System 36 shotgun golf competition, leading up to an exciting evening of reverie.

Participation was high and the adrenaline was upbeat. The event attracted a notable record signup of more than 180 members and guests in total, with 130 members and guests participating in the golf competition.

Despite the slight drizzle in the midst of the game, pace of play was well on schedule. The rainy weather clear in time for the early afternoon tee-off and players were greeted with receptive greens and cooling breeze.

Emerging first place were Mark Lim Cheng Chuan (Men Category) and Vanessa Teo Puay Tsan (Ladies Category), who bagged 37 points and 34 points on count back respectively to emerge the top among the field of 130 players making up 32 flights.





Coming in at second place were Sandy Oh (Men Category) with 36 points on count back and Sirikit Oh Yin Fong (Ladies Category) at 34 points on count back. Both Kan Kon Cheong (Men Category) and June Yeo (Ladies Category) finished third on 36 points on count back and 34 points respectively to secure a place on the podium.

Winning and losing were secondary. Celebrations were the agenda of the day and golfers were seen posing enthusiastically for photo opportunities with Oktoberfest themed photo props throughout the game!

Following a round of hearty golf competition, TMCC was all set to usher in a magnificent night with a sumptuous spread of German food fare with live BBQ stations and free-flow Erdinger beer.

Attendees were in awe with the German-inspired buffet spread that included the crispy pork knuckle, sausage bangers, salmon, roasted potatoes and many more. Honouring the German roots in style was waitresses dressed to the occasion, serving up the real-deal German Oktoberfest brew – Erdinger all night long.



It's no surprise, Oktoberfest cornerstone is beer chugging contest. Two groups of five avid beer enthusiasts were called upon on voluntary basis to compete for the coveted fastest drinking team title. Through a hotly contested battle, the winning team led by TMCC's Food & Beverage Committee member, Mikio Mori emerged as the winner, walking away with a special edition 1 litre Erdinger Beer Mug and \$10 TMCC F&B voucher each. The losing team were also given the beer mug for their unwavering participation.

Fun was in abundance, with Ross Sarpani as the master of ceremony engaging the crowd with many other exciting games such as the Chapteh Kicking contest and more.

The lively vibes were further complemented with the uplifting tunes from the live band performance by the versatile local band, Reverie that brought a whole new exciting live music experience from impromptu funk jams to headbanging classic hits. Members and guests were happily grooving to the wonderful repertoire of songs and even requested for an encore at the very end, which Reverie spontaneously obliged.

Midway through the performance, TMCC member Simon Yim, took to the microphone with an incredible rendition of Robbie Williams' 2001 hit, 'Better Man', which won energy emanating cheers and applauses from the audiences.

Ending off the fun filled night with a bang was the much-anticipated golf competition prize presentation and lucky draw.

It was a prizes galore as items for golf competition winners aside, there were 15 lucky draw prizes, with Ms Serene Siew winning away the top prize of a Adidas Golf bag. Mr Mikio Mori, General Committee member and member of the F&B Committee presented the prizes for the golf game and the lucky draw prizes were presented by club F&B Convenor, Mr Benny Tay

It was certainly a night of camaraderie with Oktoberfest celebrants at TMCC having a great time bonding together and forging new friendships. TMCC is looking forward to more exciting events and activities to engage members and guests.



Following a round of hearty golf competition was a magnificent night where attendees were treated to free-flow Erdinger beer, sumptuous spread of German food fare with live BBQ stations, beer chugging contest and games as well as the wonderful repertoire of songs by @ reverie_singapore that kept everyone singing and dancing through the night!





TEDDY By TMCC Marketing Department SHERINGHAM MEET & GREET IN TMCC FOR AIA FUND RAISER EVENT



On Saturday, 24 September 2022, a football legend made his appearance on our grounds.

nvited by AIA Singapore and no stranger to the financial conglomerate, Teddy was invited by AIA Singapore for their annual

fund raiser, AIA Better Lives Fund Charity Golf and Dinner at Tanah Merah Country Club.

Since Teddy is a keen and avid golfer, AIA Singapore felt it was the perfect opportunity for both Teddy and AIA's partners to enjoy a round of golf and raise funds for charity at the same time.

Some of our members even got a chance to speak with him up close and take some photos as a keepsake.

CARING FOR YOUR PROSTATE HEALTH TALK BY UROHEALTH CLINIC

By TMCC Marketing Department

Taking care of one's health, especially in our golden years, should be of utmost importance.

hus, when UroHealth Clinic conducted a health talk on prostate care on Saturday, 24 September 2022, more than 30 members turned up for it. The talk was led by the clinic's Medical Director & Senior Urologist Dr Tan Yung Khan and Senior Urologist Dr Tan Teck Wei. <image>

Members got to learn about the latest treatment for enlarged prostate, also known as Benign

Prostatic Hyperplasia (BPH) and the safer biopsy technique for detecting prostate cancer.

All of them were very interactive and the QnA session was very fruitful. Light refreshments were also provided and the participants left the talk in good spirits.

EAT & DRINK

WATCH THIS VIDEO ON TANAH MERAH COUNTRY CLUB'S YOUTUBE CHANNEL!

STEAMED YAM CAKE

By Alvin Teo, TMCC Chef

This delightful comfort snack is just the thing at the turnover between nines.

ew dim sum dishes hit the spot like a lovely, hot serving of steamed yam cake. This versatile dish can be eaten as a supplement to a meal, or as a snack anytime of the day. What's more, you can enjoy it as it is, steamed, or slice it up and fry it for that extra crunch.

INGREDIENTS

600g rice flour 500g yam, sliced into 3mm strips 100g dried prawns (hae bee) 2750ml water 15g salt, or to taste 250g shallot oil



YAM CAKE



METHOD

- 1. To prepare the shallot oil, heat the oil and fry six to seven sliced shallots for about five minutes. Drain and set aside.
- 2. Soak the dried prawns in water for about 5 minutes.
- 3. Lightly oil a metal baking pan (about 30cm x 40cm).
- 4. Mix the rice flour into the water, and stir until all the flour is dissolved and incorporated without any lumps.
- 5. Heat the shallot oil into a large wok. Drain the prawns and fry in the hot oil for about 1-2 minutes.
- 6. Add in the sliced yam strips and fry for about 4 5 minutes or until light brown.
- 7. Pour in the rice-water mixture and stir over low-medium heat.
- 8. Stir the mixture until it thickens into a paste.
- 9. Transfer the thick paste into the metal pan.
- 10. Seal with plastic wrap and steam for about two hours.

39 **SPORTS & FITNESS**

WATCH THIS VIDEO ON TANAH MERAH COUNTRY CLUB'S YOUTUBE CHANNEL!

ALL-BODY WORKOUT WITH **KETTLE BELLS** By Bharatt Lamsal, TMCC Fitness Instructor

Kettle bell exercises lets you hit all the important parts of your body with just one motion. Here are two you can try.

le're all short of time. So keeping our workouts as efficient as possible is most desirable. Luckily, there are some exercises that work on several key parts of our bodies at one time. If time is an issue for you, kettle bells may be your answer.

These unique weights have a handle that you can hold onto with one or both hands. They come in different weights so choosing one you can handle without excessive strain is critical to preventing injury while getting enough of a workout.

Here are two basic kettle bell exercises that hit all the right notes in getting your entire body on song.

KETTLE BELL SWING

This is an excellent, dynamic exercise that works your core, shoulders, back, arms, guadriceps and hamstrings.

Start by holding the kettle bell with both hands and standing upright (Pic 1 and 1a).

Bend by the waist keeping your back straight and knees slightly flexed (Pic 2 and 2a).

> Stand up back to the start position in one motion while raising the kettle bell upwards in front of you with your arms straight (Pic 3 and 3a).

> > Return to the start position. Repeat 10 to 15 times for one set. Do two to three sets.

AROUND THE CLUB

ALL-BODY WORKOUT WITH KETTLE BELLS

KETTLE BELL SQUATS

A modified version of the simple squat, this exercise works the quadriceps, glutes, shoulders, and arms in one smooth motion.

Start by holding the kettle bell with both hands, raised to chest level (Pic 4 and 4a).

Keeping the kettle bell in position, squat until your upper thighs go below slightly parallel to the ground (Pic 5 and 5a).





Stand back up and raise the kettle bell above your head (Pic 6 and 6a).

Lower the kettle bell to the start position. Do two to three sets of 10 to 15 repetitions.

CHECK OUT OUR GYM EQUIPMENT AT THE GLASS GYM!



A unique ratcheting system to easily adjust the start position such that users can move efficiently into their workout. Arm, seat and back pad position secures the user and maximises oblique muscle engagement.

The unparalleled feel and quiet operation with touch screen console deliver a premium networked fitness experience. With the 27 pre-programmed exercises, Downhill walking for variation of exercise, all these fully satisfy users in various needs.





The advanced movement design of the Lat Pulldown features independent movement arms and ergonomically shaped rotating handles. This allows for natural user defined movement, greater variety, and increased muscular involvement. Advanced movement design.

HAPPY EXERCISING!

DONOVAN SERVES SOMETHING SPECIAL

It was a tennis tournament with a difference.

he entries may have been limited to just five.

But the competitive spirit was still evident as the tennis players fought out hard in the round robin format event at the club's courts on Oct 22.

The pro-set was used for the first to eight games and at 7-7 the tie-break was used.

Donovan Tan finished as the champion with Lim Wee Kiat taking first runnerup spot and Alastier Liam snatching the second runner-up position.

Tan received a trophy while Lim and Liam were presented encouragement gifts.



SPORTS & FITNESS



CERTIFIED JUNIOR GOLF COACH

JUSTIN TANG





8188 1701 justin@elitegolfswing.com



Whatsapp



Email

Instagram

0 •

- MG Purestrike Golf Academy, in Destin, Florida USA
 Kinesiology and Biomechanics of Golf (KMG Level
- I-t 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 I.t 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 I Girls 6-8



Learn to Play Boys 9-11 | Girls 8-11



Play to Improve Boys 12-16 | Girls 11-15



Play to Complete Boys 16-23 | Girls 15-21



Play for LIFE









YOUR PERSONAL TRAINERS



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

Nothing will work unless you do 99

HAROLD VALDEZ ESPINO

8 years of gym experience ACE certified personal trainer Men's physique competitor 2nd place in Men's SFBF Nationals 2018 (newcomer category) Weight loss trainer Bodybuilding trainer First Aid, CPR and AED



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

The Glass Gym @ 6592 0309

CLUB INFORMATION

GOLF RECIPROCAL **CLUBS**

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

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

JAPAN

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

Reciprocal Member is required to produce:

- Letter of Introduction
- Membership Card
- Passport to verify their identity and to show that they are not residents of the same Country as the Host Club (Japan)
- Handicap Certificate

AFFILIATE CLUBS

ΔUSTRALIA

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: 612 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.varravarra.com.au

CAMBODIA

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

CHINA

Imperial Springs International Summit Club 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.sheshandolf.com

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

Suzhou Jinji Lake International Golf Club

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

DURAI

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.cwbgolf.org golf@cwbgolf.org

INDONESIA

Damai Indah Golf Buni 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

Members will be charged the prevailing guest green fees (to be paid by cash or credit card) at the respective clubs.

46

CLUB INFORMATION



GOLF

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

.00	\$35.00
	φ33.00
0.00	\$25.00
	0.00

*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 Closed 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

ΜΔΙ ΔΥSIΔ

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 Vichitsongkram Rd,

Kathu District, Phuket 83120, Thailand Tel : 66 076 322 000 1 Fax: 66 076 322 009 www.mbkgolf.com/redmountain

Riverdale Golf Club 123/5 Moo1 Tiwanon Road, Bang Kadi Sub-District, Muang Pathum Thani District, Pathum Thani 12000, Thailand Tel : 66 02501 2789 Fax: 66 02501 1833 www.mbkgolf.com/riverdale

UК

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

FOOD & BEVERAGE

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: Dailv 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.

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.

GARDEN GOLFERS' TERRACE

The Garden Golfers' Terrace is an undisputed favourite watering hole of many golfers following a game. This spacious and naturally located enclave is also well-loved for its numerous local and western favourites. From the veranda, one will also enjoy picturesque views of the Garden Course.

Operating 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



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 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.

