

# Tanah Merah Country Club

MARCH / APRIL 2023



FEATURE STORY

**SO MUCH TO  
TAKE BACK  
FROM CNY GOLF  
CHALLENGE**

GOLFERS' ZONE

**WEARING  
YOUR HEART ON  
YOUR SLEEVE**





TIGER WOODS, TOUR CHAMPIONSHIP



JUSTIN THOMAS, PRESIDENTS CUP



'THE BIG THREE'



JORDAN SPIETH, THE OPEN



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



**ROLEX**





A dolphin leaps from the water in front of the iconic Darwin's Arch, which partially collapsed in 2021.

**“IF YOU CAN’T PROTECT THE  
GALÁPAGOS ISLANDS, WHAT PART OF  
THE PLANET CAN YOU PROTECT?”**

*Sylvia Earle, Founder of Mission Blue*



*Argo*, a state-of-the-art research vessel, is moored off of Wolf Island during the Mission Blue Galápagos expedition in 2022.



# ROLEX PERPETUAL PLANET INITIATIVE PARTNER MISSION BLUE

25 YEARS OF PROTECTION OF THE GALÁPAGOS MARINE RESERVE. THROUGH ITS PERPETUAL PLANET INITIATIVE, ROLEX IS SUPPORTING OCEAN CONSERVATION NON-PROFIT MISSION BLUE IN ITS GOAL TO CREATE A GLOBAL NETWORK OF HOPE SPOTS, AREAS WITH MARINE ECOSYSTEMS WHOSE PROTECTION IS VITAL TO THE HEALTH AND FUTURE OF THE OCEANS.

The Galápagos Islands' abundant and unique ecosystems are home to species of plants and animals that cannot be found anywhere else on Earth. When legendary oceanographer, Sylvia Earle, first visited the archipelago in 1966 she remarked that it was "the sharkiest, fishiest place" she'd ever been. Yet, what makes it special also makes it vulnerable. As more people discovered the islands, invasive species were introduced and local resources came under increasing pressure.

## **A GROUNDBREAKING EXPEDITION**

The Galápagos Islands were chosen as one of Earle's first Mission Blue Hope Spots in 2010; a place with abundant biodiversity that could show how human damage in the ocean can be reversed. Now, a groundbreaking expedition, led by Earle, adds to growing evidence of the need for increased marine protections.

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Sylvia Earle, Rolex Testimonee and founder of Mission Blue, in front of the DeepSee submersible. In 2022, she led an expedition to the Galápagos Islands Hope Spot.

Her efforts could not have come at a more critical time. Despite Ecuador establishing the Galápagos Marine Reserve in 1998 – an area covering 133,000 km<sup>2</sup> of the islands' waters – more work was needed to ensure the Galápagos would be used sustainably for years to come by residents, tourists and fishers.



A large male fur seal cruises the waters of the Galápagos Islands Hope Spot.

In 2022, nearly 25 years on from the establishment of the Galápagos Marine Reserve, the time had come to assess the impacts of these protections. Sylvia Earle, a Rolex Testimonee since 1982, was joined by a multi-institutional team of scientists on a two-week expedition across the Hope Spot. Their wide-ranging research aims resulted in a comprehensive assessment of the marine ecosystem in the region, identifying both challenges and opportunities for future conservation efforts.

### **A BLUEPRINT FOR SUCCESS**

A large part of the expedition was devoted to revealing the hidden and forgotten diversity beneath the waves to provide a baseline value of ecosystem health that can be tracked by future surveys. Employing cutting edge technology such as environmental DNA (eDNA) and underwater video systems, the team uncovered vital population data for little-studied animals such as seahorses and endemic slipper lobsters. eDNA analysis isolates traces of animal DNA that is left behind in the water column, which may have otherwise gone unnoticed.



ROLEX PERPETUAL PLANET INITIATIVE  
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A Galápagos shark patrols the reefs of the Galápagos Islands Hope Spot.

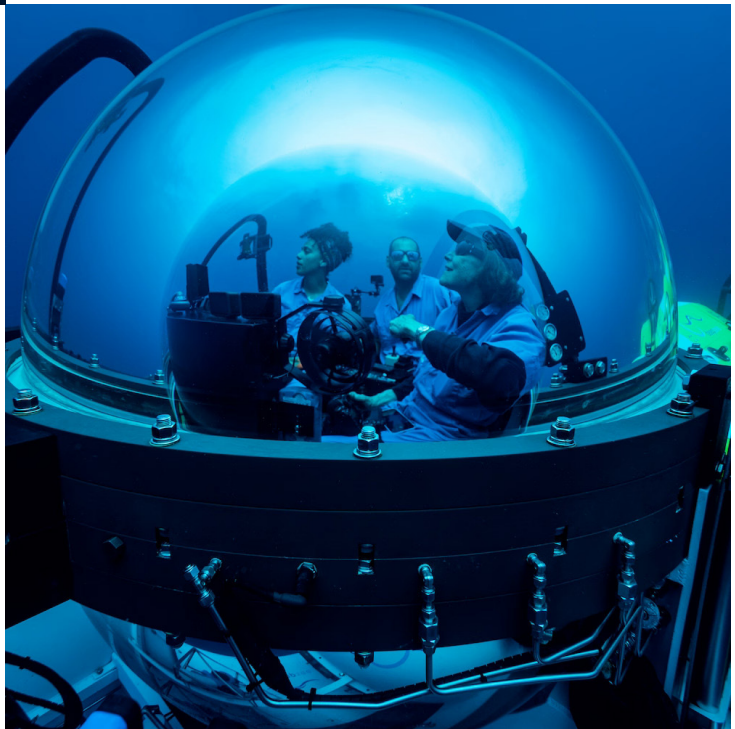
It would not be the first discovery for the team. In a previous year, Sylvia Earle and Salome Buglass of the Charles Darwin Foundation uncovered new species of kelp deep under the surface. During the 2022 expedition the pair boarded the “DeepSee” submersible, in order to extend their explorations of the depths, and surfaced excitedly with footage of lush forests. There are tentative theories that these rich kelp forests play a critical role in supporting the biodiversity of the region.

**“KELP FORESTS IN OTHER PARTS OF THE WORLD HAVE A CRITICAL ROLE IN SUPPORTING BIODIVERSITY, AND MAYBE WE HAVE FOUND THAT PIECE OF THE PUZZLE THAT EXPLAINS WHY BIODIVERSITY AND BIOMASS ARE SO AMAZINGLY RICH IN THE GALÁPAGOS.”**

*Salome Buglass, Charles Darwin Foundation*

**“MOST OF OUR SEQUENCES ARE NOT MATCHING ANY PUBLIC DATABASE, WHICH MEANS THAT NOT MANY THINGS HAVE BEEN SEQUENCED FROM THE GALÁPAGOS, OR THERE ARE THINGS THAT ARE NEW TO SCIENCE THAT WE HAVE NOT IDENTIFIED YET.”**

*Diana Pazmiño, the Galápagos Science Center*



Sylvia Earle and Salome Buglass descend in the DeepSee submersible in search of deep sea kelp that may be new to science.





A green sea turtle is surrounded by fish in the abundant waters of Wolf Island. In 2022 Ecuador expanded the Galápagos Marine Reserve to the water boundaries of Costa Rica.

### **THINKING LIKE AN OCEAN**

The expedition team continued long-term research into the transoceanic movements of marine animals, capturing location tags recording the migration of sharks from as far away as the Mexican Gulf and coastal Costa Rica. These findings are a potent argument for international cooperation in expanding marine protection.

The expedition team also surveyed turtle habitats, mapped the foraging grounds of penguin colonies and measured levels of microplastics. Such a wide range of field work will help conservationists to, as Earle puts it, “think like an ocean” – recognizing the connectivity of ecosystems and that, for marine life, there are no boundaries.

To this end, in 2021, Ecuador, Panama, Colombia and Costa Rica announced the creation of the Eastern Tropical Pacific Marine Corridor initiative, joining and increasing protected waters – to create a fishing-free “swimway” in a critical migratory route for sharks, turtles, rays and whales. While this is an important step forward, the work of Earle and her expedition team shows that there is a need to further widen and increase the number of swimways.

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Manuel Yeppez and Alex Hearn are Mission Blue's Galápagos Islands Hope Spot co-Champions, inspirational figures in the protection of a key part of the ocean. Hearn, from the Galápagos Science Center, was the principal investigator on the expedition under Earle's leadership and convened the international team of scientists who took part. He believes that "if we can get it right here [in the Galápagos], that is a blueprint for getting it right across the planet."

### **ABOUT THE PERPETUAL PLANET INITIATIVE**

For nearly a century, Rolex has supported pioneering explorers pushing back the boundaries of human endeavour. The company has moved from championing exploration for the sake of discovery to protecting the planet, committing for the long term to support individuals and organizations using science to understand and devise solutions to today's environmental challenges.



Sylvia Earle, Rolex Testimonee and founder of Mission Blue, dives among the reef wonders of the Galápagos Islands Hope Spot.



A Galápagos marine iguana rests on shore.



Aerial view of Darwin Island in the Galápagos. The Galápagos Islands are an archipelago of 21 volcanic islands in the Eastern Pacific Ocean and a Mission Blue Hope Spot.

This engagement was reinforced with the launch of the Perpetual Planet Initiative in 2019, which initially focused on individuals who contribute to a better world through the Rolex Awards for Enterprise, on safeguarding the oceans as part of an established association with Mission Blue, and on understanding climate change via its long-standing partnership with the National Geographic Society.

An expanding portfolio of other partnerships embraced by the Perpetual Planet Initiative now includes: Cristina Mittermeier and Paul Nicklen in their work as conservation photographers; Rewilding Argentina and Rewilding Chile, offspring organizations of Tompkins Conservation, which are protecting landscapes in South America; Coral Gardeners, transplanting resilient corals to reefs; Steve Boyes and the Great Spine of Africa series of expeditions, exploring the continent's major river basins; the Under The Pole expeditions, pushing the boundaries of underwater exploration; the B.I.G expedition to the North Pole in 2023, gathering data on threats to the Arctic; and the Monaco Blue Initiative, bringing together ocean conservation experts. Rolex also supports organizations and initiatives fostering the next generations of explorers, scientists and conservationists through scholarships and grants such as Our World-Underwater Scholarship Society and The Rolex Explorers Club Grants.



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

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# CONTENTS

MARCH / APRIL 2023 • ISSUE 2

## FINANCE COMMITTEE

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Sarah Tan Wei  
Yeo Su-Lynn



# 13

EDITOR'S NOTE

# 14

GOLFERS' ZONE

So Much to Take Back from CNY  
Golf Challenge

# 20

Wearing your Heart on your Sleeve

# 24

Elijah Bags Ace, Alvin Claims Adult  
Div's Top Spot

# 28

Hole-In-One Achievers (Jan 2023)

# 29

Hole-In-One Achievers (Feb 2023)

# 30

Playing Off Up and Downhill Lies

# 32

EAT & DRINK

Curry Puffs

# 34

FACES OF TMCC

Alex, the Model Worker who Enjoys  
his Duties

# 36

SPORTS & FITNESS

Upper Back

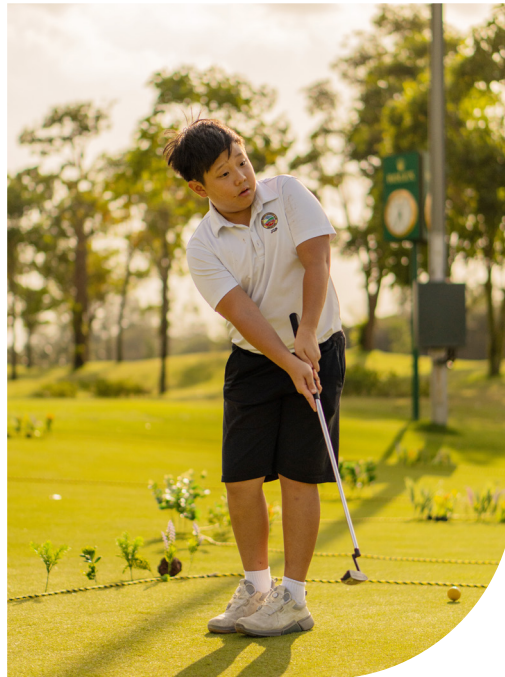
# 38

AROUND THE CLUB

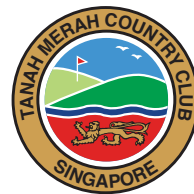
Service Excellence Award 2023

# 43

CLUB INFORMATION







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# WHEN THE GOING GETS TOUGH, THE TOUGH GET GOING

**At TMCC no obstacle is big enough for discouragement, the club turns adversity into advantage**



**Editor Godfrey Robert**

**A**n inspirational saying from a renowned writer is the edict with which Tanah Merah Country Club overcomes challenges.

Carl Bard, the American writer and editor who won two Pulitzer Prize awards for his poetry, once said: "Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending."

It is a fitting quote for how TMCC handled the very popular Chinese New Year Golf Challenge in challenging circumstances.

Rain belted, thunder deafened and the golf game had to be cancelled on Feb 4 at the Tampines course. But undeterred, the organisers ensured that the highlight of the annual party ran smoothly to the cheers of an enlightened turnout.

Traditionally, the CNY event is all about song and dance, fun and entertainment and acrobatics and artistry.

And the lion dance troupe was in his element as the lions "roared" and the dragons exhibited their mastery on the floor and the poles to the sounds of drums.

And the excited crowd witnessed the troupe's acrobatic skills on the high poles, the vigorous but synchronised drumming of the War Drum performance, and the LED-assisted dragon dancers swirling around in the Tampines Banquet Room.

Cameras clicked as oranges were tossed, "selfies" sprung into action as the troupe members mingled, and

the hong baos were distributed quite freely as everyone seem to be in the CNY generous mood.

Of course, the CNY celebration must have the lohei ritual that is packed with symbolism. Auspicious well-wishes were exchanged and echoed across the banquet room as every table participated in this act of "tossing up a good fortune."

As usual, food was aplenty, camaraderie flowed and it was prizes galore for the enchanted crowd who savoured the day.

Feb 25 was another memorable day. This was for the kids who enjoyed the outing in the club's Putt Putt competition.

A total of 29 youngsters took to the Garden Course practice green and among them was a seven-year-old.

This time, perfect weather allowed the kids to compete freely and the highlight of the day was a hole-in-one feat.

Elijah Tan bagged an ace on hole 8, considered to be one of the toughest holes in the event.

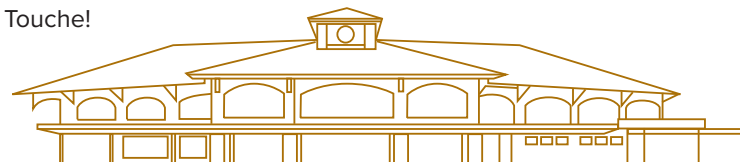
It was a two-tiered dog-leg right hole that was about 50 feet long, sloping severely downwards with a huge left-to-right break.

The Valentine's Mixed Double Challenge was an interesting event on Feb 11, specifically because it was held three days before the auspicious "love" day.

It was all about heart logos on shirts, caps, balloons, buggies, banners and on all items that were available. And while all seems to tick at TMCC, it is also a compliment to the management, members and staff, such as facilities supervisor Alex Chong, who takes his work seriously.

A model worker is a fitting tribute to the 45-year-old father of two teenagers, and he credits his good work ethic to the encouragement of his bosses and colleagues.

Touche!





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Watch Video!



# SO MUCH TO TAKE BACK FROM CNY GOLF CHALLENGE

**Weather disrupts game  
but did little to dampen spirits  
of excited crowd**

By Godfrey Robert

**M**artin Luther King Jr once said: "We must accept finite disappointment, but never lose infinite hope."

This inspirational quote by the popular American Baptist, activist and one of the most prominent leaders in the civil rights movement from 1955, came to mind when TMCC golfers sat huddled at the Tampines clubhouse on Feb 4.

They gathered in groups but remained excited. And remained unperturbed the highly anticipated Chinese New Year Golf Challenge 2023 event was heading for suspension because of inclement weather.

Rain belted, thunder deafened but colourfully-attired golfers were not dead-panned. They mingled, bantered, dialogued and looked ahead happily to what was to come.

So, when the game was cancelled due to the thunderstorm that lingered the entire afternoon, they pored through the details of the night's schedule. After all, they knew that tradition had it that the CNY event had always been a big highlight on their annual calendar.





So in changed attire – some dressed to the nines – they waited from 5pm as the protagonists ambled in for the main event. The “lions” roared in, the “dragons” stormed in, and the hue of multi-colours was so evident as the lion dance troupe paced in to the sound of drums.

And the excited crowd witnessed the troupe’s acrobatic skills on the high poles, the vigorous but synchronised drumming of the War Drum performance, and the LED-assisted dragon dancers swirling around in the Tampines Banquet Room.

Cameras clicked as oranges were tossed, “selfies” sprung into action as the troupe members mingled, and the hong baos were distributed quite freely as everyone seem to be in the CNY generous mood.

Of course, the CNY celebration must have the lohei ritual that is packed with symbolism. Auspicious well-wishes were exchanged and echoed across the banquet room as every table participated in this act of “tossing up good fortune.”



The welcomed flip side to the cancellation of the golf game was that there were more prizes for the lucky draw and games, and many went home with goodies.

A scrumptious banquet spread was served, which included crowd favourite dishes such as the steamed cod fish, roasted duck, sauteed scallops and glutinous rice.

It was like “a chance missed, but two gained”. That in itself resulted in a memorable event.



# CHINESE NEW YEAR GOLF CHALLENGE







TOSSING UP GOOD FORTUNE..









**TOSSING UP GOOD FORTUNE..**





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20

GOLFERS' ZONE

# WEARING YOUR HEART ON YOUR SLEEVE

By Godfrey Robert

How else to enjoy a Mixed Double event with  
Valentine's Day theme

**H**eart, heart, heart.  
And it was all about hearts.  
No surprise that.

How else to spread the word about love on  
Valentine's Day?  
So there you had it.

Heart logos on shirts, caps, balloons, buggies,  
banners and all over the Tampines course.

The inaugural Mixed Double Golf Championship,  
with Valentine's Day as the theme, was held on  
Feb 11 as a prelude to the big day three days later.







And it was interesting that some pairings were married couples.

The format of play was Four-Ball-Best-Ball, two-person per team and the best nett score (of each hole) between the two players were counted.

David Ong and Caroline Ong won the best-dressed award against a posse of pairings who were certainly in contention.

The weather was ideal, and the golf game lived up to expectations.



Teamwork and chemistry were two factors used to decide the prize winners.

Melvin Choo and Michelle Ang finished first in the golf event with a 64 nett score to claim the challenge trophy.

**Other winners:**

2nd: Alex Thian and Sue Yap 65 nett.

3rd: Yeo Kwee Soon and June Yeo 67 nett ocb.

4th George Madhavan and Lee Eet Fong 67 nett ocb.

5th: Peter Seow and Loh Kah Ing 67 nett.

A sumptuous buffet dinner saw the attendees enjoy the delicious spread during which novelty prizes were also given.





**WEARING YOUR HEART  
ON YOUR SLEEVE**













## WEARING YOUR HEART ON YOUR SLEEVE







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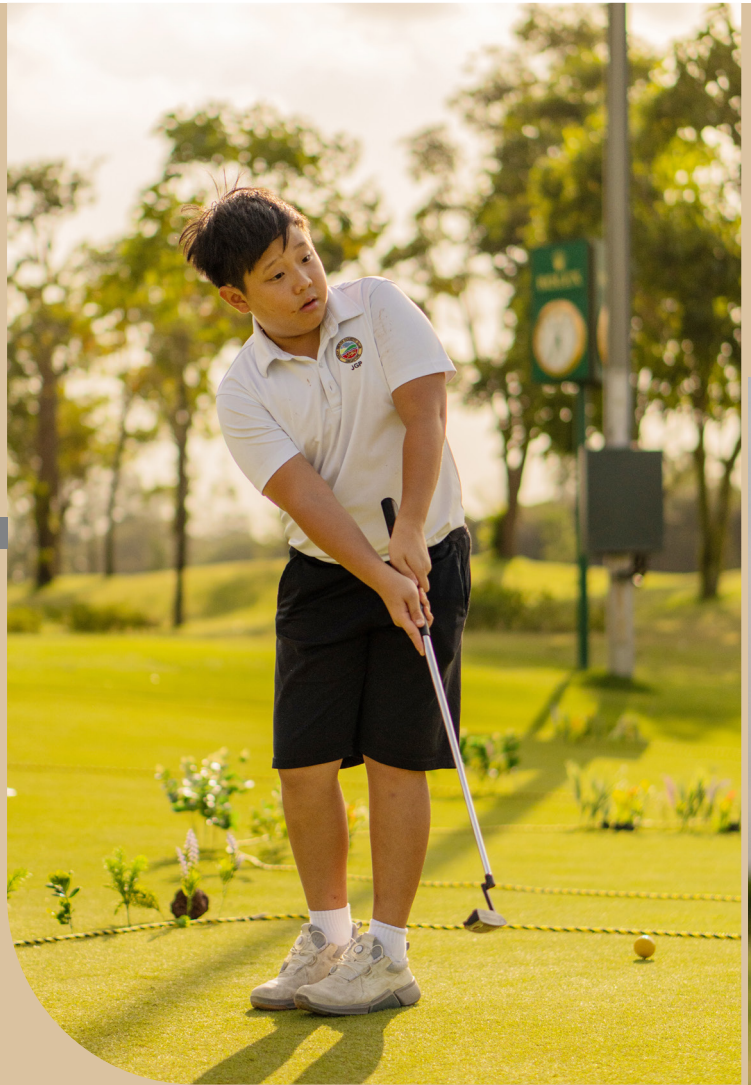
# ELIJAH BAGS ACE, ALVIN CLAIMS ADULT DIV'S TOP SPOT

By Godfrey Robert

**W**hat is the best way to interest the public in the game of golf?  
The answer: Get them engaged in a putting competition.

Personal experience tells me that a putting competition fans your golfing interest and surely makes you take up the game.

That was what happened to me when a close friend engaged me with two other buddies in a putting game at a local club.







The Tanah Merah Country Club's "Putt-Putt" competition is a sure way to interest the newbies.

And when you have a seven-year-old among the 29 participants, you certainly "start 'em young."

The club hosted its third in the popular series on Feb 25 at the Garden Course's Main Putting Green.

The beautiful course set-up coupled with the perfect weather left a smile on everyone's face.

Elijah Tan achieved a hole-in-one, similar to the previous putt-putt event. He did it on hole 8, considered to be one of the toughest holes in the event.

It is a two-tiered dog-leg right hole that was about 50 feet long, sloping severely downwards with a huge left-to-right break.

Alvin Lim won the Adult Division with a score of 29, one better than James Tan.

In the Junior Division, Lee Seunghan and Kim Chanjoo shared first place with a 28 score.

Tied for second were three players: Ayan Uppal-Doegar, Vihaan Reddy and Elijah Tan.

The top finishers received attractive prizes.











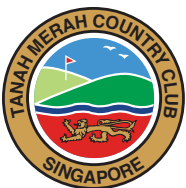
**“PUTT-PUTT”  
COMPETITION**





## HOLE-IN-ONE ACHIEVERS

# JANUARY



**Toru Oyamatsu**

Hole #16 (126M)

1 Jan 23

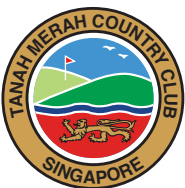
TMCC Tampines Course





## HOLE-IN-ONE ACHIEVERS

# FEBRUARY



**Kengo Kawata**

Hole #7 (140M)

5 Feb 23

TMCC Garden Course



**Kim JeongSu**

Hole #2 (154M)

15 Feb 23

Sentosa Serapong

**Leong Poh Chuen**

Hole #6 (122M)

12 Feb 23

TMCC Tampines Course



**Takayuki Kondo**

Hole #14 (174M)

18 Feb 23

TMCC Garden Course



**Kiyoko Koshi**

Hole #16 (112M)

16 Feb 23

TMCC Tampines Course

**Ng Gim Leong**

Hole #17 (138M)

18 Feb 23

TMCC Garden Course



**Teng Chen Jiung**

Hole #14 (112M)

15 Feb 23

TMCC Tampines Course



**Joseph Chen**

Hole #14 (112M)

22 Feb 23

TMCC Tampines Course





Click Here to  
Watch Video!

# PLAYING OFF UP AND DOWNHILL LIES

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

**U**nlike the predictability of the range, we're often faced with uneven lies on the golf course. Uphill and downhill lies are part and parcel of the game, and knowing how to negotiate them is key to playing well.

By Justin Tang, TMCC Teaching Pro



Pic 2



Pic 2a



Pic 3

## Uphill Lies

When faced with an uphill lie (Pic 2), the first thing you need to do is to test the lie. Take a normal stance behind the ball and try to brush the ground with a short swing (Pic 2a). You will notice that the club bottoms out in front of the ball. What this tells you is that you need to position the ball slightly forward of your stance towards your lead foot (Pic 3). You will also need to widen your stance (Pic 4) for stability, and maintain a shoulder line that is parallel with the slope (Pic 5).



Pic 4



Pic 5



Once you are in this position, simply address the ball and swing through. Note that your balance will be compromised so don't try to hit the ball at maximum speed. Make sure that your legs are braced and provide a solid stance, maintain your spine angle, and focus on good contact and following through.

Note that with uphill lies, there is a tendency to hit the ball on a right-to-left path (right-handers) so you need to aim accordingly.



Pic 6



Pic 7



Pic 8



Pic 9

### Downhill Lies

With downhill lies (Pic 6), you just do the opposite.

First, test the lie (Pic 7) to see where your club bottoms out or contacts the ground. You will notice that this is at a point that's towards the trailing foot (Pic 8). This means you will need to position your ball further back in the stance, somewhere below your right chest, depending on how steep the slope is (Pic 9).

Widen your stance, and make sure your shoulder line is parallel with the slope (Pic 10). Swing through at 75 per cent effort with a strong, braced stance. With downhill lies, you will face a tendency for the ball to move left to right (right-handers), so you will need to aim appropriately.



Pic 10





Click Here to  
Watch Video!



Nothing beats a mid-round snack like a curry puff. Chef Alvin Teo gives us the lowdown on what makes TMCC's version one of the best.

**Ingredients:**  
**For 2 Curry Puffs**

1.2kg chicken, cut into cubes  
1.2kg potatoes, cut into cubes  
(about the same size as  
the chicken)  
200g curry paste  
40g onions, minced  
23g sugar  
7g salt  
100g curry powder  
100g chilli paste



**For the dough:** store-bought frozen pastry dough will be fine

*Note: Ingredients may be reduced in proportion for desired servings*





Pic 2

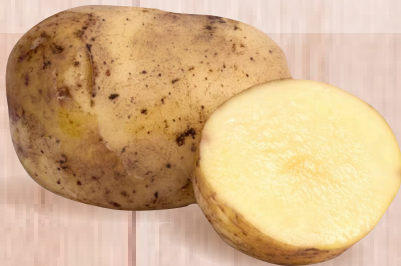
### Method:

Mix all the ingredients together well. Marinate for about 30 minutes (Pic 2)

Roll out the dough, then cut it into 12-15cm diameter circles.

Spoon the chicken/potato curry mixture into one side of the dough circle (Pic 3), fold over, and seal the ends (Pic 4). Brush with egg wash for that golden colour after cooking (Pic 5).

Place in an oven preheated to 165C (Pic 6). Bake for 35 minutes, remove and let cool.



Pic 3



Pic 4



Pic 5



Pic 6



# ALEX, THE MODEL WORKER WHO ENJOYS HIS DUTIES

**TMCC's facilities supervisor is a responsible employee who is prepared to soil his hands**

By Godfrey Robert



**A**bout 50 metres away, a maintenance worker was earnestly clearing the ground for a temporary green for the eighteenth hole of the Tampines course.

Sitting with me at the Tampines clubhouse was an excited Alex, who shifted and turned incessantly to watch the worker.

It was in the midst of an interview, and the hardworking Alex Chong felt that he had to observe the worker.

After all, as facilities supervisor at Tanah Merah Country Club, Alex was just showing his commitment to his job which is all-encompassing and varied.

His duties include minor repairs to all facilities, ensuring that the restrooms are up-to-date and the air-conditioning at all outlets are in good working order.

That means, his is not a sedentary job, but one that sees him moving about and making clear observances.

That was why his focus during the interview occasionally strayed from Q and A to noticing what is happening everywhere, from the clubhouse to the course and roofs and beyond.

The 45-year-old father of two teenagers (a boy and a girl) who hails from Sabah, has his family in Johor but resides here (at Bedok) and makes weekly or fortnightly visits to JB to see his parents as a responsible worker.





He is in his second stint at TMCC, having joined the club in 2004, worked elsewhere for three years and then returned to the prestigious club in 2013 because it is like a “second home” to him.

The ever-smiling Alex is in charge of a small team, and he leads from the front and inspires his colleagues.

He also looks after the aeration of the ground, the landscaping at the waterfall and the restoration areas, so he is not shy to get his hands dirty.

Tall, strong and muscular, the bespectacled Alex also enjoys golf as a 22-handicapper, but although he is allowed to play once a week on maintenance days, he does not use the privilege often because of his tight family and working schedule.

He has never played in any other course but the two courses at TMCC, Garden and Tampines, and finds them “spectacular”.

Alex makes use of the company transport to and from home every day, and Alex considers this a good offering by the club.

“The club treats me well. I make a lot of friends. And on days when the club stages major golf events, I get to see some top-class golfers from around the world,” says Alex.

He works around the philosophy “that once you get yourself to enjoy your work, half the battle is won.”

“And you perform better,” says Alex, the model worker.







Click Here to  
Watch Video!

# UPPER BACK

By Bharatt Lamsall, TMCC Fitness Instructor

Back muscles are important in almost everything we do – whether we swing a golf club, lift grocery bags, or just carry things around. Here are several simple exercises you can do at the TMCC gym to make sure they're strong and supple.



Pic 1

## Assisted Pull-ups

Select an appropriate weight on the pull-up machine. Carefully kneel on the platform, holding onto the pull-up bars (Pic 1). With arms outstretch as the start position, pull yourself up till your chin clears the bars (Pic 1a). Lower yourself to the start position. Do 8-10 reps for 2-3 sets.



Pic 1a





Pic 2



Pic 2a

## Machine Rows

Sit at the row machine at a level where your arms are parallel to the ground, and the handles allow a comfortable reach with the arms sufficiently outstretched (Pic 2). Pull the handles towards the chest (Pic 2a), then back to the start position. Do 10-12 reps for 203 sets.



Pic 3a



Pic 3b

## Bent-over Flies

Stand with your feet shoulder-width apart, with dumbbells in your hands (Pic 3). Bend over keeping your back straight, and parallel to the ground (Pic 3a). Lift the weights upwards keeping your arms as straight as possible (Pic 3b), then back to the start position in pic 3a. Do 10-12 reps for 2-3 sets.



Pic 3



# SERVICE EXCELLENCE



**Casey Mikhail Harun**  
Golf - Golfing (G)  
Golf Marshal



**Alex Chong**  
Facilities  
Facilities Maintenance Supervisor



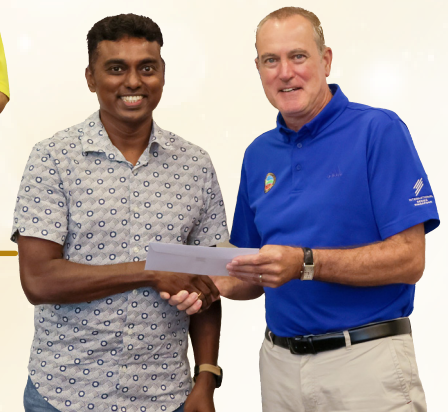
**Mok Kam Kheong**  
F&B - Garden Golfers' Terrace  
(Kitchen)  
Junior Sous Chef



**Yasirah Binte  
Mohamed Yasil**  
GM/Admin/Finance  
Assistant Administrative  
Supervisor



**Zainal Abidin Bin Osman**  
Housekeeping (G)  
Changing Room Attendant



**Kesavan**  
Sports  
Senior Sports Coordinator



# AWARD 2023



**Muhammad Azlan Bin Danian**  
Security (G)  
Security Supervisor



**Letcumanan Natarajan**  
Security (G)  
Security Supervisor



**Siti Nurzarifah Binte Abdul Rashid**  
Golf - Ground Maintenance (T)  
Senior Administrative Assistant



**Sally Lau**  
F&B - Garden View Restaurant  
(Service/Cashier)  
Junior Captain





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](mailto:justin@elitegolfswing.com)



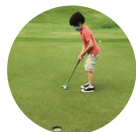
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Email



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

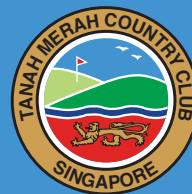


**Play for LIFE**





# 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  
2<sup>nd</sup> place in Men's SBBF 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.terreyhillsclub.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.yarrrayarra.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.imperialssprings.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.rfvclub.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.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.cwbclub.org  
golf@cwbclub.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 prevailing guest green fees (to be paid by cash or credit card) at the respective clubs.*



**MALAYSIA**

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

**THAILAND**

**Alpine Golf Club**  
99 Moo 9 Bangkhan-  
Sathaneevithayu Road  
Klong 5, Klong Luang  
Pathumthani 12120, Thailand  
Tel : 66 0 577 3333  
Fax : 66 2 577 7100  
www.alpinegolfclub.com

**Loch Palm Golf Club**  
38 Moo 5 Vichitsongdram Rd  
Kathu District, Phuket 83000,  
Thailand  
Tel : 66 076 321 929 34  
Fax : 66 076 321 927 8  
www.lochpalm.com

**Red Mountain Golf Club**  
119 Moo 4 Vichitsongkram Rd,  
Kathu District, Phuket 83120,  
Thailand  
Tel : 66 076 322 000 1  
Fax : 66 076 322 009  
www.mbkkgolf.com/redmountain

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

**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****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

**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

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

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



## 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 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 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 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

### 1<sup>ST</sup> 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.

### 2<sup>ND</sup> 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.



