

A Publication by



A Member of The Labour Movement

July – August 2017 | Issue 50
MCI (P) 033/08/2016

ORCHID Smile

52

HAPPY BIRTHDAY SINGAPORE



EXCITING GOLF EVENTS IN STORE FOR YOU!

SECRETARY-GENERAL'S CUP
9 JULY 2017 (SUN)

NATIONAL DAY GOLF
9 AUGUST 2017 (WED)

CLUB PRESIDENT'S CUP
27 AUGUST 2017 (SUN)



Service with a heart

The Unsung Heroes of OCC



Annaletchumy AP Pandian
Service Crew Cleaner



Khairul Azman
Assistant Banquet Manager



Norazmi B Sarni
Technical Officer



Ong Pang Thien
Golf Course Superintendent



Osman B Abdul Karim
Senior Security Executive



Tham Wei Fong
Accounts Officer

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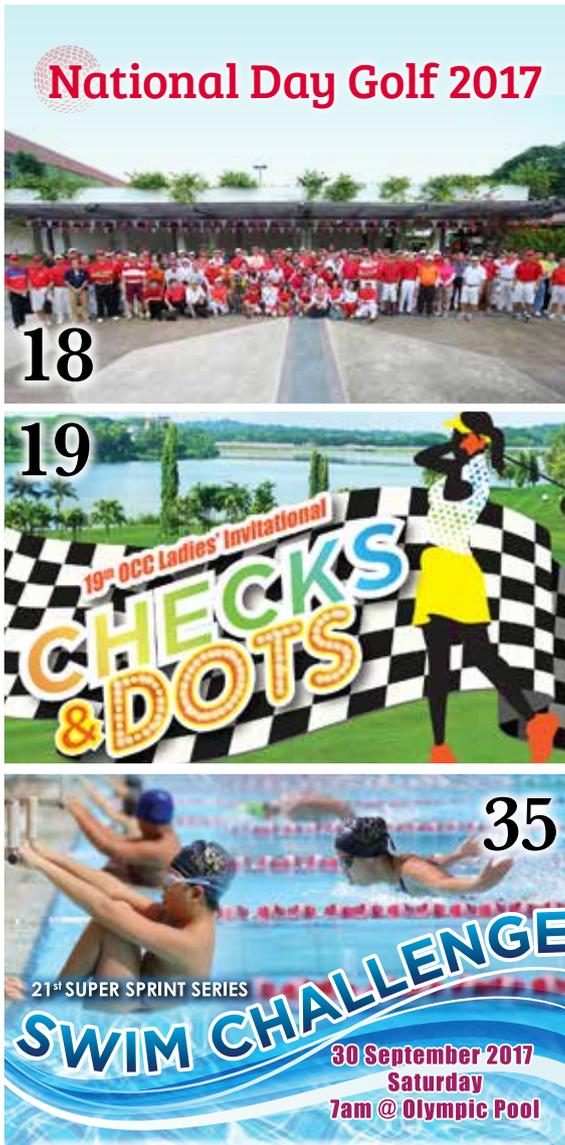
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Club General Committee

President	Mr Chong Kee Hiong
Vice President	Mr Yeo Khee Leng
Captain	Mr Tan Ah Ee
Lady Captain	Mrs Susan Gan
Treasurer	Mr Vincent Fong
Members	Mr Chng Chee Beow Mr Chua Bor Jern Ms Eileen Yeo Mr Lim Eng Lee Ms Rita Lau
Secretary	Mr Richard Foo

Club Management

General Manager	Mr Richard Foo
Head of Finance	Ms Chan Yoke Theng
Head of Golf	Mr Dennis Ee
Head of Sales & Marketing	Mr Thomas Ng
Head of Jackpot	Mr Andrew Lim
Head of Hotel	Mr Gopal Thangavelu
Head of Human Resource	Mr Charlie Goh
Head of Marcom & Membership	Ms Joan Tay
Head of Housekeeping	Ms Margaret See
Head of IT	Ms Grace Low
Head of Property & Maintenance	Mr Alan Chua
Head of Social & Recreation	Ms Eunice Seoh
Golf Course Superintendent	Mr Ong Pang Thien

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& BANQUET SERVICES**

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s&m@orchidclub.com

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purchasing@orchidclub.com

JACKPOT

Tel: 6750 2193
jackpot@orchidclub.com

GOLF ◀**GOLF REGISTRATION COUNTER**

7:00am to 7:00pm daily (Extended hours till 9:00pm when there is night golf)

TEE OFF 18-HOLE

7:07am to 8:59am (Mornings)
12:01pm to 1:53pm (Afternoons)
4:27pm to 5:58pm (Thursdays, unless otherwise stated)

TEE OFF 9-HOLE

7:07am to 8:59am (Weekday mornings)
4:27pm to 5:16pm (Daily)

CHANGING ROOM

7:00am to 9:00pm (Mon to Wed)
7:00am to 11:00pm (Thu)
7:00am to 9:00pm (Fri)
6:00am to 9:00pm (Sat, Sun & PH)
*Female Changing Room available from 11.00am on 1st and 3rd Monday of the month.

DRIVING RANGE

7:00am to 11:00pm (Tue to Sun)
12:00pm to 11:00pm (Mon)

DK DELIGHTS

(ARANDA HALFWAY HOUSE)
8:00am to 5:30pm (Daily)

FATELICIOUS SNACK HOUSE

(DENDRO HALFWAY HOUSE)
8:00am to 5:30pm (Daily)

PAN-WEST

Tel: 6752 3110
7:00am to 9:00pm (Daily)

PHIL BREW GOLF ACADEMY

Tel: 6910 7057
10:00am to 8:00pm (Mon to Fri)
8:00am to 7:00pm (Sat & Sun)

PING

Tel: 6481 5669
Closed on Mondays
2:00pm to 9:00pm (Tue to Fri)
9:00am to 5:00pm (Weekends & PH)

F&B ◀**HIMAWARI JAPANESE RESTAURANT**

Tel: 6834 3313
Lunch: 11:45am to 2:45pm
Dinner: 5:45pm to 10:00pm

MY LITTLE CAFÉ

1:00pm to 11:00pm (Daily)

PAR LOUNGE

Tel: 6750 2204
2:00pm to 12:00 midnight (Sun to Fri)
2:00pm to 1:00am (Sat)

PEACH GARDEN@OCC

Tel: 6759 3833
Lunch: 11:30am to 2:30pm (Mon to Fri)
Dinner: 5:30pm to 10:00pm (Mon to Fri)
Lunch: 10:00am to 2:30pm (Sat, Sun & PH)
Dinner: 5:30pm to 10:00pm (Sat, Sun & PH)

PEACH GARDEN@THE GREEN

Tel: 6754 3313
Closed on Mondays
4:30pm to 10:30pm (Tue to Fri)
11:00am to 10:30pm (Sat, Sun & PH)

ROYALE CAFÉ

Closed on Mondays
10:00am to 8:00pm (Tue to Fri)
9:00am to 8:00pm (Sat & Sun)

ROYAL PALM @ OCC

Tel: 6555 2165
11:30am to 10:30pm (Daily)

SUBWAY

Tel: 6482 7942
9:00am to 9:00pm (Daily)

VANDA TERRACE

(operated by NTUC Foodfare)
Tel: 6750 2200
7:30am to 10:00pm (Daily)
*Last order at 9:30pm

SUPERMARKET ◀**NTUC FAIRPRICE**

9:00am to 10:00pm (Daily)

FACILITIES ◀**ARANDA LOUNGE**

Tel: 6750 2121
2:00pm to 12:00am (Sun to Thu)
2:00pm to 1:00am (Fri & Sat)

ASIA GYMNASTICS & DANCE ACADEMY

Tel: 8777 3313
9:30am to 9:00pm (Daily)

AUDIOLINE

Tel: 6756 5585
10:00am to 8:00pm (Daily)

CHILDREN'S OUTDOOR PLAYGROUND

7:00am to 7:00pm (Daily)

FUNPOOL & BUNKER POOL

7:00am to 9:00pm (Daily)

GYMNASIUM

7:00am to 10:30pm (Daily)

HEALING TOUCH – MASSAGE AND SPA

Tel: 6759 0752
11:00am to 10:30pm
Last appointment from 9:00pm

JACKPOT ROYALE

12:00pm to 11:45pm (Mon)
9:00am to 11:45pm (Tue to Thu, Sun & PH)
9:00am to 12:45am (Fri, Sat & Eve of PH)

LITTLE SKOOL-HOUSE

Tel: 6759 0393
7:00am to 7:00pm (Mon to Fri)
7:00am to 2:00pm (Sat)

MAHJONG ROOMS

9:00am to 11:00pm (Sun to Thu & PH)
9:00am to 12:00 midnight (Fri, Sat & Eve of PH)

MUSIC FOR YOUNG CHILDREN SINGAPORE

Tel: 6100 0306
4:00pm to 9:00pm (Thu & Fri)
9:00am to 5:00pm (Sat)
9:00am to 12:00pm (Sun)

OLYMPIC POOL

7:00am to 9:00pm (Daily)

ORCHID BOWL

Tel: 6759 4448
10:00am to 1:00am (Mon to Thu, Sun & PH)
10:00am to 3:00am (Fri, Sat & Eve of PH)

ORCHID LODGE

24 hours

ORCHIS PAVILION – PHOTO STUDIO

Tel: 6222 3602
9:00am to 8:00pm (Daily)

POP INSTITUTE

Tel: 6346 5155
9:00am to 6:00pm

READING/TV CORNER

9:00am to 11:00pm (Sun to Thu & PH)
9:00am to 1:00am (Fri, Sat & Eve of PH)

TENNIS COURT

7:00am to 10:00pm (Daily)

THE LEARNING BOUTIQUE

10:00am to 9:00pm (Mon to Fri)
9:00am to 5:00pm (Sat & Sun)

FUTSAL COURTS

Tel: 8157 6541
8:00am to 11:00pm (Daily)
(Coming soon in August)



DEAR MEMBERS & FRIENDS,

Warm Greetings from Sunny Orchid!

In our continuing stride to ensure the well-being of your membership benefits, welfare and enjoyment of the Club facilities and services, the Club has embarked on a "Members' Satisfaction Survey" enclosed with this edition of Newsletter for your completion by 31st July 2017 (Mon), and you may stand a chance to win attractive lucky draw prizes, and Early-Bird gifts from our participating tenants and partners.

The results of the said survey shall be comprehensively assessed and evaluated to address and rectify any service shortfall, facility upkeep, and operating and processes gaps in an effort to improve your Club experience, including those of your family, associates and buddies. Do indulge 15 minutes of your busy schedule to complete the questionnaire and return it via mail using the self-addressed envelope provided in this Smile Magazine or scan it and email to marcom@orchidclub.com. Alternatively, you can visit www.orchidclub.com to complete the online questionnaire.

I am pleased to report that the Members' exclusive car parking IU barrier system has been successfully implemented since 15 May 2017; and generally the feedback gathered during the weekend peak hours were favourable as members are able to secure parking spaces with ease since its implementation.

The renovation of the Driving Range restrooms was completed in June and we would like to thank our members for your patience and understanding during the past six (6) weeks where temporary mobile toilets were deployed; with our Golf Clubhouse restrooms remained open to cater to higher weekend patronage at the Driving Range. Please keep in mind that minor defect rectification works are in progress and will not cause any disruption during your next visitation at the Driving Range.

In tandem, renovation for the restrooms located at the Orchid Lodge (Hotel Wing) precinct was also completed and fully functional in June. The next in line shall include the restrooms serving our Grand Ballroom and Jade Foyer of the Social Clubhouse to commence from August and target for completion by end September.

At the Golf event front, we would like to thank our members who have registered for the upcoming annual Secretary-General's Cup (SG Cup) scheduled on 9 July 2017 (Sun). Your stoic support has certainly kicked up a notch and strengthened the collaboration which is in alignment with the Labour Movement's social objective of "inclusiveness".

For those who might have missed the opportunity for the SG Cup, you can certainly look forward to partake in the Club President's Cup scheduled on 27 August 2017 (Sun), and the Club Captain & Lady Captain's Cup planned on 24 September 2017 (Sun) for a relaxing afternoon of friendly-fun challenge with the Club President and Club Captains accompanied with an exciting evening of dining, entertainment and camaraderie at the event's dinner and prize presentation celebration.

On the Club food & beverage scene, you may have noticed the opening of the Royal Palm Restaurant, a full-fledged Halal establishment located at the basement level of the Social Clubhouse serving authentic Arabic, Turkish, Mediterranean, Pakistani, Northern Indian Cuisines and local favourites; with an elaborate buffet spread to tantalise your dining senses in a relaxing and charming view of the alfresco dining bistro over-looking the rich flora and fauna of our Golf Courses and Seletar Reservoir. Do flip to page 37 for a preview of what the Royal Palm Restaurant has installed for you.

Another initiative in serving your refreshment needs whilst on the Golf Courses, the Club shall be implementing a mobile "F&B" buggy plying the Golf Courses at scheduled timings to serve your quick carbo snacks and beverage needs. More details shall be shared via our weekly EDM and Club Noticeboard as we finalise the details with our vendor, Fatelicious (the operator of Dendro Halfway House).

I would like to take this opportunity to wish all members a very Happy & United 52nd National Day. Do sign-up for our National Day Golf Competition on 9 August 2017 (Wed) for a jubilant day of celebrating our Nation's Birthday.

"To the young and not too old, I say, look at the horizon, follow that rainbow, Go Ride It"

-Mr Lee Kuan Yew, our Founding Father

Majulah Singapura!

See you at the Club soon.

Warmest Regards,
RICHARD FOO
General Manager



Hole-in-One Achiever



Mr Tan Tyou Seng
Aranda Hole 6
10 June 2017



Hellos and Goodbyes

Thank you for your support!

To our former members, we wish you all the best in your future endeavours and hope to serve you again!

Meanwhile, we are pleased to extend a warm welcome to our new members!

Hellos	Goodbyes
Individual Golfing (Gold)	
MR WONG LAM LIM	MR ANTONIUS GOANA
MR TONY LIM HUNG HOCK	MR KOH TONG SER JONATHAN
MR NEO POH OON	MR NG HOCK GUAN
MDM YAP YONG CHENG	MR LIEW CHOON MIN
MDM SUAN TJU	MR LIM PANG LIN
MDM LEE SEOK WAH	MDM LEE PHUAY ENG
MDM SUZANNA ANNE FRANCESCO ONG GEK SUAN	MR JOSEPH ONG PENG KOON
MR ANG KHA KING	MDM LEE PHUAY ENG
MS KOH WOEI CHYN	MR SEOW KIN SIONG
Individual Social	
MR NG ZHI XU	MR NG KAM CHEE

Members' 2017 Birthday Voucher Redemption at Royal Palm @ OCC

We are pleased to inform you that the \$20 F&B Voucher in the birthday pack that you receive can now be redeemed at Royal Palm @ OCC. We hope that this special arrangement will bring you an enjoyable dining experience and we look forward to your continuous patronage.



Members' Appreciation Draw

OCC National Day Fun Pack Lucky Draw 2017 1 July to 1 August 2017

This July/August Members' Appreciation Draw, join us as we celebrate Singapore's Birthday with our very own OCC National Day Fun Pack! Stand to be one of the 6 lucky winners to walk away with **\$270 worth of prizes**, consisting of:

- 1 Pair of Wild Wild Wet Day Pass Tickets
- 1 Pair of Trick-Eye Museum Tickets
- \$50 OCC F&B Vouchers
- \$50 NTUC Vouchers
- 10 Orchid Bowl Games
- 2-hr Karaoke Session

Instructions:

Simply cut along the dotted line shown in the coupon below, answer the quiz and fill in your details. Drop the completed coupon into our lucky draw box located at the Golf Clubhouse (level 2). Coupon must be submitted by 1800 hrs on 1 August 2017 (Tuesday).

Quiz: How old is Singapore this year?

Name : _____
 Membership Number : _____
 Email : _____
 Contact Number : _____

Terms & Conditions:

- All winners will be notified by phone/email on 3 August 2017.
- Only original coupon with completed information will be accepted; no photocopies are allowed.
- Each member is entitled to one chance at the draw only; multiple entries will not be counted.
- By participating in this lucky draw, you agree that OCC may collect, use and/or disclose the information provided by you to its representatives and service providers for the purpose of selecting and contacting the winner.
- Only winners with the correct entries will be considered for the draw.



2017 MEMBERS' SATISFACTION SURVEY

CLOSING DATE:
31 JULY (MONDAY)

At OCC, we aim to constantly improve our delivery of a uniquely Orchid experience to members. To help us serve you better, your feedback and opinion play a valuable part in giving us better insights of your preferences and satisfaction levels towards the Club's facilities and service standards. **Thus, we would like to appeal to all members to participate in the 2017 Members' Satisfaction Survey.**

A copy of the survey questionnaire and self-addressed envelope are enclosed in this issue of July/August 2017 Smile Magazine. For your convenience, you may complete the online questionnaire by visiting our website www.orchidclub.com

To participate, simply complete the questionnaire and return it to us by one of the following methods:

Option 1: Mailing the questionnaire using the self-addressed envelope provided.

Option 2: Scanning the questionnaire and email to marcom@orchidclub.com

Option 3: Complete the online questionnaire by visiting our website www.orchidclub.com

COMPLETE THE SURVEY & STAND TO WIN GRAND PRIZES!

PLUS!



The first **300 respondents** to complete and submit the questionnaire will receive a **\$20 Royal Palm @ OCC cash dining voucher!**

1st Prize



A Pair of SQ Return Air Tickets to Hong Kong (worth \$900)

Sponsored By
HOSEI
HOSEI Sign Pte. Ltd.

2nd Prize



Weekday Green Fee Vouchers for 4 Pax & \$50 Range Card (worth \$530)

3rd Prize



Weekday Green Fee Vouchers for 4 Pax & \$20 Range Card (worth \$500)

4th Prize



2D1N Weekday Stay @ Orchid Lodge with 1-hour Body Massage at Healing Touch (worth \$255)

5th Prize



\$50 Range Card

All winners will be notified at the end of this exercise. Images are for illustrative purpose only.

We look forward to hearing from you. For more information about this survey, you may contact Marcom Department at 6750 2158/178 or email marcom@orchidclub.com.

Honoured to Be the Venue of Choice for NTUC May Day Awards 2017

The annual Labour Movement's May Day Awards held on 13 May 2017 (Sat) saw 145 individuals and companies being honoured at the OCC Grand Ballroom for their dedication and contribution towards NTUC's journey in championing the interests of working people. Topping the honours list was Deputy Prime Minister and Coordinating Minister for Economic and Social Policies, Tharman Shanmugaratnam.

This year, the event emphasised the inclusiveness of growing the Labour Movement network, highlighting the Labour Movement's continuous commitment to be relevant and representative of the needs of working people amidst changes and challenges.

A total of 1200 guests including NTUC President Mary Liew, NTUC Secretary-General Chan Chun Sing, SNEF President Robert Yap Chin Kok, Minister for Manpower Lim Swee Say, NTUC Central Committee members, Cabinet Ministers, Members of Parliament and Tripartite partners attended the celebratory May Day Awards event.



The faces behind NTUC's journey in pushing forth the interests of working people.



The enchanting Grand Ballroom with an elevated catwalk podium to honour the awardees.



NTUC President Mary Liew delivering her welcome address on stage.



Guests posing for some light-hearted wefies before the start of the award ceremony.



Featuring the Awards recipients with strong dedication to Do Better and Do More Together!



Displaying their fruits of labour proudly are the deserving Awards recipients.

Newly Renovated Restrooms to Serve You Better

From 10 April to 23 June 2017, major renovations were carried out at the Driving Range and Orchid Lodge Lobby (Level 2) restrooms as part of our facility renewal programme. Below are some photos taken during and after the completion of the project.

Driving Range

Before



After



Orchid Lodge Lobby

Before



After



During



Meanwhile, renovation works at the restrooms beside the Aranda Lounge (Level 2) are expected to be completed by end-July 2017. Next in line will be the restrooms at the Grand Ballroom and Jade Foyer (Level 3) which are scheduled to start in early August and targeted for completion by end-September.





ORIGINE
FRANCE®
GARANTIE
BVCert-6011825

Larger, simpler and more functional

Larger Volume

The new ovens has a large capacity of 73 litres with 6 levels for maximum capacity

Quattro Pulse

Outstanding even cooking on all levels

Smart Assist and Culinary Guide

With in-built culinary guide featuring 15 recipes, this oven also recommends the right temperature and duration

Pyro Express

Ultra fast pyroclean and 50% more economical



Available in Black and Stainless Steel BXP6555B/X

PACE OF PLAY

Golf is a game for all to enjoy, especially unwinding with golfing mates out on the golf courses after a long week at work. Therefore, planning your pace of play is important to reduce the waiting time from hole to hole, ensuring that the therapeutic effect of the game is not lost.

To improve your overall experience of playing at OCC, the following tips should be observed:

1. Be early for your tee time. Proper pace of play begins with teeing off at the appointed time.
2. Play from the appropriate tee that is corresponding to your handicap index. During weekends, if one of the golfers within the flight has a Handicap Index of 18.0 and above, all players in the flight must tee off from the white tee. This is a Local Rule at OCC.
3. Have an extra ball in your pocket in case your first shot is out-of-bounds or out-of-sight.
4. Plan your shot when walking to your ball while others are playing.
5. Be ready to play when it is your turn.
6. Limit your practice swings to no more than two before addressing the ball for each shot.
7. Play a provisional ball if you think the original ball might be lost in a water hazard or go out of bounds.
8. Take a few clubs with you when buggies are restricted to the buggy path.
9. Take the clubs that you need for subsequent shots, including your putter, when you leave the buggy for an approach (to the green) shot.
10. Line up your putt when others are playing.
11. Go directly to the buggy and move to the next tee box after holing out. Do not record the hole score until you are at the next tee box.

Following the tips above will improve the pace of play and allow you to enjoy the game greatly. If all players observe these basic tips, playing golf will definitely be a breeze.

To further speed up play, the Club has brought forth a compulsory "Call on Hole" on Aranda Hole 2 and Dendro Hole 4 whereby you can signal for the flight behind to play their shots when all your balls have reached the Green.

Do apply these tips and rules during your next outing on the course. Happy golfing!

"Call on Hole" illustration



OCC Resident Golf Professionals



Our dedicated and experienced golf professionals offer customised training programmes and expert advice for keen learners who wish to pick up golfing at Orchid Country Club.

If you are interested, you may contact any of our professional golfers below for a fun and enriching experience.

CHANG REN CHIAT

Contact No.: 9450 4451 Email: renchiatchang@yahoo.com

- 16 years of teaching experience
- Singapore Professional Golfer's Association - Class 'AAA'
- Pioneer in HSBC Youth Golf Programme, and co-created the Junior Golf Programme for Laguna National Golf & Country Club
- Vice President of Singapore Professional Golfers' Association (SPGA)
- Certified by Singapore Sports Council under National Coaching Accreditation Programme (NCAP)



DAVID NG

Contact No. : 9735 1647 Email: davidng_spga@yahoo.com

- Member of Hong Kong Senior Professional Golfers' Association
- Coached at International Golf School (1997 – 2002)
- Coached at Peter Senior Gary Edwin Golf Academy (2002 – 2010)
- "AA" Coaching Accreditation by Gary Edwin Golf Australia (2002)
- David Milne Golf Academy Personal Development Programme (2009)
- National Coaching Accreditation Programme (NCAP1) (2010)



JASON TAN

Contact No.: 9660 0500 Email: jason@jt-golf.com

- Singapore Professional Golfer's Association - Class 'A'
- Hank Haney Associate Instructor Level 1
- Singapore Sports Council NCAP Level 3
- Master Teaching Professional
- Member of Golf Referees Association of Singapore



Playing During or After Rain

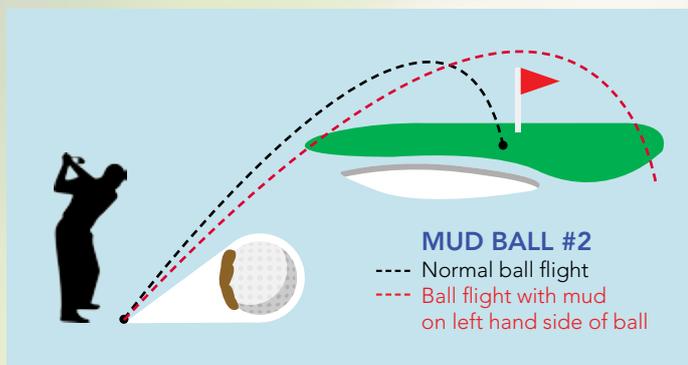
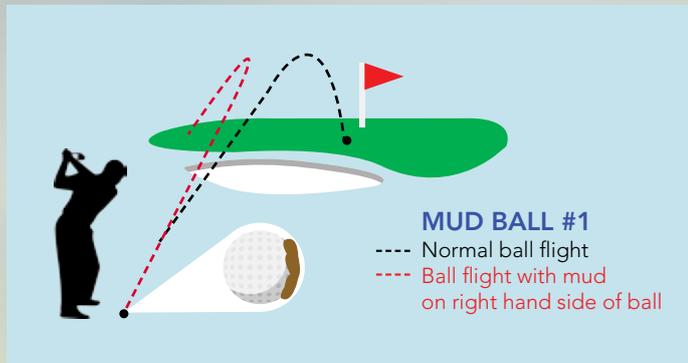
With the rainy season in Singapore, golfers face conditions that often require dealing with mud balls, firm sand bunkers and wet, soggy greens.

Mud on the Right and Left Side of Your Ball

When your ball lands on the ground and mud adheres to the outside of the ball, and you are not allowed to mark, lift, clean and place it back, this can affect the flight of your next shot.

How Much Does the Ball Deviate Off Line?

This is not consistent but is substantial enough to miss a green with a full swing where otherwise you would have hit the green.

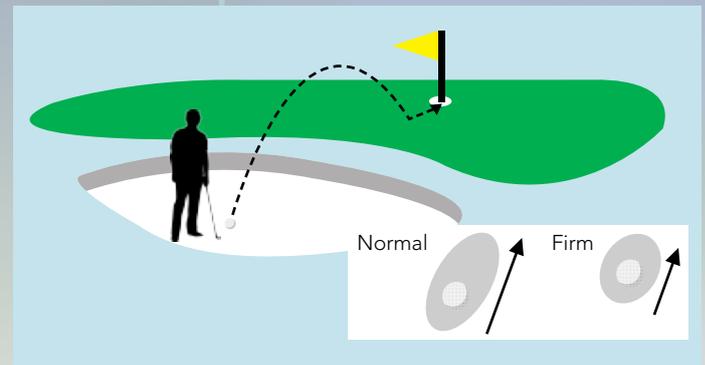


Tips

Adjust your alignment to allow for the opposite to occur. For the ball that tends to deviate to the right, you simply have to hit the ball more towards your left. The same concept applies for a ball that deviates to the left.

Firm Sand Bunkers

Persistent rain over extended periods of time can leave the sand bunkers quite compact. If you have a 60 degree wedge, it will be good for the firmer sand as the bounce on the club is less.



Tips

1. Lean shaft forward with open clubface.
2. Take less sand due to its firmness.
3. Use a steep angle of attack and less club head speed, this will produce more backspin so the ball stops quicker.
4. Consider chipping the ball out if the bunker lip is low.

Reading Greens When They Are Wet

Wetness of the green affects the speed of the greens by slowing them down.

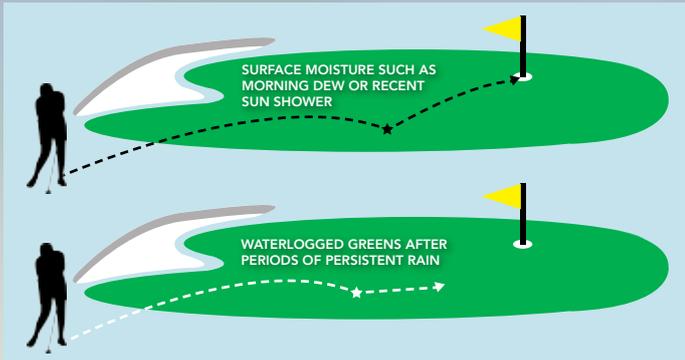


Tips

1. Hit the ball harder to reach the same intended spot.
2. The ball will then travel faster across the surface for a longer period, compared to a dry surface, and you will have less break to allow for.

Chipping onto Wet Greens

Rain can slow down the pace of the greens, especially if they get water-logged. The first bounce becomes softer, not bouncing forward as much as normal. Moisture on the surface of firm greens makes the ball skid forward on the first bounce and you will encounter little change in the reaction of the ball with the green when chipping.



Tips

1. Survey the landing areas and get a feel of the surface under your feet first as playing shots from around the green can also be affected by these changes in course conditions.
2. Play the ball just a touch further back in your stance, ensuring that you contact the ball first.
3. Take a little extra lofted club and close the face a little. Keep your hands in front of the ball and always be moving left (for right-handed golfers).
4. Your club should contact the ground only after you have hit the ball.

Conclusion for Playing Better Golf During or After Rain

Most of these adjustments mentioned in this article are concept based. The key to playing better golf in the rain is to keep your contact with the golf club dry. This means keeping your hands, gloves and grips as dry as possible. Swing easy, keep to your routine and be patient. These are tough conditions, but if you can apply these tips, your game will definitely improve.



Contributed by **Mr Phil Brew**

Certified Golf Professional of Australian PGA
Advanced in Coaching
Director of Phil Brew Golf Academy
Orchid Country Club

Tel: 8280 6363 **Email:** philbrew@singnet.com.sg





Team OCC at the 2017 Inter-Club League

The Singapore Golf Association (SGA) Inter-Club League (ICL) 2017 kicked off on 9 April 2017, with OCC playing its first game against Tanah Merah Country Club. Having played in the league for over 20 years, the team has forged strong bonds with one another and become one big family. Here are some shots of them displaying comradeship and enjoying one another's company.



Team OCC at Keppel Club, playing against Laguna National Golf & Country Club.



Team OCC at Seletar Country Club, playing against Tanah Merah Country Club.

The Exhilarating Game of May Fest Golf Challenge

Teeing off on a bright Saturday morning on 6 May 2017 were a jovial bunch of golfing members and guests gathered to celebrate the 4th Season of May Fest. The exciting game saw many exhibiting their best strokes and displaying sportsmanship. The match ended with golfers enjoying a sumptuous dinner at Vanda Terrace.



All ready for an exciting game of golf!



Presenting the jovial and sporting May Fest golfers.

Members Enjoying the Beautiful Surabaya Through Golf

It was a five-day adventure from 10 to 14 May 2017 as 23 golfing members ventured into Surabaya for a new golf experience. With mini competitions, scenic golf courses, good food and five-star accommodation, the golfers enjoyed themselves immensely and forged stronger friendships with one another.



Prize Presentation by Vice Captain Ted Wong to hype up the enjoyable evening.



Golfers showing off their playful side with fun poses!



A joyful shot of the happy golfers.



MAY 2017 MONTHLY MEDAL RESULTS

Trophy presented by Lady Captain Susan Gan and League Captain Jasper Lim | **STROKE PLAY (20 MAY 2017)**



MR DARYL LOW



MR THIA KAI LENG PAUL



MR MAN WAI SHING ERIC



MS HUANG XIAO LI



MS JANICE HAN

DENDRO/VANDA

RESULTS FOR MEN'S 'A' DIVISION (H'CAP 11.4 & BELOW)

BEST GROSS	MR DARYL LOW	(7.5)	80 GROSS OCB
WINNER	MR SOO THEAN LING	(11.4)	70 NETT OCB
RUNNER UP	MR VINCENT CHONG	(9.0)	70 NETT
BALLSWEEP (1ST NINE)			
WINNER	MR VINCENT CHONG	(9.0)	33 NETT
BALLSWEEP (2ND NINE)			
WINNER	MR DARYL LOW	(7.5)	34 NETT

RESULTS FOR MEN'S 'B' DIVISION (H'CAP 11.5 - 16.0)

BEST GROSS	MR THIA KAI LENG PAUL	(12.1)	82 GROSS
WINNER	MR RAYMOND LOH	(15.3)	70 NETT
RUNNER UP	MR ROGER WONG	(15.9)	72 NETT
BALLSWEEP (1ST NINE)			
WINNER	MR THIA KAI LENG PAUL	(12.1)	31 NETT
BALLSWEEP (2ND NINE)			
WINNER	MR ANG CHENG YONG	(15.1)	34 NETT

RESULTS FOR MEN'S 'C' DIVISION (H'CAP 16.1 - 24.9)

BEST GROSS	MR MAN WAI SHING ERIC	(16.9)	90 GROSS
WINNER	MR LIM SAM SAN	(22.9)	70 NETT OCB
RUNNER UP	MR LOH POI CHOON	(17.1)	70 NETT
BALLSWEEP (1ST NINE)			
WINNER	MR LOH POI CHOON	(17.1)	30 NETT
BALLSWEEP (2ND NINE)			
WINNER	MR CHOO CHYE HOCK	(18.3)	33 NETT

RESULTS FOR LADIES' 'A' DIVISION (H'CAP 18.4 & BELOW)

BEST GROSS	MS HUANG XIAO LI	(5.6)	81 GROSS
WINNER	MS WONG SIAO MAY MARY	(16.6)	71 NETT
RUNNER UP	MS JACQUELINE LIM	(13.2)	72 NETT
BALLSWEEP (1ST NINE)			
WINNER	MS WONG SIAO MAY MARY	(16.6)	35 NETT
BALLSWEEP (2ND NINE)			
WINNER	MS POH LAY GUAT	(15.9)	34 NETT

RESULTS FOR LADIES' 'B' DIVISION (H'CAP 18.4 - 36.9)

BEST GROSS	MS JANICE HAN	(20.5)	98 GROSS OCB
WINNER	MS FAN SUET LAY	(24.8)	71 NETT
RUNNER UP	MS TAN JU SENG	(23.7)	72 NETT
BALLSWEEP (1ST NINE)			
WINNER	MS FAN SUET LAY	(24.8)	32 NETT
BALLSWEEP (2ND NINE)			
JOINT WINNERS	MS JANICE HAN	(20.5)	35 NETT
	MS TAN JU SENG	(23.7)	35 NETT

* June Monthly Medals was cancelled due to inclement weather.

OCC-U Golf 9-Hole Night Series

SYSTEM 36 (STABLEFORD)

20 MAY 2017 | DENDRO

RESULTS FOR MEN'S DIVISION (HI 24.0 & BELOW)

WINNER	MR WONG WENG ONG	25 PTS
1 ST RUNNER UP	MR PATRICK STEPHEN	23 PTS OCB
2 ND RUNNER UP	MR C RAJA KUMAR	23 PTS OCB

RESULTS FOR LADIES' DIVISION (HI 36.0 & BELOW)

WINNER	MS CHAI LEE HOOI	25 PTS
1 ST RUNNER UP	MS JOANNE KONG	17 PTS
2 ND RUNNER UP	MS CAROL LIM	15 PTS



1st Runner-Up of the Men's Division
Mr Patrick Stephen (middle).



2nd Runner-Up of the Men's
Division Mr C Raja Kumar (right).



The happy golfers flashing their smiles for the camera.



Winner of the Ladies' Division
Ms Chai Lee Hooi (right).



Top lucky draw winner
Mr Damien Chandran (right).

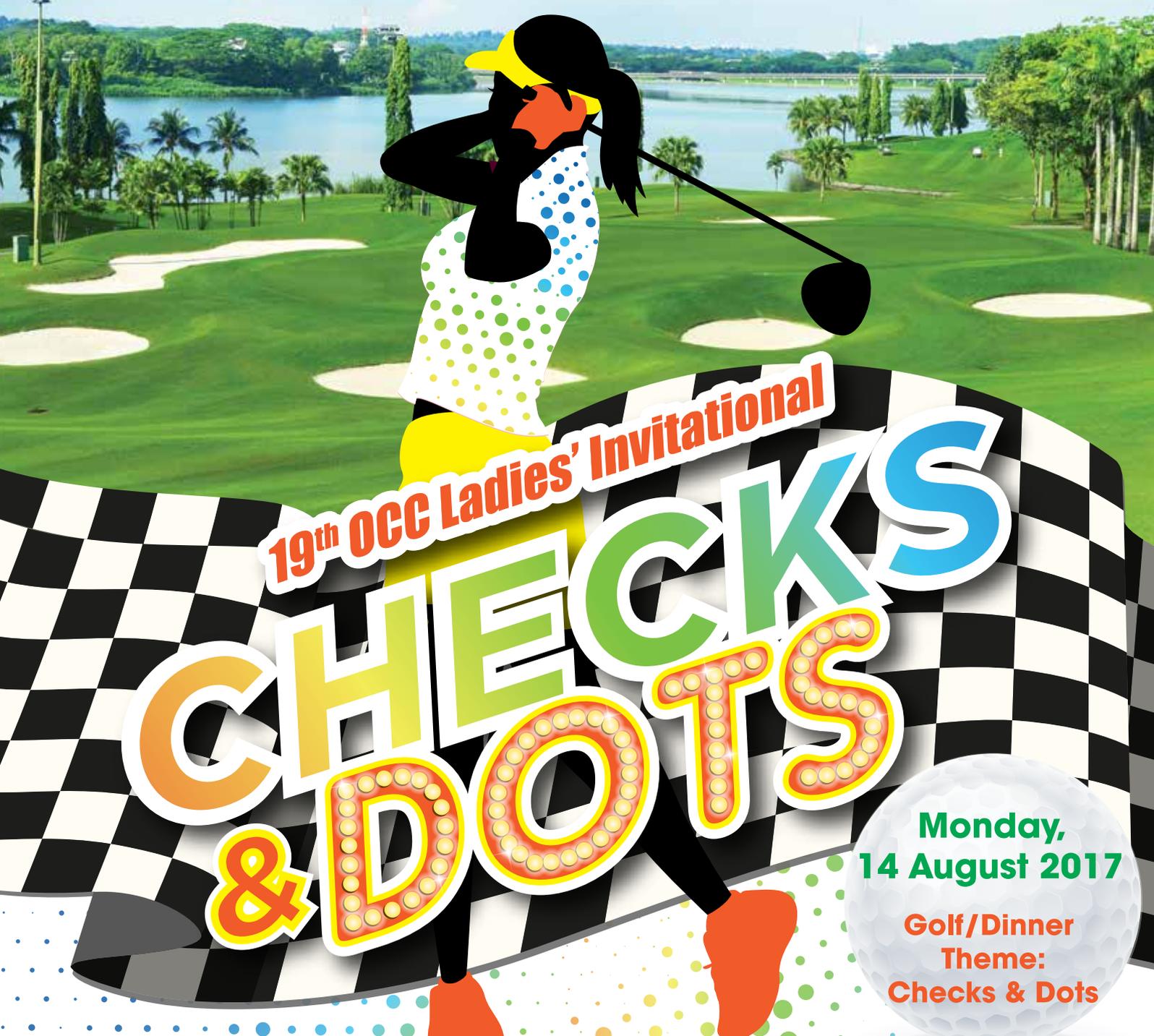
National Day Golf 2017

Date : 9 August 2017 (Wednesday)
Tee-off time : 7:45am (shotgun start)
Format of play : Stableford
Division : Men's division
 (HI 24.9 & below)
 Ladies' division
 (HI 36.9 & below)
Course : Dendro/Vanda

Entrance fee : \$30
Green fee : \$70 (Silver member)
 \$80 (Corp. Union/ MGK)
Buggy fee : \$25
Registration
Open : 8 July 2017 (Saturday)
Register By : 30 July 2017 (Sunday)

All fees are inclusive of registration, lunch & free flow of beer.

For enquiries and registration, contact our **Golfing Department** at **6750 2102/111**
 or email golfregistration@orchidclub.com.



19th OCC Ladies' Invitational

CHECKS & DOTS

**Monday,
14 August 2017**

**Golf/Dinner
Theme:
Checks & Dots**

ENTRY FEES:

- \$105 (Gold Member)
- \$140 (Silver Member)
- \$155 (Corporate Union Member)
- \$185 (Guest)

Register By : 28 July 2017 (Friday)

DIVISIONS AND FORMAT OF PLAY:

- | | | |
|---------------|------------------|--------------|
| Pink Div | : HI 9.4 & Below | (Strokeplay) |
| Amber Div | : HI 9.5 - 18.4 | (Strokeplay) |
| Blue Div | : HI 18.5 - 27.4 | (Strokeplay) |
| Champagne Div | : HI 27.5 - 36.4 | (Stableford) |

Practice Day : 7 August 2017 (Monday)
Green & Buggy Fees: \$100 nett (Guest)

The Organising Committee reserves the right to adjust the Handicap Index (HI) range for each division.

HOLE-IN-ONE PRIZES:

Mercedes-Benz CLA Coupé* 

 A pair of round trip air tickets to Honolulu, Hawaii

For enquiries and registration, please call 6750 2111.

Our Sponsors:



*Exclude COE, insurance, IU and license plate. Other T&Cs apply.

JULY

Mon

Tue

Wed

Thu

Fri

Sat

Sun

31

Muay Thai
Sim Han Hoon Dance Class
Yale Swimming Singapore
Masala Bhangra
Quattor Swim School

Corporate Golf Events

3 July (Mon) 12 July (Wed) 31 July (Mon)
4 July (Tue) 14 July (Fri)
5 July (Wed) 19 July (Wed)
7 July (Fri) 21 July (Fri)
10 July (Mon) 25 July (Tue)
11 July (Tue) 30 July (Sun)

1

Aikido (Adults & Kids)
Aquaducks
Fun Floats
SIG – OCC Black 8 Training
SIG – OCC Bowling
Yale Swimming Singapore
Yoga
Practice Dance Night
OCC-U Golf 9-Hole Night Series

2

Aquaducks
Fun Floats
Taijiquan
Yale Swimming Singapore
Karate
Youth Day

3

Muay Thai
Sim Han Hoon Dance Class
Yale Swimming Singapore
Masala Bhangra
Quattor Swim School

4

SIG – OCC Pool
SIG – Orchid Bulls Darts
Yale Swimming Singapore
Zumba Fitness
KpopX Fitness
Quattor Swim School

5

Scuba Diving
Sim Han Hoon Dance Class
Yale Swimming Singapore
Zumba Gold

6

Karaoke Night
SIG – Orchid Bulls Darts
Yale Swimming Singapore
Zumba Fitness
Quattor Swim School

7

Muay Thai
Scuba Diving
Social Dance Night
Taekwondo
Taijiquan
Yale Swimming Singapore
Rummy-O
Quattor Swim School

8

Aikido (Adults & Kids)
Aquaducks
Fun Floats
SIG – OCC Black 8 Training
SIG – OCC Bowling
Yale Swimming Singapore
Yoga
Social Dance Night
Monthly Medals

9

Secretary-General's Cup
Aquaducks
Fun Floats
Taijiquan
Yale Swimming Singapore
Karate

10

Muay Thai
Sim Han Hoon Dance Class
Yale Swimming Singapore
Masala Bhangra
Quattor Swim School

11

SIG – OCC Pool
SIG – Orchid Bulls Darts
Yale Swimming Singapore
Zumba Fitness
KpopX Fitness
Quattor Swim School

12

Scuba Diving
Sim Han Hoon Dance Class
Yale Swimming Singapore
Zumba Gold

13

Karaoke Night
SIG – Orchid Bulls Darts
Yale Swimming Singapore
Zumba Fitness
Quattor Swim School

14

Muay Thai
Scuba Diving
Taekwondo
Taijiquan
Yale Swimming Singapore
Practice Dance Night
Quattor Swim School

15

Aikido (Adults & Kids)
Aquaducks
Fun Floats
SIG – OCC Black 8 Training
SIG – OCC Bowling
Social Dance Nights
Yale Swimming Singapore
Yoga

16

Aquaducks
Fun Floats
Taijiquan
Yale Swimming Singapore
Karate
ACC/OCC Bowling Championship

17

Muay Thai
Sim Han Hoon Dance Class
Yale Swimming Singapore
Masala Bhangra
Quattor Swim School

18

SIG – OCC Pool
SIG – Orchid Bulls Darts
Yale Swimming Singapore
Zumba Fitness
KpopX Fitness
Quattor Swim School

19

Scuba Diving
Sim Han Hoon Dance Class
Yale Swimming Singapore
Zumba Gold

20

Karaoke Night
SIG – Orchid Bulls Darts
Yale Swimming Singapore
Zumba Fitness
Quattor Swim School

21

Muay Thai
Scuba Diving
Taekwondo
Taijiquan
Yale Swimming Singapore
Social Dance Nights
Quattor Swim School
Scratch-It-To-Win-It-Night

22

Aikido (Adults & Kids)
Aquaducks
Fun Floats
SIG – OCC Bowling
SIG – OCC Black 8 Training
Social Dance Night
Yale Swimming Singapore
Yoga

23

Aquaducks
Fun Floats
Taijiquan
Yale Swimming Singapore
Karate

24

Muay Thai
Sim Han Hoon Dance Class
Yale Swimming Singapore
Masala Bhangra
Quattor Swim School

25

SIG – OCC Pool
SIG – Orchid Bulls Darts
Yale Swimming Singapore
Zumba Fitness
KpopX Fitness
Quattor Swim School

26

Scuba Diving
Sim Han Hoon Dance Class
Yale Swimming Singapore
Zumba Gold

27

Karaoke Night
SIG – Orchid Bulls Darts
Yale Swimming Singapore
Zumba Fitness
Quattor Swim School

28

Muay Thai
Scuba Diving
Taekwondo
Taijiquan
Yale Swimming Singapore
Social Dance Nights
Quattor Swim School

29

Aikido (Adults & Kids)
Aquaducks
Fun Floats
SIG – OCC Bowling
SIG – OCC Black 8 Training
Social Dance Night
Yale Swimming Singapore
Yoga
Nee Soon Fiesta 3Ten Run

30

Tripartite Golf Friendly
Aquaducks
Fun Floats
Taijiquan
Yale Swimming Singapore
Karate

AUGUST

Mon Tue Wed Thu Fri Sat Sun



1	2	3	4	5	6
SIG – OCC Pool SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness KpopX Fitness Quattor Swim School	Scuba Diving Sim Han Hoon Dance Class Yale Swimming Singapore Zumba Gold	Karaoke Night SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness Quattor Swim School	Muay Thai Scuba Diving Social Dance Nights Taekwondo Taijiquan Yale Swimming Singapore Quattor Swim School	Aikido (Adults & Kids) Aquaducks Practice Dance Night Fun Floats SIG – OCC Black 8 Training SIG – OCC Bowling Yale Swimming Singapore Yoga OCC-U Golf 9-Hole Night Series	Aquaducks Fun Floats Taijiquan Yale Swimming Singapore Karate

7	8	9	10	11	12	13
Muay Thai Sim Han Hoon Dance Class Yale Swimming Singapore Masala Bhangra Quattor Swim School	SIG – OCC Pool SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness KpopX Fitness Quattor Swim School	OCC National Day Golf	Karaoke Night SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness Quattor Swim School	Muay Thai Scuba Diving Social Dance Nights Taekwondo Taijiquan Yale Swimming Singapore Quattor Swim School Rummy-O	Aikido (Adults & Kids) Aquaducks Fun Floats SIG – OCC Black 8 Training SIG – OCC Bowling Social Dance Nights Yale Swimming Singapore Yoga Monthly Medals	Aquaducks Fun Floats Taijiquan Yale Swimming Singapore Karate



14	15	16	17	18	19	20
19th OCC Ladies' Invitational	SIG – OCC Pool SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness KpopX Fitness Quattor Swim School	Scuba Diving Sim Han Hoon Dance Class Yale Swimming Singapore Zumba Gold	Karaoke Night SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness Quattor Swim School	Muay Thai Practice Dance Night Scuba Diving Taekwondo Taijiquan Yale Swimming Singapore Quattor Swim School	Aikido (Adults & Kids) Aquaducks Fun Floats SIG – OCC Black 8 Training SIG – OCC Bowling Social Dance Nights Yale Swimming Singapore Yoga August Ball	Aquaducks Fun Floats Taijiquan Yale Swimming Singapore Karate

21	22	23	24	25	26	27
Muay Thai Sim Han Hoon Dance Class Yale Swimming Singapore Masala Bhangra Quattor Swim School	SIG – OCC Pool SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness KpopX Fitness Quattor Swim School	Scuba Diving Sim Han Hoon Dance Class Yale Swimming Singapore Zumba Gold	Karaoke Night SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness Quattor Swim School	Muay Thai Scratch-It-To-Win-It Night Scuba Diving Social Dance Nights Taekwondo Taijiquan Yale Swimming Singapore Quattor Swim School	Aikido (Adults & Kids) Aquaducks Fun Floats SIG – OCC Black 8 Training SIG – OCC Bowling Social Dance Nights Yale Swimming Singapore Yoga Urban Aquathlon	Club President's Cup

28	29	30	31	Corporate Golf Events	
Muay Thai Sim Han Hoon Dance Class Yale Swimming Singapore Masala Bhangra Quattor Swim School	SIG – OCC Pool SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness KpopX Fitness Quattor Swim School	Scuba Diving Sim Han Hoon Dance Class Yale Swimming Singapore Zumba Gold	Karaoke Night SIG – Orchid Bulls Darts Yale Swimming Singapore Zumba Fitness Quattor Swim School	1 August (Tue) 7 August (Mon) 15 August (Tue) 16 August (Wed) 21 August (Mon)	22 August (Tue) 23 August (Wed) 25 August (Fri)



Driving Range

Spin the Wheel of Golf Fortune

1 August to 31 October 2017

@ the Driving Range



Spin the Wheel of Golf Fortune at the Driving Range and win instant prizes like **Ball markers**, **1 Sleeve of Golf Balls**, **OCC Golf Cap** and **Complimentary Weekday Golf Voucher** with a minimum top-up of \$30! Each golfer is entitled to one spin at the point of top-up.

Terms & Conditions Apply.

Extended due to popular demand!

MORE BALL REWARDS WITH MORE BALL HITS

Till 31 August 2017

Weekdays excluding
Public Holidays
(6pm to 10.30pm)

Weekends &
Public Holidays
(7am to 10.30pm)

From now till 31 August 2017, get swinging at the Range with a minimum of 150 balls to enjoy additional 20 free balls to play!

Terms & Conditions Apply.

Spot the Yellow Balls @ the OCC Range during practice and enjoy 50% more balls.

Till 31 August 2017

Spot a Volvik DS-77 Yellow Ball with the **ORCHID COUNTRY CLUB LOGO** during practice and enjoy more balls!



*Terms & Conditions Apply.

For enquiries, please call our Driving Range at 6750 2198



Bulla

FAMILY DAIRY
SINCE 1910

Bulla Sour Cream Range



Care, craftsmanship & passion

Rich and decadent, our award winning sour creams are made using practices refined over six generations of dairy making. Ideal for use in both savoury and sweet dishes, the light tangy flavour of our sour creams make them suitable to be used in everything from cakes to nachos and beyond.



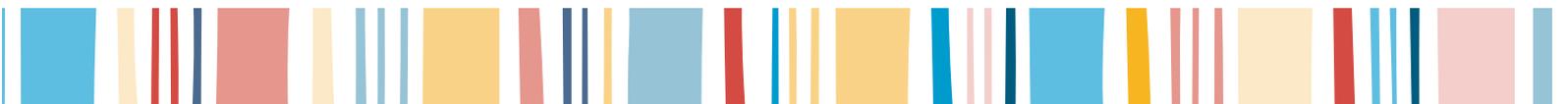
GLUTEN
FREE



NO ARTIFICIAL
COLOURS & FLAVOURS

PRODUCT DESCRIPTION	SIZE	UNIT / CTN	EAN
Bulla Sour Cream	200mL	12	9310161001220
Bulla Light Sour Cream	200mL	12	9310161001046

**For more information please contact the Bulla International Team
international@bulla.com.au**



Inter-Club Friendly Match @ OCC

(OCC and Seletar Country Club)

Years of friendship continue to grow as the OCC golfers met their counterparts from Seletar Country Club on 16 April 2017 for a friendly match, with OCC playing host. With good weather, the match was played in high spirits and camaraderie was displayed among the golfers. The cheery mood continued till evening where the players enjoyed dinner, drinks and music with one another at the Emerald Suite.



A group photo of the OCC and SEL golfers.



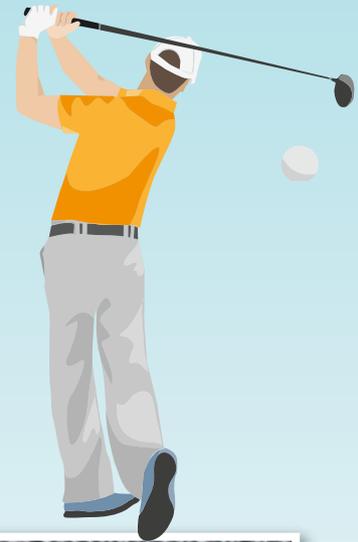
All ready for tee-off!



A night of savoury food, refreshing drinks and most importantly, forging friendships.



Prize Presentation to hype up the lively night.



Musical talents were unveiled as the members of both Clubs performed on stage.



The lively night continued as the participants enjoyed one another's company.



Top row (left to right):
 Mr Ted Wong (OCC Vice Captain),
 Mr David Liew (Seletar CC Management Committee),
 Mr Tony Peh (Seletar CC Member),
 Mr Tan Ah Ee (OCC Captain) &
 Mr Khoo Lam Loong (Seletar CC Green Sub-committee)

Bottom row (left to right):
 Ms Maureen Teo (OCC Lady Vice Captain),
 Mr Richard Foo (OCC General Manager),
 Mr Ismail Taha (Seletar CC Captain),
 Mrs Susan Gan (OCC Lady Captain) &
 Ms Angelia Lim (Seletar CC Lady Captain)



May Fest Dining & Entertainment

The revelry of May Fest continued as golfing and social members, together with family and friends, gathered at Vanda Terrace to enjoy the delectable spread of local food and beer. With engaging stage games, good music and a sporting crowd, OCC was filled with laughter and high spirits. The lucky draw prize presentation ensued as the finale where Captain Tan Ah Ee and Lady Vice Captain Maureen Teo gave out prizes to the winners.



Carnations and a cake cutting ceremony for the lovely mothers.



Sumptuous food to fill the tummy.



Live band performance to entertain the crowd.

The engaging stage games!



Revellers cheering to a lively night ahead.



Prize Presentation by Captain Tan Ah Ee (top) and Lady Vice Captain Maureen Teo (bottom).

THE SPLASHING 20TH SUPER SPRINT SERIES SWIM CHALLENGE



Held in conjunction with May Fest was the annual 20th Super Sprint Series that saw 70 young and eager swimmers from 4 Clubs and swim schools (OCC, ACC, Swim 70 and Swimfast) gathered at the Olympic Pool for an afternoon of splashing fun! With their high levels of energy, the participants showed off their swimming skills and enthusiastically posed for photos.



The budding Joseph Schoolings!



The young swimming enthusiasts from various participating teams!



The race to the finishing line!

OCC SOCIAL & RECREATION WEEKLY PROGRAMMES

DANCE



Social Dance Nights

Aranda Lounge
7:30pm to 1:00am
Every Fri and Sat
(except those days with
Practice Dance Nights)

Practice Dance Nights

Aranda Lounge
7:30pm to 1:00am
1 & 14 July
5 & 18 August



Sim Han Hoon Dance Class

Aranda Lounge
Mon, 8:00pm to 9:30pm
Wed, 8:00pm to 9:30pm

FITNESS



Yoga

Lifestyle Studio

Sat, 9:00am to 10:00am



Zumba Fitness

Lifestyle Studio

Tue, 7:30pm to 8:30pm
Thu, 7:30pm to 8:30pm

Masala Bhangra

Lifestyle Studio

Mon, 7:30pm to 8:30pm

KpopX Fitness

Lifestyle Studio

Tue, 7:30pm to 8:30pm

Zumba Gold*

Lifestyle Studio

Wed, 7:30pm to 8:30pm

MARTIAL ARTS



Karate

Lifestyle Studio

Sun, 12:00pm to 1:00pm

Taekwondo

Tennis Courts

Fri, 7:30pm to 9:00pm

Taijiquan

Lifestyle Studio

Fri, 10:00am to 11:30am
Sun, 10:30am to 12:00pm
1:00pm to 2:30pm
9:00am to 10:30am

Aikido (Adults & Kids)

Lifestyle Studio

Sat, 3:00pm to 4:15pm

Muay Thai

Lifestyle Studio

Mon and Fri, 12:00pm to 1:00pm
Fri evening, 8:00pm to 9:00pm

RECREATION



Karaoke Night**

Aranda Lounge

Thu, 2:00pm to 11:00pm



Darts

Aranda Lounge

Orchid Bulls One & Two Training

Tue, 8:00pm to 10:00pm
Thu, 8:00pm to 10:00pm



Mahjong & Cards

Mahjong Rooms (Daily)

Sun - Thu & PH, 9:00am to 11:00pm
Fri, Sat & Eve of PH, 9:00am to 12:00am



SIG - Rummy-O*

Sports Hub

7 July
11 August
7:30pm to 9:30pm



Scratch-It-To-Win-It Night*

Sports Hub

21 July
25 August
7:00pm to 10:00pm

SPORTS



SIG - Pool

Aranda Lounge/Sports Hub@OCC OCC Black 8 Training

Sat, 3:00pm to 6:00pm

Bi-Monthly Cue Challenge

Last Monday of Odd Months, 7:00pm onwards

SIG - Bowling

Orchid Bowl

Sat, 3:00pm to 5:00pm



Aquaducks (Swimming)

Fun Pool

Sat, 9:00am to 12:00pm
Sat, 1:00pm to 3:00pm
Sun, 9:00am to 12:00pm

Fun Floats

Fun Pool

Sat, 10:00am to 7:00pm
Sun, 10:00am to 7:00pm

Yale Swimming Singapore

Competitive Programme (Olympic Pool)

Mon - Fri, 5:30pm to 8:00pm

Recreation Programme

(Fun Pool & Olympic Pool)

Wed, 5:00pm to 7:00pm
Sat, 9:00am to 11:00am; 4:00pm to 7:00pm
Sun, 9:00am to 11:15am; 4:00pm to 7:00pm

Quattor Swim School

Fun Pool & Olympic Pool

Mon - Fri (except Wed)
5:00pm to 6:00pm; 6:00pm to 7:00pm



Simply Scuba (Scuba Diving)

Olympic Pool

Wed and Fri, 7:30pm to 9:00pm

* Free for OCC members * Charges apply for first drink

NOTE: All information is correct at time of printing.

For the full programme listing, please visit our website at www.orchidclub.com
For more information, email sports@orchidclub.com

The Hard-Earned Achievements of Our OCC Taijiquan Students

We are pleased to introduce our Taijiquan Programme conducted by Risen Wushu. Under the guidance of the experienced and highly-respected instructor Jasmine Koh, students from the Advanced classes participated in the Taiwan World Cup Wushu Championship 2017 and bagged two Gold medals, 11 Silver medals, 1 Silver trophy and 1 Bronze medal. Join our Taijiquan programme today for an enthralling journey and forge new friendships!



Our winners adorned with medals.



The students showing off their achievements. Well done!



Ready, set, action!



For more information regarding the programme, please email sports@orchidclub.com or call Gym at 6750 2199

3Ten Run Clinic For Avid Runners

140 participants took part in the 3Ten Run Clinic at Vanda Course on 7 June 2017. Spirits were high as the group warmed up with our Fitness Team, led by our Fitness Instructor Akmal. The group ran approximately 5km before adjourning to Emerald Suite where a Podiatrist from Khoo Teck Puat Hospital, Mr Yeo Boon Kiak, educated participants on the importance of having an appropriate pair of track shoes to prevent injuries and improve the running experience.

Look out for our upcoming 3Ten Run Clinic Talk Series on 19 July! More details on page 32.



First finisher of the run.



Runners cheering on their peers.



The fit and sporty runners!



Participants listening intently to the Podiatrist.



PINNING DOWN THE GAME OF BOWLING AT THE 23RD ADULT INTER-CLUB MIXED BOWLING LEAGUE

As the 23rd Adult Inter-club Mixed Bowling League rolled into its 13th round, OCC played host to eight other Clubs on 15 June 2017. The event began with registration followed by a delectable buffet dinner to get everyone geared up for the game. Soon after, the participants began their practice rolls and the match ensued. The team comprising of OCC and ACC players did us proud by winning the game against Seletar Country Club. Well done!



OCC & ACC players forming a team under the OCC umbrella.



Delectable dinner spread and refreshing drinks for the players and supporters before the start of the game.



Bowlers in action as they gave their all to gain victory.



Our OCC & ACC bowlers who represented us in the game against Seletar Country Club.



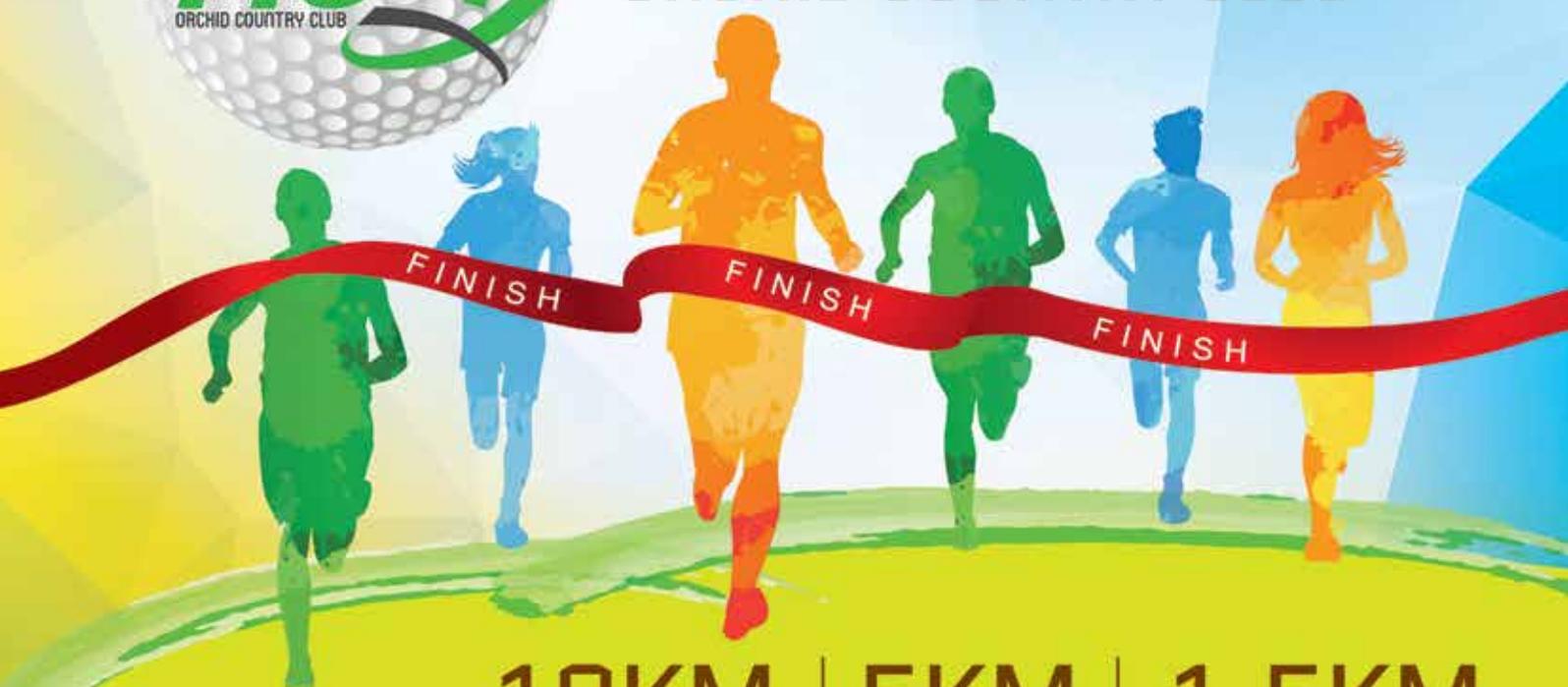
Bowling enthusiasts from the various Clubs gathered in a show of camaraderie for a group shot.



SINGAPORE'S FIRST NIGHT GOLF COURSE RUN



29 JULY 2017
SATURDAY, 6PM
ORCHID COUNTRY CLUB



10KM
INDIVIDUAL
OPEN

5KM
FUN RUN

1.5KM
FAMILY RUN

ORCHID COUNTRY CLUB/
 ARANDA COUNTRY CLUB
 MEMBER

\$40

\$30

\$40

\$10

NTUC/UNION/
 PAssion MEMBER

\$50

\$40

\$50

\$15

PUBLIC

\$60

\$50

\$60

\$15

[1 Adult] [Per Additional]
 [+ 1 Kid] [Adult or Kid]

Calling out to all OCC members, hurry and sign up now!
 Registration closes on 14 July 2017.

Visit www.3tenrun.com or email 3tenrun@orchidclub.com

Fees are inclusive of prevailing GST.

RACE OWNER:



PARTNERS:



OFFICIAL RUNNING MAGAZINE:



3Ten Run Clinic Talk Series

Date : 19 July 2017 (Wednesday)

Time : 7pm

Venue: Sports Hub @ OCC

Video Gait Analysis and Running Retraining

SYNOPSIS

BODY BIOMECHANICS plays an important role in contributing to running injuries. Is the way we are running efficient? Is it making us more susceptible to injuries? This talk covers the process of Running Retraining as a treatment option in injury management and prevention.

Register by 17 July 2017.

Light Refreshments will be provided.

For enquiries and registration, please email to 3tenrun@orchidclub.com



Come Run With Us!



Free for
OCC
Members!

Running is the solution to achieve all your fitness goals and more! In collaboration with F1 Runners, one of the most experienced running teams in Singapore, we are introducing our running SIG programme* where you get to meet new people with similar fitness goals as you.

Weekly training sessions are held on every **Monday, Thursday and Sunday**. You also get the chance to take part in our monthly golf course run!

Venue: Recreation Clubhouse

Time : 7pm

FINISH



The F1 Runners at one of their races.

HIGHLIGHTS

- Aqua run training
- Circuit and Strength conditioning
- Golf Course Run/Long Runs
- Run Clinics (Held quarterly)

*Programme is subject to change

Join us now!

For more information, please call Sports at **6750 2122** or email sports@orchidclub.com.

Futsal is finally at OCC!

To constantly upgrade our facilities and provide more sporting and recreational opportunities for your enjoyment, we are excited to announce that Tennis Courts 2 and 3 will be converted to Futsal Courts! The Futsal Courts are scheduled to be ready in **August** and will operate daily from **8am** to **11pm**.

During this period, Tennis Court 1 will remain open for use.

Rates for renting of the Futsal Courts:

Non-peak hours (Weekdays from 8am to 6pm):

OCC Member : \$40/hr
NTUC Member: \$50/hr
Public : \$60/hr

Peak hours (Monday to Friday from 6pm to 11pm, Weekends and Public Holidays):

OCC Member : \$80/hr
NTUC Member: \$85/hr
Public : \$90/hr



10 Reasons To Play Futsal

1. SIMILAR QUALITIES

Futsal provides you with the same basic skills and technique as a soccer game.

2. HIGHER BALL CONTACT

Compared to Street Soccer, it was found that players touch the ball twice as often in Futsal.

3. BETTER BALL CONTROL

Faced with restricted boundaries and continuous opponent pressure, you can improve your ball control skills and techniques.

4. INCREASED REACTION SPEED

A 4-second restart rule coupled with the factors in point 3 result in you having to think and play fast.

5. GREATER SUPPORT PLAY

Without a wall for the ball to bounce against like Street Soccer, you will learn to make more supporting runs to back-up your team.

6. INCREASED STAMINA

With non-stop actions required, you will always be on the move, increasing your stamina.

7. INCREASED KNOWLEDGE

Consisting of only four players, you will experience the depth of the game and gain a deeper understanding of its format.

8. IMPROVED GOAL FRAMING

As the goal and Penalty Area are the perfect size for narrowing the angle to shoot, you will learn to better position yourself to score.

9. ENFORCED SPORTSMANSHIP

Physical contact fouls are penalized, encouraging sportsmanship and a fair game.

10. FUN & CHALLENGING!

You will definitely be up for a challenge in this fast-paced game but you will be sure to have tons of fun!



For more information, please call **Sports Counter** at **6750 2122** or email sports@orchidclub.com.

Work Your Back With Our New Gym Equipment – The Parallel Grip Lats Pulldown Bar

This bar is meant for compound exercises that target the lats (lower back), rhomboids, biceps and deltoids. These exercises are suitable for those with a beginner level of physical fitness and whose objective is to strengthen their back muscles. They are also great movements to improve shoulder girdle health.

To develop strength, perform both exercises for **eight to 12 repetitions per set** with 60-70% of 1 Rep Maximum load. Complete three sets and allow yourself to rest one to two minutes in between the sets.

Exercise 1: Wide Neutral Grip Lats Pulldown



Step 1:

Sit on a bench in front of the Dual Cable Pulley Machine with the Parallel Grip Lats Pulldown Bar attached to the top pulley. With your back straight, grab the bar with your palms facing each other (use a neutral grip), and keep your arms fully extended. This will be your starting position.



Step 2:

Engage the lats by pulling your shoulder blades down and back while bringing the bar to your chest. Exhale as you execute this motion. Pause for one to two seconds before returning slowly to the starting position as you breathe in.

Points to note:

1. Focus on using your lats to pull the weight down. Your back should be doing all the pulling and not your arms.
2. Do not lean back excessively and use your body weight to pull the weight down.

Exercise 2: Wide Neutral Grip Seated Row



Step 1:

Sit at the Low Pulley Cable station and hold the Parallel Grip Lats Pulldown Bar with your hands slightly wider than shoulder-width apart. Use your legs to push your torso back so that your arms are fully extended and you are supporting the weight. This is your starting position.



Step 2:

Keep your chest forward, shoulders down, back slightly arched and inhale while pulling the bar towards your waist. Pause for one to two seconds before returning slowly to the starting position as you breathe in.

Points to note:

1. Begin with a light weight and gradually increase load to allow your lower back to gain adequate adaptation to the increasing weight.
2. Focus on completing the range of motion in the shoulder blades.

SWIM CHALLENGE

21st SUPER SPRINT SERIES

30 September 2017
Saturday
7am @ Olympic Pool

Rise and shine for a splashing good start to your day at OCC! Deck out in your best swimsuit and get ready to show off your swimming abilities!



	Registration Fee*	Event Entry Fee*
OCC/ACC Member	FOC	FOC
NTUC Member	\$3	\$3
Guest	\$5	\$4

Age Groups	: 8 years old & under	Categories	: 50m & 100m individuals
	9-10 years old	Closing Date	: 10 September 2017 (Sunday)
	11-12 years old		
	13-17 years old		

** Fees are subject to prevailing GST.*

For enquiries and registration, please call Sports Counter at **6750 2122** or email sports@orchidclub.com

ZUMBA FITNESS

Coupled with elements of aerobics, Zumba is a dance fitness that engages participants of all ages to move to the rhythm of beats with simple steps and coordination.

Zumba TNT 1

Time : Tuesday, 7.30pm to 8.30pm

Zumba TNT 2

Time : Thursday, 7.30pm to 8.30pm

Fees* :

\$95 (OCC Member), \$100 (NTUC Member),
 \$105 (Guest)



POUND

Sweat, Sculpt & ROCK with POUND, the fastest growing group fitness phenomenon inspired by the sweat-dripping, infectious, energizing fun of drumming!



POUND TNT 1

Venue : Lifestyle Studio 2

Time : Wednesday, 8:30pm to 9:30pm

POUND TNT 2

Venue : Lifestyle Studio 2

Time : Friday, 9:00am to 10:00am

Fees* : \$95 (OCC Member)
 \$100 (NTUC Member)
 \$105 (Guest)

*8 sessions, exclusive of GST. Requires minimum 8 pax to start. Classes are conducted by TNT Fitness Singapore.

For enquiries and registration, please contact Gym at **6750 2199** or email sport@orchidclub.com

FREE HAIR & SCALP ANALYSIS WORKSHOP



Learn your Scalp Condition in 5 mins!

- ✓ Better understanding of your hair and scalp condition
- ✓ Addressing your hair problems and derive solutions to better hair management
- ✓ Know the benefits you can enjoy from Herbs
- ✓ Be wiser in product selection

Registration Fee: FOC for OCC Members
\$5 nett for NTUC Members/Guests

Date : 22 July 2017 (Saturday)
Venue : Sports Hub @ OCC
Door Gifts : Free door gifts for all participants
Time : 11am to 12pm
Register by : 22 July 2017

@rauschsingapore @rausch_sg

For enquiries and registration, please call Sports Counter at **6750 2122** or email sports@orchidclub.com

3D2N Stay & Dine Package

Weekday Rate

Category	Deluxe Room	Deluxe Family Room
OCC Member (waiver of 10% service charge)	\$380 ⁺	\$430 ⁺
NTUC Member (earn Link Points)	\$380 ⁺⁺	\$430 ⁺⁺
Non-member	\$380 ⁺⁺	\$430 ⁺⁺



Package Includes:

- 3 Days/2 Nights Deluxe Room
- \$90 worth of meal voucher at Royal Palm @ Orchid Country Club (Halal-certified!)
- Complimentary use of Gym, Swimming pool & Sauna
- Complimentary parking

Terms & Conditions Apply.

Visit www.orchidclub.com for more details.
 For enquiries and reservations, contact **6750 2100** or email roomsales@orchidclub.com

Royal Palm @ OCC

We are pleased to share with you the Grand Opening Ceremony of Royal Palm @ OCC on 23 May 2017! Providing you with a unique dining experience, Royal Palm @ OCC serves an international cuisine with Western, Asian, Indian and Mediterranean influences together with an elegant ambience for you and your loved ones' enjoyment.



OCC General Manager Richard Foo, Deputy Chairman Datuk Syed Ahmad Bin Alwee Alsee, OCC Vice President Yeo Khee Leng, His Excellency Nasrullah Khan, Group Chairman Syed Alwee Bin Ahmad Alsee and Founder and CEO Ali Abbas (from left to right)



ROYAL PALM™



ORCHID COUNTRY CLUB

LOCAL ASIAN . WESTERN . MEDITERRANEAN . INDIAN
wide spread of buffet to enjoy with more than 50 dishes.

LUNCH / HIGH TEA

1 FOR 1

PROMOTION

27 JUNE - 15 JULY

MONDAY - SUNDAY (1:00PM TO 5:00PM)

\$35++ Adult **\$15++** Child

*Child 3 to 7 years old only

For Reservations Please Call 6555 2165

1 Orchid Club Road, Orchid Country Club #01-21 Social Club House (Pool Side) Singapore 769162
Website: www.royalpalmooc.com.sg



Discounts are not applicable for promotional pricings.

Promo

Specially for
OCC Members!
Promotion is
valid till
31 August 2017.



Book a massage session (minimum 90 minutes) to enjoy one bottle of FREE therapeutic essential aroma oil. Choose from a selection of therapeutic oils which are a mixture of various oils developed to help release tension aches, leaving you with a relaxed body and mind.

Call 6715 1515 (extension 1)
"ask for OCC Promotion"

Terms & conditions

1. Exclusively at Healing Touch, Orchid Country Club, #01-33A (beside Gym)
2. OCC memberships must be presented at counter to enjoy this promotion
3. Each member is entitled to this promotion ONCE



July & August 2017 Promotions at Par Lounge

National Day Special



All Beer Bottles
\$8⁺⁺ per bottle

For the month
of August only



Chivas Regal 18yrs
\$168⁺⁺ per bottle

(U.P. \$230⁺⁺)

\$298⁺⁺ for 2 bottles
(U.P. \$460⁺⁺)



Asahi Premium Jukusen

\$38⁺⁺ for 5 bottles

(U.P. \$55⁺⁺)

For enquiries, please call Par Lounge at 6750 2204



We serve you GOLF, all round

PAN-WEST JUL/AUG 1st Jul - 31st Aug 2017

Specials



KATANA GOLF®
Shoe Bag
NOW \$29.00
(U.P. \$39)



Honma TW-G1 Golf Balls
1x Sleeve @ \$10
(U.P. \$17.25 per sleeve)

Exclusively for Orchid Country Club Members Only

*Offers valid whilst stocks last. Terms and Conditions Apply.
For any enquiries, please email to golf@pan-west.com
or call us at 6752 3110.



Facebook.com/PanWestSingapore

PING@OCC

1st July – 31st July 2017

PING

PLAY YOUR BEST™



Get a **FREE** Traverse Golf Bag, Umbrella, Cap and Glove (total worth \$500+) with every full set purchase (min. 3 woods, 6 irons, 2 wedges & 1 putter)

Enjoy a 30% discount and get a **FREE** PING Cap and Glove (total worth \$70+) with every G driver purchased



Enjoy a 30% discount and a **FREE** Umbrella, Cap and Glove (total worth \$140+) with every set* of G irons purchased
*Min. 6pcs

Available at PING@OCC by WINGOLF
OCC Driving Range #01-03

KNOWING OUR SINGAPORE SERIES – BY ACC & OCC

With great response for our previous two treks, ACC & OCC present to you the second series of Knowing Our Singapore where we will further explore iconic places and interesting nooks and corners. Join us on this discovery trail and enrich your knowledge!

1 Chek Jawa Wetlands

Travel back in time to Singapore in the 1960s as you embark on a trip to Pulau Ubin. Holding the last kampong in Singapore, the island still retains the rustic beauty and simplicity of a golden era. Chek Jawa is also one of Singapore's richest eco-systems.

Date : 29 July 2017 (Saturday)
 Time : 10am to 1pm
 Venue : Assemble at Changi Point Ferry Terminal at 9am
 Fee* : Member \$10, Union Member \$12, Guest \$15
 Min Pax : 15 persons
 Closing Date : 15 July 2017 (Saturday)

* Fee includes 2-way boat ride and land transport in Pulau Ubin.

2 Woodlands Food Trail

Embark on a local makan-makan shopping trip at the Woodlands Food Factory. Do not miss this delightful trip with cheap and good bargains to look forward to!

Date : 26 August 2017 (Saturday)
 Time : 8:30am to 5pm
 Venue : Assemble at ACC Lobby at 7:30am
 Fee* : Member \$18, Union Member \$22, Guest \$26
 Min Pax : 30 persons
 Closing Date : 5 August 2017 (Saturday)

* Fee includes transport, guided tour and light refreshment.



Woodlands Loop



Photo Credit: TripAdvisor

Southern Ridges



Pulau Ubin

6 Southern Ridge Line Trek

Explore the Southern Ridges with its beautiful flora and interesting history. A surprise may even await you should you locate interesting relics of World War 2 hidden in the forest.

Date : 10 December 2017 (Sunday)
 Time : 8:30am to 1pm
 Venue : Assemble at West Coast Plaza at 8am
 Fee* : Member \$10, Union Member \$12, Guest \$15
 Min Pax : 20 persons
 Closing Date : 26 November 2017 (Sunday)

* Fee includes guided tour and light refreshment.

3 Brown & Creepy Trek

Join us for this creepy twilight trek to explore the notoriously haunted but historically rich forest of Bukit Brown. Do not miss this trek which houses the graves of many famous Chinese pioneers of Singapore.

Date : 9 September 2017 (Saturday)
 Time : 3pm to 6pm
 Venue : Assemble at Botanic Gardens MRT Station at 2:30pm
 Fee* : Member \$10, Union Member \$12, Guest \$15
 Min Pax : 20 persons
 Closing Date : 26 August 2017 (Saturday)

* Fee includes guided tour and light refreshment.



Photo Credit: Mothership

Bukit Brown Cemetery

5 Coughing Hill Trek

Discover scenic quarries, historical sites, breath-taking sceneries and thrilling places in this unusual trek. Get adventurous and uncover the beauty of this coughing hill! You need to be moderately fit to enjoy this trek.

Date : 11 November 2017 (Saturday)
 Time : 3pm to 6pm
 Venue : Assemble at Bukit Batok MRT Station at 2:30pm
 Fee* : Member \$10, Union Member \$12, Guest \$15
 Min Pax : 20 persons
 Closing Date : 28 October 2017 (Saturday)

* Fee includes guided tour and light refreshment.



Photo Credit: Brenda Tan

Bukit Batok

4 Tagore Forest Trek

Explore the interesting forest of Tagore. Wide grasslands, jungle streams and old kampong remnants are some of the sights that await those who are brave enough to join the trek.

Date : 15 October 2017 (Sunday)
 Time : 8:30am to 1pm
 Venue : Assemble at Blk 601, Ang Mo Kio Ave 5, at 8am
 Fee* : Member \$10, Union Member \$12, Guest \$15
 Min Pax : 20 persons
 Closing Date : 1 October 2017 (Sunday)

* Fee includes guided tour and light refreshment.



Tagore Industrial Avenue

JACKPOT

AMAZING WINNING SPINS
CAUGHT ON SCREEN

Machine #13 The Brotherhood
21 April 2017



\$9,061.00

Machine #21 50 Lions
27 May 2017



\$7,150.00

Machine #1 Lady China
17 May 2017



\$4,548.00

Machine #7 Cao Cao
1 May 2017



\$3,952.00

Machine #22 Warrior Mulan
10 May 2017



\$3,462.00

Machine #12 Golden Festival
22 April 2017



\$2,558.00

Machine #1 Pride of Egypt
24 May 2017



\$1,726.00

FEATURE GAME BONUS

Receive a \$10 F&B Voucher when you strike a Feature Game on any machine during Saturdays, Sundays and Public Holidays from 12pm to 6pm.

Terms and conditions apply.

For more information, approach any of our friendly jackpot staff or call **Jackpot Royale** at **6750 2193**.

Service Compliments

Thank you... We are always at your service

Hey Fabian, Arnand, Osman & Sheena,

I know this is a bit late but I would just like to put on record my utmost thanks and deepest gratitude for you and your team's help for May Day Awards 2017 that happened on 13th May 2017.

First and foremost, I must acknowledge the great help rendered to me by the entire banquet team (inclusive of your part-timers), who tirelessly adhered to my changes and had the initiative to come and check with me if I needed any extra help. Under the guidance of Arnand & Osman, this team is one that I couldn't possibly live without. All my last-minute requests and frustrations from the committee were met with smiles and a generally cheerful attitude. This helped make my job a lot easier and it was a joy working with all of you.

Arnand & Osman, what can I say about you guys? 😊

From the never-ending changes of my room layout to my requests for extra tables and what not, you guys stood strong next to me and said "Bro, don't worry. Whatever you need, just let us know". It came to a point that I had felt bad in asking for more changes. But that steadfast and cheerful attitude remained throughout. Your advice and casual chats helped me realize that this was a team effort of Quebec and OCC, and the event would not have been as successful as it was without that. If I was getting married in Singapore (too bad I am not! 😊), I would most definitely come to OCC, as the service standards are always kept and it was a joy!

Fabian & Sheena, 2 words for you. — THANK YOU!

From the planning phase, right up to execution, you guys were right there by my side. Bending over backwards to ensure I got the things that I wanted when I needed it the most. This is quite possibly the best venue team I have worked with in my few years of event management. No doubt I will be selling and pushing for your venue more, after I have received top notch service and professionalism from the entire team.

In summary, I would just like to say the biggest thank you I can possibly give to the entire OCC team, whether it is front line or behind the scenes, as I couldn't have done this without all of you.

Once again, thank you and I really hope to work with you guys again soon! (Charity Dinner is coming up, I will see you guys there!)

Glenn Michael
Senior Account Manager
Quebec Leisure International Pte Ltd

All front desk staff have good service and I feel very special, especially around Juraida and Zaina. There are also helpful people such as Suhaimi, Darren, Varu, Chan, Zizie, Mary and Gopal. All staff treat me like family and they have touched my heart.

Awad Ibrahim
Hotel Guest

To Esteemed Richard Foo:

Your Club and the Greens are indeed beautiful and captivating! The room was very cosy and relaxing. The amenities and facilities are varied and great. On the software (staff) aspect, their level of service in terms of friendliness, promptness, professionalism and efficiency was exceptional! It was their individual uniqueness and personal touch that made our time here truly phenomenal and enjoyable. Our gratitude, appreciation and thank you to Varu, Chan, Suhaimi, Yasmin, Aishah, Rohaya, Paul, Vivien, Sherry, Daniel and especially Gopal! You folks sure make this place alive!

Chong Kok Yaw
Hotel Guest

Akmal Syafiq is very friendly. I also love the gym and its space. As I do a lot of crunches and stretches, the space works out to be perfect for me.

Denise Auryansen
Gym Patron

Akmal Syafiq is a very good and passionate instructor at the OCC Gym. He never fails to approach people in need and shares his knowledge with those working out at the Gym. OCC makes me feel like I am at home.

Hong Weixian
Gym Patron

Hi Karen,

Thank you again for your great help on Sunday. You have been accommodative and swift in assisting our demanding requirements.

A lot of effort goes into making tournaments like this a success, and we are greatly appreciative of the support given by everyone involved at OCC.

Please pass on our thanks to the OCC staff and to Azman for his help at the dinner. Also, a special thank you to Felix for his FANTASTIC service all day long.

Wishing you all the best.

Sarah Walston
Events Manager
American Association of Singapore

Zizie, Suhaimi, Varukutty and Siti impressed me greatly with their high level of customer care and professionalism. Their kind attention to details and assistance have been greatly appreciated by my family and ensured that our stay had been a pleasant experience.

James Chow
Hotel Guest

Hi Steward and Team,

I wish to take this opportunity to say thank you to Peggy Chue. I had left my range card in the machine after training. Peggy was the one who checked the bays and found it for me. I am glad you have such a honest and responsible staff in your team. Keep up the good work! Acts like this brighten our days.

Louis Ong
Regular at OCC Driving Range

CLUB PRESIDENT'S CUP 2017



- Date : **27 August 2017 (Sunday)**
Tee-off Time : 1:15pm (Shotgun start)
Format of Play : Stableford
Divisions : Men's Division (HI 24.9 & below)
Ladies' Division (HI 36.9 & below)
Entrance Fee : \$30
Green Fee : \$70 (Silver Member)
\$80 (Corporate Union & MGK)
Buggy Fee : \$25
Registrations Open : 26 July 2017 (Wednesday)
Register By : 17 August 2017 (Thursday)

Fees are inclusive of registration, lunch and dinner.



For enquiries and registration, contact our Golfing Department
at 6750 2102/2111 or email golfregistration@orchidclub.com