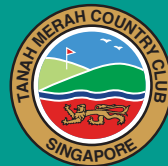


Tanah Merah Country Club



JANUARY / FEBRUARY 2023



Park Ji-young comes out tops amongst a strong field

FEATURE STORY

KOREAN FLAVOUR AT ITS BEST AT THE TAMPINES COURSE

GOLFERS' ZONE

**With Every Colour
and Every Hue, We
Welcome the Rainbow**

AROUND THE CLUB

**Dancing To The Beat To
Welcome The Year 2023**



TIGER WOODS, TOUR CHAMPIONSHIP



JUSTIN THOMAS, PRESIDENTS CUP



'THE BIG THREE'



JORDAN SPIETH, THE OPEN



LORENA OCHOA,
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MANAGEMENT

GENERAL MANAGER PA to GM	Elliott Gray Lee Pei Wen	elliottgray@tmcc.org.sg gmpa@tmcc.org.sg	6592 0300 6592 0301
Senior Golf Operations Manager	Jack Wong	jackwong@tmcc.org.sg	6592 0382
Assistant Golf Operations Manager	Samantha Leong	samantha@tmcc.org.sg	6592 0340
Horticulturist	Grace Lim	gracelim@tmcc.org.sg	6592 0351
Course Superintendent	Adrian Tng	adriantng@tmcc.org.sg	6592 0394
Course Superintendent	Derrick Tan	derricktan@tmcc.org.sg	6592 0249
Sports & Recreation, Assistant Manager	Jonnas Gan	jonnasgan@tmcc.org.sg	6592 0312
F&B Manager	Chan Jiankai	chanjiankai@tmcc.org.sg	6592 0385
Senior Executive Chef	Daniel Sng	danielsng@tmcc.org.sg	6592 0374
Assistant F&B Manager	Kelvin Tong	kelvintong@tmcc.org.sg	6592 0386
Assistant F&B Manager	Sharon Lee	sharonlee@tmcc.org.sg	6592 0302
Sales & Marketing Manager	Sally Chua	sallychua@tmcc.org.sg	6592 0303
Assistant Marketing Manager	Joey Peh	joeypeh@tmcc.org.sg	6592 0304
Marketing & Sales Executive	Wong Pei Ying	peiying@tmcc.org.sg	6592 0305
Marketing & Events Executive	Dennis Tay	dentay@tmcc.org.sg	6592 0317
Marcom Executive	Jordan Tsan	jordantsan@tmcc.org.sg	65920306
DIRECTOR OF CORPORATE SERVICES	Jeanie Milakov	jeanie@tmcc.org.sg	6592 0330
HR & Admin Executive (Payroll)	Shirley Siew	shirleysiew@tmcc.org.sg	6592 0328
HR & Admin Executive (Generalist)	Tony Huong	tonyhuong@tmcc.org.sg	6592 0325
IT Operation Manager	Lee Yung Lon	leeyunglon@tmcc.org.sg	6592 0336
IT Executive	Sia Ming Han	siaminghan@tmcc.org.sg	6592 0384
Assistant Manager, Membership Services	Eileen Lin	eileenlin@tmcc.org.sg	6592 0326
Facilities Manager	Willie Sia	williesia@tmcc.org.sg	6592 0320
Housekeeper	Hassan Bin Ali	hassan@tmcc.org.sg	6592 0360
DIRECTOR OF FINANCE	Lau Tak Kee	lautakkee@tmcc.org.sg	6513 1279
Accountant	Dorothy Chew	dorothychev@tmcc.org.sg	6592 0337
Assistant Manager, Purchasing	Patrick Poon	patrick@tmcc.org.sg	6592 0323

CONTACT US



GOLF	Telephone
Tampines Golf Office	6513 7818 / 6513 7819
Garden Golf Office	6592 0343 / 6545 1731
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EDITOR
Godfrey Robert
CONTRIBUTING WRITER
Tan Ju Kuang

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

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

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 @tanahmerahcountryclub

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A HIVE OF ACTIVITIES MARKS AN EVENTFUL 2022 FOR TMCC

Three major events put the club on the regional golf map with a show of organisational ability



Editor Godfrey Robert

and TMCC, as usual, will be a busy club that will make things happen.

Three major events – two International Series championships under the ambit of the Asian Tour and the Singapore Women's Open (SWO), all million-dollar events – raised the profile of TMCC as it became the most-active local golf club as far as major tournaments were concerned for the year.

No doubt, the patience and understanding of the club's members are to be appreciated as they sit out social games during these periods.

The two International Series events at the Tampines course were major hits, as competition was world-class on a layout that drew much praise from the protagonists.

The manner in which the golfers for the SWO handled the tough Tampines course, with many under-par rounds, showed that the women too can perform on the highly challenging layout.

It was a pity that the final day's play was cancelled because of inclement weather for the stage was set for a very interesting finish with the leaderboard as congested as it could be.

South Korean Park Ji-young's hard work over the first two rounds paid off as she beat compatriots Lee So-young, Park Hyun-kyung and Hong Jung-min by one stroke to claim the Hana Financial Group event's title at the Tampines course.

After bidding goodbye to the Year of the Roaring Tiger and welcoming the Rabbit Year, we see in the milder mammal's 12 months a period of relaxation and fluidity.

But as we contemplate some quietness and feet-up postures, we know that if we overdo sitting still, the world will pass by us and we will be left behind.

At Tanah Merah Country Club, that should not happen. And we cannot let that happen.

For as in 2022, another eventful year is ahead of us,

The club's Golf Yuletide Challenge was back after a two-hiatus because of the Covid-19 pandemic in December also at the Tampines course. And it was a competitive and colourful affair, marked by sightings of a huge rainbow that gave the event "divine" blessings.

Colourful also because the participants came dressed in a kaleidoscope of themes to match the Jingle Bell 'Rock & Roll' themed event. And if you thought that only tournament winners posed for pictures, you got it wrong.

Almost everyone got into the act, and celebrations were the agenda of the day and golfers were seen posing enthusiastically for photo and video opportunities with Christmas-themed photo props throughout the game.

Dancing was the theme at the Retro Revelry New Year's Eve Party Countdown to 2023 on Saturday, 31 December 2022 at the Tampines Banquet Room.

And as the 160 diners boogied themselves to dancing glory and even those with two left feet let their hair down as the atmosphere was one of joy and happiness.

The highlight of the night nearing midnight was a dance-off as the emcee K P Sandhu had each side of the ballroom pick their five best dancers for the contest. As the diners were dancing the night away, it was easy for the sides to choose their representatives.

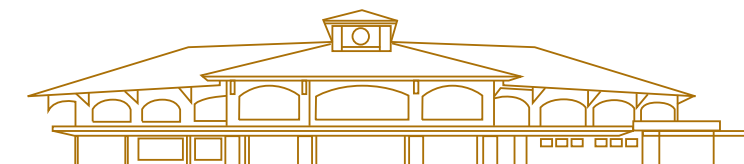
Cheers and laughter echoed through the room as the dancers faced off against each other to random at the Retro Revelry New Year's Party genres of music.

The dress code for the "Goodbye 2022, Hello 2023" party was retro glam and many came attired for the occasion.

Nearing midnight, the emcee got everyone to get up on their feet and join the dance floor to party and dance away at the retro classics by the live band.

At the stroke of midnight, there was raucous excitement as greetings of best wishes were exchanged as the diners danced and went crazy firing the confetti, creating a massive confetti shower over the dance floor.

If the Retro party was a gauge for what is to come for the Chinese New Year celebrations on Jan 22 and 23, be prepared for yet another joyful event highlighted by the lion and dragon dances that always produce the "oomph", this time as we welcome the herbivorous Rabbit.



KOREAN FLAVOUR AT ITS BEST AT THE TAMPINES COURSE

By Godfrey Robert

No surprise that 'Seoul Sisters' take the podium at Singapore Women's Open

With two-thirds of the 102-woman field being South Koreans, the \$1.1 million Singapore Women's Open saw an outpouring of "kimchi kindred-ship" at Tanah Merah Country Club's Tampines course from Dec 9 to 11.

And with the Korean company Hana Financial Group being the sponsor, it was all about the Land of the Morning Calm not just for the three days but also the whole week.

So, the main talking point during the event was about the strength of the Koreans in the world of women's golf with almost a third of the top 100-ranked golfers being Koreans.

The 70-strong Korean legion at the Tampines course raised conversation about how Pak Se Ri pioneered a Korean onslaught on the global women's game with the "Seoul Sister" remaining a name stuck in their DNA.

(Day 1 Co-Leader) Yun Ji Jeong



(U.S. Solheim Cup Team) Yealimi Noh



Pak was the only Korean on the LPGA Tour in 1998, her spectacular triumph in the US Women's Open that year was the stage from which she launched four other Major victories among 25 LPGA wins and became a Hall of Famer in 2007.

Today, there are hundreds of Koreans on several women's Tours and golf in the country has flourished since Pak stoked the fires of interest with her immaculate showings.

Said Hong Ji-won, my pro-am flight partner who won the Hanwha Classic in Chuncheon, Gangwon in December: "Pak is the country's main ambassador. I was born two years after she won the US Open, but her name is still mentioned among my colleagues. She is an icon, and we all look up to her."



(Champion) Park Ji-young

So numerically, the odds were in favour of a Korean winner for the \$198,000 title on a pristine course that the TMCC organisers had laid out.

And so it was, with Park Ji-young declared the winner after two rounds with the final day's play suspended because of inclement weather, causing only seven groups to set foot on the challenging layout before play was halted at 8.50 am.

The world No. 72 claimed the honours after shooting a six-under 66 on Friday and 67 on Saturday to win by a shot on 11-under 133, leaving compatriots Hong Jin-min, Park Hyun-kyung and Lee So-yong to claim joint-second spot.



(World No. 3) Athaya Thitikul



(Day 1 Co-Leader) Park Hyun-kyung





It was Park Ji-young's fifth victory on the Korean LPGA Tour. She said: "Of course, I would have loved to have a round, but rules allow for a 36-hole victory, so I'll savour it. I did accomplish come-from-behind victories previously, but never from a shortened tournament."

"So, it is really different. It feels very special. A win is always fulfilling regardless of how I attained it."

The home crowd had plenty to cheer as Singapore's leading professional Koh Sock Hwee, who shot 68 and 72, finished joint-26th, a position she shared with Hong Kong's star player Tiffany Chan, who registered a hole-in-one on the first day.

Singapore's Laguna-National sponsored Shannon Tan, the world No. 82 amateur, claimed the amateur title with rounds of 76 and 67.

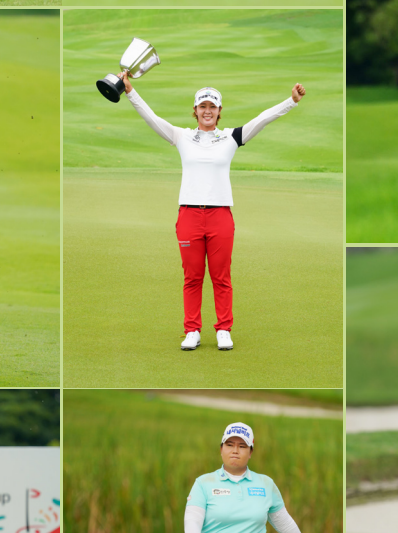
For Shannon, 18, who studies at Texas Tech in the United States, this was her first cut in a professional event and she made it with the 67 on Saturday that propelled her from tied-88th to tied-53rd on Saturday, inside the cut of 60 and ties.



Pre-tournament favourites world No. 3 Atthaya Thitikul of Thailand and world No. 14 Park Min-ji posted 68 and 69 on Saturday to finish in a seven-way tie for ninth on 137.

Former world No. 1 Shin Ji-yai, who won the HSBC Women's Champions at the Garden course in 2009, finished in the same position as Shannon with rounds of 74 and 69.

Despite the curtailed event, the field enjoyed two good rounds at a layout considered one of the best in the Asia-Pacific region. Said Hong during the pro-am: "This was my first time on the course and I must say that it is a fabulous layout. Each hole has a distinctive character, and I love the par-threes. The par-four 15th is a tough hole and I found the bunker on my approach. I will surely want to come back."





Click Here to
Watch Video!

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GOLFERS' ZONE

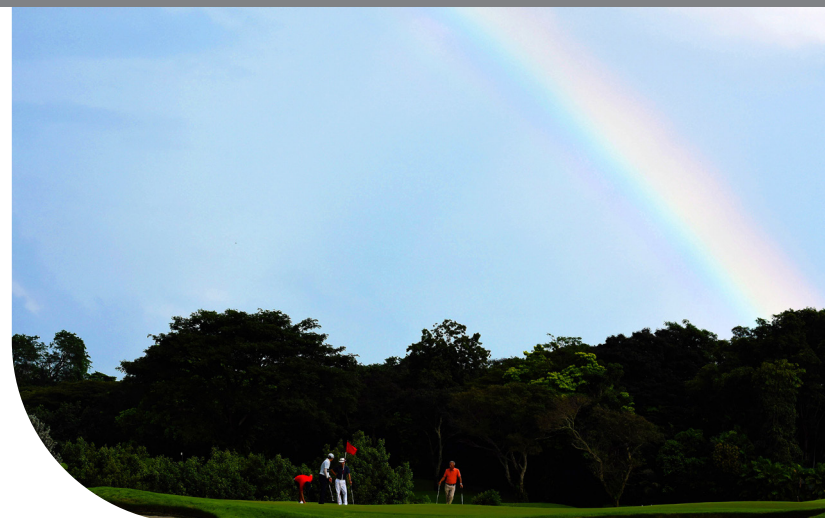
WITH EVERY COLOUR AND EVERY HUE, WE WELCOME THE RAINBOW

By Godfrey Robert

Yuletide Challenge sees over 120 golfers soak in the fun and enjoyment

World-renowned English comic actor, filmmaker and composer Sir Charlie Chaplin once said: "You'll never find a rainbow if you're looking down".

So, because the excited and enlightened group of golfers were upbeat, they were greeted by a huge rainbow overhanging the course during the Golf Yuletide Challenge at the Tampines course on Dec 17.



Almost everyone got into the act, and celebrations were the agenda of the day and golfers were seen posing enthusiastically for photo and video opportunities with Christmas-themed photo props throughout the game.

Following a round of hearty golf competition, participants, together with their children and guests dug into a scrumptious Christmas-themed buffet food dinner at the Tampines Banquet Hall.



Giving a Saturday welcome to the event after a two-year hiatus because of the COVID-19 pandemic, on a day with the wind wafting across the layout and cooling temperatures down, over 120 golfers enjoyed a day to remember with the colourful event.

Colourful because the participants came dressed in a kaleidoscope of themes to match the Jingle Bell 'Rock & Roll' themed event which had a Stableford Double Peoria format.

The players were happy to bear the slight delay because of the rain for on their minds was the motive of "just letting their hair down" with competition taking the backseat.

Emerging in first place were Michael Ng Kok Kuang (Men's Category) and Sarah Tan (Ladies' Category), who bagged 37 and 36 points on count back respectively from a large field of 32 flights.

The event got players within their flights to work together as there were prizes for the best total team scores as well.

So, the honour list read:

- 1st:** Gillian Sim / Sarah Tan / Jen Goh & Lynnette Yeo;
2nd: Samir Bedi / David Soh / Teo Siew Kiet; John Baey Yam Chye;
3rd: Vanessa Soong / Jason Yeo / Jonathan Yeo & Dion Lim.

And if you thought that only the winners posed for pictures, you got it wrong.



Attendees were in awe with notable dishes such as the Laksa live station as well as the Christmas-themed ham, turkey, and bread pudding. Uplifting live music was provided throughout the night from the versatile local band, Reverie.

It was a prize galore as items for golf competition winners aside, exciting games were played where participants were made to get up on their feet to move around and dance to win prize vouchers.

The lucky draw was split evenly between a random draw of picking a "nice" or "naughty" prize. Those who picked "naughty" had to do a forfeit performance on stage to claim the prize, such as dancing to popular songs, singing Christmas carols, or chugging a pint of beer.

This format of drawing also meant that it gives a chance for the first few names to win the top prize of an Adidas Tour Cart Bag, which was eventually won by Ms Kelyn Koh.

The golf game prizes were presented by Club Captain Dr Goh Hoon Pur while lucky draw prizes were presented by Mr Joey Chang, Marketing Convenor, and Mr Benny Tay, F&B Convenor.



Golf Yuletide Challenge





Click Here to
Watch Video!

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AROUND THE CLUB



DANCING TO THE BEAT TO WELCOME THE YEAR 2023

Guests boogie themselves at Retro Revelry
as they say “Goodbye 2022”



You didn't have to be Fred Astaire, Ginger Rogers or Paula Abdul. The reputed trio's dancing prowess is easily known to the world. When they put on their dancing shoes and strut their stuff, the audience watch with awe and admiration.

A total of 160 guests put on their dancing shoes at the Retro Revelry New Year's Eve Party Countdown to 2023 on Saturday, 31 December 2022 at the Tampines Banquet Room.

And they boogied themselves to dancing glory and even those with two left feet let their hair down as the atmosphere was one of joy and happiness.

The highlight of the night nearing midnight was a dance-off as the emcee K P Sandhu had each side of the ballroom pick their five best dancers for the contest.

As the diners were dancing the night away, it was easy for the sides to choose their representatives. Cheers and laughter echoed through the room as the dancers faced off against each other to random genres of music.

The dress code for the “Goodbye 2022, Hello 2023” party was retro glam and many came dressed for the occasion.

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AROUND THE CLUB

The door gift was a Peranakan styled Tingkat (tiffin carrier) that brought about a feeling of nostalgia. Guests enjoyed the free flow of cocktails (gin & tonic, and Shirley Temple), and posed with costumes at the photo booth.

Colourful disco lights brought up the mood for the party as they lit up the entire ballroom, reflecting off the hanging crystal chandeliers on the ceiling.

The drinking continued in the main ballroom as diners enjoyed the two complimentary bottles of wine per table and beer.

Sandhu, a well-regarded emcee was top-notch as not only did he come dressed like a rainbow disco ball, but he also urged all guests to participate in the various games while a delectable Chinese 6-course dinner was served.

The seven-piece live band, Jive Talkin', added to the joyous atmosphere with their retro songs, getting the dance floor packed with merry-making and dancing till the wee hours of the morning.

Club Captain Dr Goh Hoon Pur, was invited to the dance floor to pick the first half of lucky draw prizes from a bowl.

The happy mood continued to the minutes before the stroke of midnight with the countdown. All tables were given luminous light sticks and confetti cannons.

Nearing midnight, the emcee got everyone to get up on their feet and join the dance floor to party and dance away at the retro classics by the live band. At the same time, the emcee invited the Club President Ronald Ong to pick the second half of lucky draw prizes.

At the stroke of midnight, there was raucous excitement as greetings of best wishes were exchanged as the diners danced and went crazy firing the confetti, creating a massive confetti shower over the dance floor.

As everyone slowly made their way back to the tables, a Teochew porridge supper buffet “spiced” with 10 side dishes was readily prepared for diners to dig in after dancing the entire night.





NEW YEAR'S EVE PARTY COUNTDOWN TO 2023

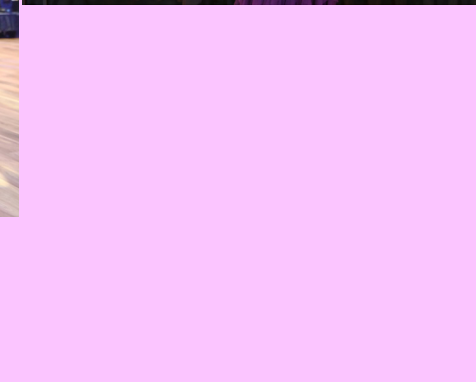


"GOODBYE 2022, HELLO 2023"





NEW YEAR'S EVE PARTY COUNTDOWN TO 2023





DIEGO PUTTS HIS WAY TO AN ACE

By Godfrey Robert

Putting is mostly about art.
You must master the execution.

It is also about science. For knowledge, understanding, reading the line and pace of putt come into play.

Then, of course, the element of luck makes the difference.

Combined all these features in, and you will reap a reward, that is called hole-in-one/ In short, ace.

That was what Diego Woodward Bennett bagged at Mini Putt Putt Golf event at TMCC's Garden location on.

Diego achieved the feat on hole 3, which was the second toughest hole in the event.

It was a two-tiered dog leg right hole that was about 60 feet long, sloping severely downwards with a huge left to right break.

That reads a mouthful, but what Diego heard was an earful of cheers after gaining his ace.

Diego also won the C Division title in the event which attracted close to 30 kids, the youngest a five-year-old.

As the sun was setting, the golfers came out to play in the unique event.

And in 45 minutes, it was game over but fun and enjoyment soaked in by everyone present amidst the laughter and cheers.

Those who played above themselves were presented with prizes at the dinner.



Results:

A Division

Winner:

Sirikit Oh (27) OCB



B Division

Winner :

Lee Jaywon (30)



C Division

Winner :

Diego Woodward Bennett (28)



Runner-up:

Rex Tan



Runner-up :

Paige Leong (40)



Runner-up :

than Ng (31)



GROUP OF EIGHT ENJOYS DREAM TRIP TO SHINWA GROUP COURSES

By Godfrey Robert

TMCC member Tang gives thumbs-up after organising week's outing at reciprocal clubs in Japan



It has been a tradition with Tanah Merah Country Club to be very selective of reciprocal clubs. In fact, TMCC's pioneering chairman Sim Kee Boon believed in the club's exclusivity and used to scrutinise applications from other clubs here and abroad keen on reciprocity.

That was why when member Christopher Tang was sold the idea by the club's marketing department of forming a group to make a reciprocal trip to Japan, he bought it straightaway.

Tang knew that it would be a good offer, and so with seven other golfers embarked on a trip that eventually turned out to be a "dream".

The party had a group structure, namely Tang (chairman/organiser), Jeffrey Chua (captain/format of games, team composition/handicap adjustments), Masuda Yusuke (chief entertainment officer to handle all restaurant needs and logistics), Cheng Cheng Miang (treasurer to handle all green fees, meals and incidental expenses), and drivers (Roland Tan, Cheng, Masuda and Amos Tan). The others were club members Low Yeow Boon and Aaron Tan.



Five of them had TMCC membership ranging from one to 12 years and three were guests. Their ages ranged from 60 to 65, handicap indexes from 12.5 to 24 and all were retired, semi-retired or working. They were bankers, ex-real estate professionals, SME bosses and investors.

Tang emphasised that this was not a club trip but one privately organised to test out the reciprocal arrangements with the Shinwa Group.

The idea to have an Autumn golf trip (from 6-12 Nov) to Japan Osaka/Kyoto blended in with the marketing department's suggestion because during a post-game drinking session at TMCC Tampines last April when the party agreed to fly to Japan once Covid-restriction rules in the country were lifted. Said Tang: "Some of us had played in Japan before Covid and had thoroughly enjoyed the experience. The rest were eager. All were golf-travel starved by the Covid restrictions.

"The hiccup was that there was no clarity on when Japan would open up. We booked our air tickets and hotel feeling sure that the country would open by November and were rewarded.

"We do not know Japan courses well. We also took a bet that any reciprocal clubs with TMCC, will be of a high standard, and settled to play all four games with the Shinwa Group courses in Hyogo and Shiga prefectures. They were excellent courses."

Tang heaped praise on Samantha Leong, the club's assistant golf operations manager, who he said was excellent in liaising with the Shinwa Group for most of the arrangements, especially the administrative details.

The group played at Golden Valley Golf Club, Cherry Hills Golf Club, Shigaraki Golf Club (Tashiro course) and Shiga Golf Club, all of which was described by Tang as "beautiful and well maintained, with good clubhouse facilities and F&B."

Tang singled out Golden Valley Golf Club as "pretty and breathtakingly picturesque" while he described the mountainous Shiga Golf Club as "challenging and engaging."

Japan has always been a favourite destination for Singaporeans because the food, culture, and climate (particularly, in autumn and spring) are appealing. Also, the courses are quite easily available and affordable.

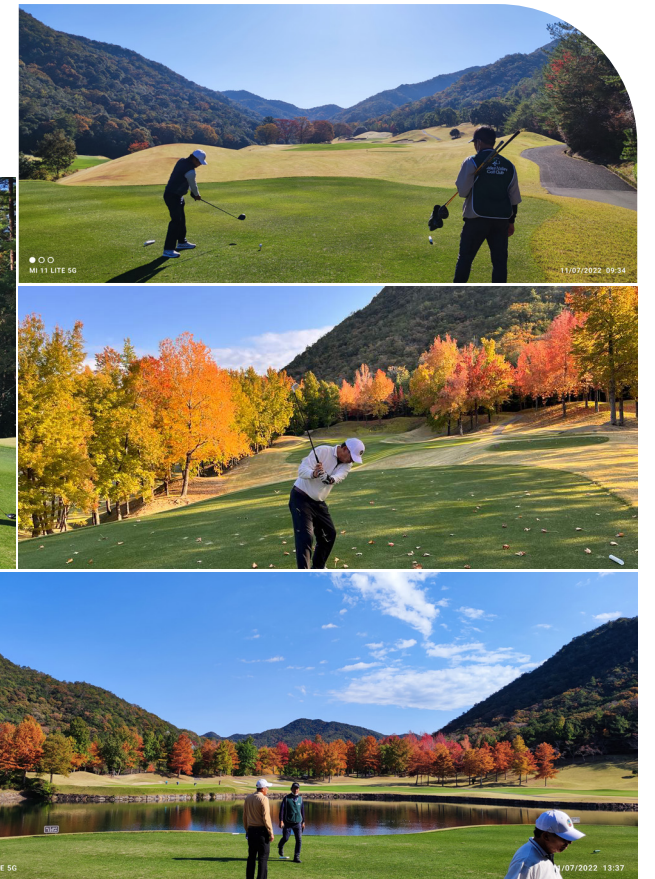
Even though this was a private trip, Shinwa Group representative Teppei Tani was on hand to receive the group at Golden Valley GC, which is located about an hour and a half's drive from Osaka to the course.

The reception at the clubs was very warm and it was smooth going all the way as the registrations were done well beforehand, the locker keys all prepared in advance and laid out.

Cherry Hill



Golden Valley



Shiga



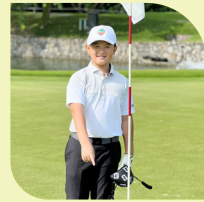
Shigaraki





HOLE-IN-ONE ACHIEVERS

NOVEMBER



Lim Yong Rui Dylan

Hole #14 (135M)
12 Nov 22
TMCC Garden Course



Shin Fujimoto

Hole #14 (174M)
12 Nov 22
TMCC Garden Course



Lily Chiew Shue Tiang

Hole #7 (131M)
24 Nov 22
TMCC Garden Course



Channy Chin Chan Chong

Hole #14 (174M)
24 Nov 22
TMCC Garden Course



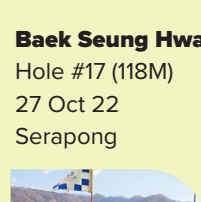
Robert Chung Kay Gong

Hole #11 (110M)
16 Nov 22
TMCC Garden Course



Lim Teng Neng

Hole #7 (151M)
27 Nov 22
TMCC Garden Course



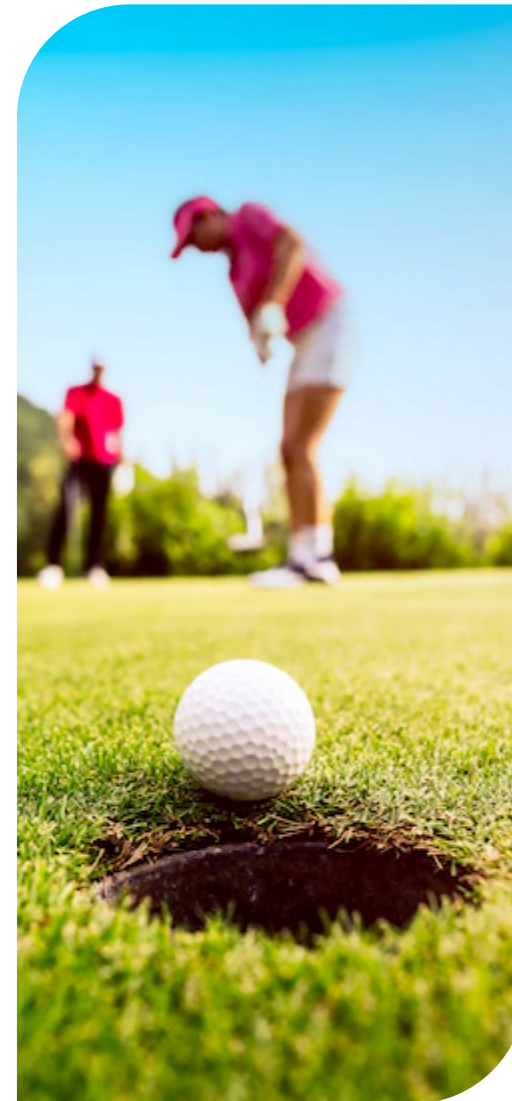
Baek Seung Hwa

Hole #17 (118M)
27 Oct 22
Serapong



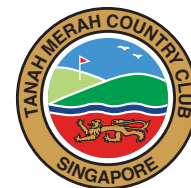
Peck Chuan Yong

31 Oct 22
Pristine Valley



HOLE-IN-ONE ACHIEVERS

DECEMBER



Tan Teck Chye

Hole #7 (151M)
9 Dec 22
TMCC Garden Course



Cheryl Sim Su Lee

Hole #8 (141M)
13 Dec 22
Sentosa - Serapong



Wong Hee Jit

Hole #14 (175M)
26 Dec 22
TMCC Garden Course

PLAYING OFF SIDE HILL LIES

Follow these tips and you won't need to be afraid of these tricky shots anymore.

By Justin Tang, TMCC Teaching Pro

Golf is a game of unpredictability, and part of the challenge – and joy – is to play it as it lies. Very often, we find ourselves where our balls are not sitting up nicely on flat, even ground – a situation not uncommon to those who frequently tee it up on our tough Tampines Course.

But you needn't be afraid of these shots, and here, I'll give you a few simple tips to help you manage your game if you ever find yourself in these situations.



Ball Above Your Feet

When your ball is above your feet (Pic 1), one thing to note is the tendency to hit it to the left (if you're right-handed) of your intended target. One of the reasons why this happens is that while the leading edge of your club seems to be aimed at the correct direction, the face of the club – because of the loft – often faces to the left of this target (Pic 2). This in technical parlance is called 'face-plane tilt'.

In order to compensate for this, you will need to aim a little more right of your target in order to get the ball heading towards your aim.

Note that the more lofted the club (Pic 3), the further left of the target the clubface faces. You will have to adjust your aim accordingly when selecting different clubs for the shot. Follow this simple rule: more loft, aim more right of the target; less loft, aim less right of the target. A good rule of thumb to use is the 6-iron where you aim more or less at the target.

In this situation, your ball is also closer to your body. Some adjustments need to be made to the golf swing. First, you will need to hold the club further down the grip. You will also need to swing on a shallower plane (Pic 4a). And the last thing is to remember that this is a trouble shot so swing at 75% of your maximum effort, and make sure you don't follow an error with another.



Ball Below Your Feet

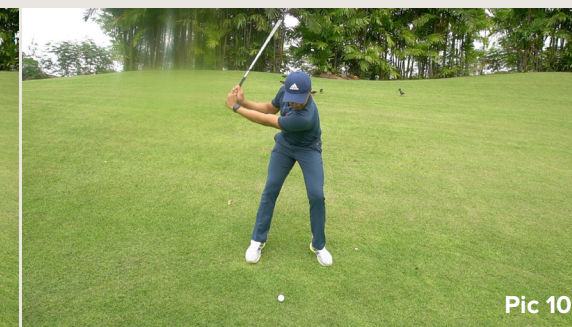
In this converse situation (Pic 5), the ball is now further away from your body.

Make sure you aim the clubface at the intended direction (Pic 6), which in this case means that you need to aim the leading edge of the club to the left of the target as the tendency is for the ball to move left to right on the shot.

Position the ball towards the back of your stance (Pic 7), and make sure you have enough flex in your knees to lower your body towards the ball (Pic 8). It is imperative that you maintain this flex through the swing to make solid contact. Grip the club towards the end of the grip as you will need the entire length of the club to hit the ball (Pic 9).

Opposite from the previous scenario, you will now need to make a more upright swing (Pic 10). Make a few practice swings to ensure that your club bottoms out in front of the ball (Pic 11). Stay confident and make the shot.

Follow these tips and you'll be hitting them sweetly off side hill lies in no time.





Click Here to
Watch Video!

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EAT & DRINK



Char Siu

The club's Wonton and Char Siu Noodles are fast becoming one of the most popular dishes at the Garden Terrace or Tampines Lounge. But did you know TMCC makes its own roast pork?

Chef Alvin Teo gives us the lowdown on what goes into his mouth-watering roast.

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EAT & DRINK

Ingredients:

1 cube fermented red bean curd
100g hoisin sauce
50g honey
20g hua tiao jiu
20g sesame oil
70g oyster sauce
40g light soya sauce
½ tbsp five spice powder
2 star anise
1 stick cinnamon
300g sugar
1kg pork shoulder/belly pork



Method:

Mix all the ingredients together well. Marinate the meat overnight.



The next day, heat the oven to 190C for about 20 minutes. Place the marinated meat in the oven and roast. After 11 minutes, turn the meat over, and roast for an additional 11 minutes.



Remove, cool, and serve with your favourite accompaniments.





Click Here to
Watch Video!

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SPORTS & FITNESS

37

SPORTS & FITNESS

LOWER BACK

By Bharatt Lamsall, TMCC Fitness Instructor

As we get older, lower back issues are one of the most common problems we face. Sports like tennis and golf put great strain on this part of our body, and if we are to continue enjoying these games, it pays to make sure our lower backs are strong and supple.



Pic 1

Lower Back Extensions

1. Position yourself on the back extension bench in the gym. Make sure that your back and neck are straight. (Pic 1)
2. Put your hands behind your head (Pic 2), then slowly lower your body, bending at the waist till you're bent at 90 degrees (Pic 3). Slower raise your body, keeping your back straight to the start position. Repeat for 10 reps, and 2-3 sets.



Pic 2



Pic 3



Pic 4

Floor Superman



Pic 5

1. Lie face down on the floor on an exercise mat (Pic 4) with your arms extended in front of you, and your toes extended out.
2. Lift your legs, arms and head as high as they can go (Pic 5), keeping your knees and elbows straight. Lower to the start position for one rep. Repeat for 10 reps, and 2-3 sets. This is a great exercise for the core as well.

CERTIFIED JUNIOR
GOLF COACH

JUSTIN TANG



- 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.



8188 1701

justin@elitegolfswing.com



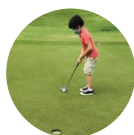
Whatsapp



Email



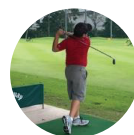
Instagram



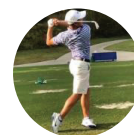
FUNDamentals
Boys 6-9 | Girls 6-8



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



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



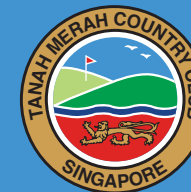
Play to Complete
Boys 16-23 | Girls 15-21



Play for LIFE



MEET YOUR PERSONAL TRAINERS



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

BHARATT

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



“Nothing will work
unless you do”

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

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

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.

Reciprocal Member is
required to produce:

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

AFFILIATE CLUBS

AUSTRALIA

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

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

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

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

CAMBODIA

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

CHINA

Imperial Springs International
Summit Club
1 Imperial Springs Avenue, Conghua
Guangdong 510970, China
Tel : 86 20 3108 8888
Fax : 86 20 3108 8098
www.imperialsprings.com

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

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

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

Suzhou Jinji Lake International Golf Club
No. 2 Guobin Road,
Suzhou Industrial Park,
Jiangsu, 215021, China
Tel : 86 512 6288 6868 or
86 512 6288 3426
www.jinjilakegolf.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.cwbgolf.org
golf@cwbgolf.org

INDONESIA

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

Pantai Indah Kapuk (PIK) Course
Marina Indah, Penjaringan, Kapuk
Jakarta 14470, Indonesia
Tel : 62 21 588 2388
Fax : 62 21 588 2391

Royale Jakarta Golf Club
Jalan Raya Halim Tiga,
Halim Perdanakusuma
Jakarta Timur 13610,
Indonesia
Tel : 62 21 80 888 999
Fax : 62 21 80 878 877
www.royalejakarta.com

JAPAN

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

KOREA

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

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

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



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

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
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

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



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.

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

1ST STOREY

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.

2ND STOREY

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.

