

ORCHID

RANGE CARNIVAL

IS BACK ON 24 & 25 MARCH 2018, SAT & SUN!

OUR PARTNERS





















































AND MORE...



ENJOY SPECIAL MEMBER'S GUEST RATE FOR WEEKDAY GOLFING AND RECEIVE A COLLECTIBLE GOLF BALL MARKER! LOOK OUT FOR 4 COMPLIMENTARY BOWLING GAME VOUCHERS ON PAGE 31!



SPORTS

23RD SUPER SPRINT SERIES 24 MARCH 2018 (SAT), 10AM

Our Service Frontiers



Wong Pik Joon
Golf Executive

Dynamic and genial, Joon coordinates and executes golf tournaments and events with vigour, seeing to it that the events turn out well.



Darvin Kumar Vejaya Kumar

Resort Officer

With an amiable disposition, Darvin serves the hotel guests with utmost sincerity, ensuring that their stay at Orchid Lodge is pleasant and delightful.



Nancy Yuen Poh Chee

Senior Social & Recreation Assistant (Gym)

Approachable and personable, Nancy handles Gym enquiries and manages Gym operations with meticulous care.



Serene Tham Wei Ling

Senior Sales Manager (MICE & Banquet)

Affable and focused, Serene handles sales enquiries and coordinates events for clients right down to the smallest details, ensuring each event is run successfully.



Vanessa Koh Su Min

Social & Recreation Executive

With her cheerful and enthusiastic demeanour, Vanessa gets down to organising the Club's social events, engaging members and guests in exciting recreational activities.



Rohhayah Bte Yahaya

Housekeeping Team Leader

Rohhayah's dedication to her work is a clear assurance that the Hotel rooms are always maintained in tip-top condition, so you feel right at home when staying at OCC.

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2 CLUB DIRECTORY

Key contacts/operating hours

DEVELOPMENT & TENDER

Vice-President & Captain's Message

4 CLUB BULLETIN

The latest happenings in OCC

7 TEE TALK

News from the Golf Department

18 PLAN & PLAY

March/April weekly programmes

22 SOCIAL BUZZ

Past events

26 HIP & HAPPENING

Upcoming events and programmes

31 DEALS@OCC

Promotions at the various outlets

36 OCC & ACC CONNECTION

Upcoming events from Aranda Country Club

37 STAFF SPOTLIGHT

Updates on the team behind the scenes

Club General Committee

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Mr Chua Bor Jern
Ms Eileen Yeo
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Ms Rita Lau

Mr Richard Foo

Secretary

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MARCOM Tel: 6750 2160

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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)



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 4:00pm to 10:30pm (Tue to Fri) 11:00am to 10:30pm (Sat, Sun & PH)

ROYALE CAFÉ

Closed on Mondays 10:00am to 7:00pm (Tue to Fri) 9:00am to 8:00pm (Sat & Sun)

ROYAL PALM @ OCC

Tel: 6555 2165 Lunch (Buffet): 12:00pm to 2:30pm (Daily) Dinner (Buffet): 6:00pm to 10:30pm (Daily) Ala Carte: 12:00pm 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)



ARANDA LOUNGE

Tel: 6750 2121 12:00pm to Midnight (Sun to Thu) 12:00pm to 1:00am (Fri & Sat & Eve of PH)

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

LITTLE SKOOL-HOUSE

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

MAHJONG ROOMS

12:00pm to 11:00pm (Sun to Thu) 12:00pm 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

ORCHIS PAVILION - PHOTO STUDIO

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

PLAY FIT @ OCC

11:00am to 9:00pm (Mon to Thu) 10:00am to 9:00pm (Fri to Sun)

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)

FUTSAL COURTS

Tel: 9185 2555 8:00am to 11:00pm (Daily)



DEAR MEMBERS,

Warm Greetings to All!

Following the official announcement of the 2018/2019 General Committee (GC) in the previous issue of Smile Magazine, it is my pleasure to deliver a message as the re-appointed Vice President and new Captain of the Club.

The year 2018 started off on a delightful note with many members taking part in the Gold Medal event and the Hong Bao Golf Special to celebrate the Lunar New Year. To make the festive season more joyous, precedence was set to invite Winners of the Men's Club Championship, Ladies' Club Championship, Club Matchplay Championship and Gold Medal Event to the Dinner & Prize Presentation Ceremony during the Hong Bao Golf Special to honour their championship titles in due recognition. Looking at the good participation rate, I would like to take this opportunity to thank everyone for your stoic support. The team at OCC will continue to organise various golf events and programmes to forge stronger bonding and camaraderie among members, and we look forward to your continued support. Do look out for the April Medal, which will be played in conjunction with the Mercedes Trophy Qualifying Round, and for May Medal, which will be played in conjunction with the Rolex Qualifying Round.

Golf Course and Facility Enhancement Works

On 30 January 2018 (Tuesday) evening, our golf courses were hit by torrential rain and strong winds, which left a large number of trees uprooted and affecting the playability of the golf courses. Our Golf and Property & Maintenance Teams, together with the Team from our course maintenance partner, TEHC International Pte Ltd, took prompt and swift actions, working till late into the night to attend to repair works and also to conduct safety inspections. With the prompt restoration of the course condition, play resumed the next day and there was minimal disruption to members' golfing slots. I am proud to share that this swift restoration of the impacted areas at the courses would not be possible without great team efforts and commitment by the entire maintenance team to ensure the playability of the courses for members. Good Job!

As we take pride in being a premier Golf Club, the Club continues to invest in regular course maintenance works with great emphasis on intensive cultural practices such as intensive weeds control, hollow tinning, top dressing of the greens and verti-cutting of the fairways and roughs, which have been planned for the year to further improve the condition of the courses. As we witness the healthy root length on the greens, we will try to gradually increase the green speed by a notch to 9 feet during weekends and public holidays for your enjoyment. Golfers thus can look forward to a challenging and yet true green putting experience. In addition, you will be pleased to know that the bunkers upgrading work at Aranda is now 100% completed. Since 5 February 2018, the upgrading and repair works has also commenced on the remaining 24 bunkers at Vanda course and soon members will have an improved bunker playing experience at Vanda.

For the Driving Range, I am pleased to share that on 15 January 2018, a total of 100,000 Range balls were replaced with new ones to enhance your practice experience and we have since received positive comments from members and guests.

Major Projects in the Pipeline

As we constantly strive to deliver our best to serve you better, I am also excited to fill you in with news of two major projects that the Club will be rolling out in 2018. The Club will be introducing an online advance golf booking platform of tee times for social games via an interactive website at your convenience. This will be an additional platform to the current walk-in or call-in advance golf booking of tees times so that members can choose the platform that best suits their schedule and convenience. In-person bookings on Fridays for play on the following weekends will continue to be available to members before slots are opened up for Online booking. More details will be available nearer the implementation date.

Besides this new initiative, members will be glad to know the refurbishment of the Golf Registration Counter will commence soon. Members can look forward to a whole new service experience and ambience as the premises will be converted into an air-conditioned environment with cosy waiting areas and refurbished furniture to welcome you and your guests. More details will be shared via our Club's announcements in the months to come.

Golf Events & Promotions 2018

In March, the 2-day Range Carnival will make a grand comeback on 23 & 24 March 2018 (Sat & Sun) where members can find a wide range of Golf equipment & apparels at special prices and you can also participate in one-on-one Golf clinics and two lucky draws where attractive prizes await you. Besides the aforementioned, we look forward to your continuous participation in the monthly medals as well as the Club's social programmes.

Being part of the Labour Movement Family, OCC has always been emphasising on the significance and core values of inculcating social inclusiveness through our Club's events so that both OCC and Union members can build comradeship and forge lasting friendship to stay as one united "Orchideons". As such, I would like to extend my deepest appreciation to all members for your continuous participation and patronage to the Club, enabling us to shape the foundation of this unique mission.





An Introduction To 2018/2019 Sub-Committees







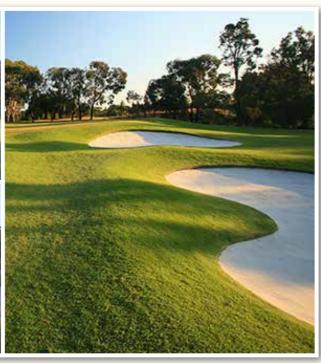


New Reciprocal Arrangement

Concord Golf Club - Sydney, Australia







Concord Golf Club is situated in Sydney, a short 30-minute drive from the city. Housing a spectacular 18-hole challenging golf course, classic clubhouse and beautifully manicured gardens, the Club is recognised as one of Sydney's most prestigious golf clubs and boasts a Top 50 Australian Golf Course ranking. You can also get to experience their hi-tech golf training with golf simulator and putt lab at their new state-of-the art Golf Performance and Fitting Centre.

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 LIM SOON LEE	MR LAU THIAM BENG		
MR LEE HIN HOOI	MR LEE MING KWANG		
MR BYUNG WOOK IM	MR LEE SAY GUAN		
MR WEE TIEN LIANG	MR SPIROS GREGORIOU		
MR LEE CHEONG PHENG	MDM SNG JENNY@ LEE JENNY		
MR NEO ENG HOCK	MR ONG SWEE THONG		
Individual (Golfing (Silver)		
MR KWEK SENG PENG	MR NEO ENG HOCK		
Corporate Golfing (Gold)			
SEC (S) PTE LTD	EMIX INDUSTRY (S) PTE LTD		
WOLFGANG ASIA PACIFIC PTE LTD	SINGAPORE POOLS PRIVATE LIMITED		
Individ	ual Social		
MS LOH CI EN, JOANNE	MR LOH KUM PUI		

Important Announcement

New MHA Rulings for Jackpot Room with effect from 1 May 2018 (Tue)

In compliance with regulatory requirements, all Members entering the Jackpot Room must **sign a one-time consent form** to allow the Club to check for Self-Exclusion or a National Council for Problem Gambling (NCPG) Relevant Exclusion; and for NCPG to release such information to the Club. As mandated by the relevant authorities, Members who do not wish to sign the one-time consent form will not be allowed to enter the Jackpot Room.

Swift Restoration of Golf Courses After Unexpected Torrential Rain and Strong Winds at 4pm on 30 January 2018 (Tue)

OCC golf courses were hit by torrential rain and strong winds, leaving a large number of trees uprooted and affecting the playability of the golf courses. Northern parts of Singapore including our neighbouring clubs, Seletar Golf Club and Sembawang Golf Club, were affected by the storms. Our Golf and P&M Team, together with the Club's course maintenance partner, TEHC International Pte Ltd, took immediate action till late into the night for clearing and repair works, and safety inspection. We are pleased to say that all of the impacted areas were restored quickly. Kudos to the great team efforts from our Golf and P&M departments, and TEHC International Pte Ltd, who helped to restore our golf courses efficiently!







Uprooted trees and affected bunker areas in the golf courses.







Restoration works in progress.

OCC Junior Golf Tournament on 30 December 2017 (Sat)

A total of 19 junior golfers between ages 7 and 15 years old came together for a thrilling day of golf challenge at the Junior Golf Tournament, competing in the Long Drive, Chipping and Putting segments. Held at the Driving Range, this tournament aimed to provide a learning platform for beginners to hone their golfing skills and gain new knowledge in the game. All participants were beaming with joy as they won attractive prizes at the end of a fruitful day!

The good turnout and revival of the junior programme project an exciting future for junior golfers at OCC as it gains traction. There are already plans under way to introduce more friendly competitions and off-site camps in the upcoming school holidays to make training engaging.



Junior golfers in good spirits before the Tournament



Golf Professional imparting knowledge and demonstrating the right techniques to the junior golfers.



Giving their best during the challenges.



Prize Presentation by Head of Golf Dennis Fe



Prize Presentation by Golf Professional Phil Brew.

OCC-U Golf 9-Hole Night Series

3 FEBRUARY 2018 | DENDRO **STABLEFORD**

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

WINNER MR TONY CHUA 26 POINTS 1ST RUNNER UP MR STEVE NG 25 POINTS 2ND RUNNER UP MR ABDUL KARIM RAZAK 24 POINTS

RESULTS FOR LADIES' DIVISION (HI 36.0 & BELOW)

WINNER MS MINIANDY VIJAYAL 23 POINTS (OCB) MS GO THENG THENG 1ST RUNNER UP 23 POINTS

2ND RUNNER UP MS NG LEE PENG 20 POINTS





U-Golf Leader Ms Joanne Kong (left) with Winner of the Men's Division Mr Tony Chua (right).



1st Runner Up of the Men's Division Mr Steve Ng (right).



Winner of the Ladies' Division Ms Miniandy Vijayal (right).



1st Runner Up of the Ladies' Division Ms Go Theng Theng (right).

Happy Winners of Christmas Lucky Draw

@ Driving Range

The festive season was celebrated with a special Christmas Lucky Draw @ Driving Range held from 1 November to 31 December 2017, to share the joy of giving with our members and guests, and thank them for their continuous support. Six lucky participants walked away with delightful prizes. Congratulations to all the winners!



Mr Boey Seng Heng PING G400 Irons



2nd Prize Mr Chua Hua Hong PING G400 Driver



3rd Prize Mr Lee S. M. PING Sigma G Putter



4th Prize Mr Yuen W. G. PING Sigma G Putter



5th Prize Mr Yow Kuan Yee PING 4 Series Golf Bag



Mr Yap K. S. PING 4 Series Golf Bag

When is a Ball Out of Bounds (OB)?

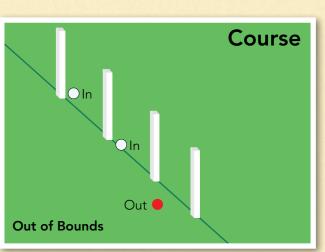
Out of Bounds (OB) refers to a scenario whereby a golf ball goes beyond the boundaries of the golf courses or any part of the courses, as marked by the Committee using white stakes and/or lines. White stakes serve to indicate OB and the lines define OB.

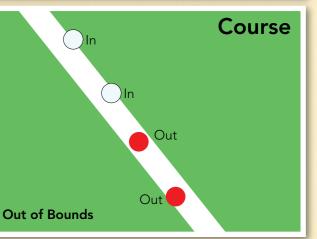
In OCC golf courses, OB is indicated by white stakes:

- The imaginary OB line is determined by the nearest inside points of the white stakes at ground level (excluding angled supports).
- If your ball touches an OB white stake but part of it is still on the course, the ball is considered in-bounds. However, if the entire ball lands outside the imaginary line, the ball is considered out of bounds.
- OB white stakes are fixed and not classed as an obstruction. Hence, there will be no free relief if they impede your movement, and they may not be removed in accordance with USGA Rule.

At major competitions, OB is defined by white lines on the ground:

- The line itself indicates out of bounds.
- A ball is out of bounds when all of it lands on or beyond the line. If any part of the ball still touches the course, the ball is considered in-bounds.
- The OB line extends vertically upwards, so if your ball is lodged in a tree on the boundary, judgement will be made on that basis.





Legend: In-Bounds

Out of Bounds Imaginery OB Line

Important Points to Note:

- 1. If your ball is considered in-bounds, you may stand in the out of bounds area to play the ball lying within bounds.
- 2. If your ball is out of bounds, the game will still continue and you may play another ball from where you last played the shot, adding one stroke penalty to the score.

We hope this article provides you with insightful information for a better game judgement. Happy Golfing!

Celebrating Chinese New Year with Good Health and Fortune on 25 February 2018 (Sun)

Clubhouse to celebrate the Chinese New Year. Blessings were given to the Club, tenants and members with prosperity and luck as the Lion troupe moved around the Club's premises. Red packets and mandarin oranges symbolizing good fortune were also given out to all by the God of Fortune.





(Left to right) EXCO Member Stewart Ang, GC Member Lim Eng Lee, Club VP & Captain Yeo Khee Leng, Vice-Captain Ted Wong, Greens Committee Member Emmanuel Lem, and Lady Captain Maureen Goh posing with the lions after the performance.





Breathtaking Lion Dance performance!

God of Fortune giving out mandarin oranges to everyone gracing the Cai Qing.

Group Photo Before Hong Bao Golf Special Shotgun



223 golfers celebrated the Chinese New Year as they teed off to a prosperous and successful new year. An exciting friendly competition was played with zest and everyone was in especially high spirits for this festive golf event.



(Left to right) Member Janice Yap, Vice-Captain Ted Wong, Lady Captain Maureen Goh, and Club VP & Captain Yeo Khee Leng.



(Left to right) Advisor for SISEU Lim Kuang Beng, Greens Committee Member Emmanuel Lem, GC Member Lim Eng Lee, and EXCO Member Stewart Ang.



God of Fortune welcoming members.





Getting into the CNY spirit for the game, where golfers were greeted with excellent Greens condition.

Best Dressed Buggy.

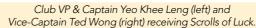
Hong Bao Dinner

The festive cheer lasted throughout the day as the high-spirited golfers and social members gathered together at the Grand Ballroom to celebrate the Chinese New Year. The dinner started on an exciting note as everyone reveled in a spectacular Lion Dance performance and tossed to an auspicious Yu Sheng for good fortune. All who were present were showered with blessings of prosperity by the God of Fortune. Members also enjoyed a live band performance by Heart & Soul. The finale of the day ensued with the highly anticipated prize presentation where winners of recent golf tournaments - the Club Championship 2017, Club Matchplay Championship 2017, Gold Medal Event 2017 and Hong Bao Golf Special, were awarded.



Everyone getting ready to Lo Hei with good cheer!







Winner of Hong Bao Golf Men's Division Mr Ivan Justin Daniel (left)



Winner of Hong Bao Golf Ladies' Division Ms Yue Yin Mei Melva (right).



Having fun at the photo booth.



Member Mr John Tai engaging in stage games.



God of Fortune tossing chocolate gold coins.

CRUNCH TIME – THE MENTAL APPROACH TO CHIPPING



Contributed by Mr Phil Brew

Director of Phil Brew Golf Academy Certified PGA Professional from Australian PGA Advanced in Coaching

Tel: 6910 7057 Email: philbrewgolf@icloud.com

Decisions are constantly made in golf and with experience, we make better decisions. Keeping a lookout for the critical factors makes a big difference too. Every shot we play around the green requires some degree of thought and planning. The better we become at making these decisions, the more committed we will be in our shot executions, and this will reflect in our performances.

Critical Factors (Decisions & Preparations)

1. Different Lies - Big Determining Factor





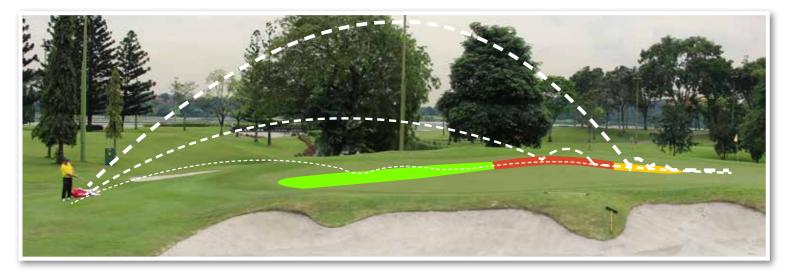


This is a floater, where the ball rests high up on well-cushioned grass. It's easy to hit high shots but be careful not to swing too deep, otherwise the contact will be high up on the clubface.

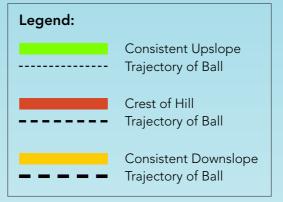
This ball is sitting down in well-cushioned grass and not easy to get under the ball. Either hit down more and a lower shot will result or play it like a bunker shot and purposely chunk it.

This is a tight lie, either fairway or fringe. You should brush the grass with a descending blow, which will create a lower flight. It is tough to hit high shots off this lie.

2. Landing Areas - Shot & Club Selection



Landing areas at 7th Hole Dendro.



For most of our full shots, the ball would ideally be spent flying. However, for short shots, the ball is spent largely bouncing and rolling. That is why we must consider the landing area in which the ball will be bouncing and rolling on, and the first bounce is the most important. Before deciding on your shots, it is good to walk up and survey the landing areas first, as it helps you to feel the distance to the landing area. On top of that, selecting the right type of shot to play and club to use, based on the landing areas, is an important decisive factor too. The following are examples of some landing areas at the 7th Hole Dendro at OCC (Consistent Upslope, Crest of Hill or Consistent Downslope).

Consistent Upslope

Type of shot: Low shot Club to use: 7 or 8 Iron

This is the best choice as it gives you the biggest area to shoot for. Considering the tight lie, a shot with the ball low and running is preferable. The shot needs to be judged well as the ball could be hit over the back of the green if you are not careful.

Crest Of Hill

Type of shot: Low shot (SW) or Normal shot (PW)

Club to use: SW or PW

This is the least preferred option to take as it requires you to land the ball on the crest of a hill. Any misjudgement made with your landing spot would magnify your mistake.

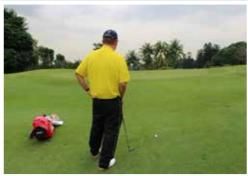
Consistent Downslope

Type of shot: Lofted shot

Club to use: IW

Landing the ball over the hill would require a very lofted shot. Lofted shots require bigger swings. However, it is not easy to get under the ball as the ball is sitting on a tight fairway lie, and there is danger over the back of the green. You would be taking on unnecessary risk with this option.

3. Pre-Shot Routine







Once the shot and club are selected, get engaged through visualisation.

Feel the shot through practice swings beside the ball in a similar lie.

Execute the shot once your feel matches the preview swing in your mind.

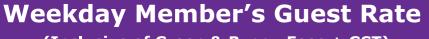
Much of your short game success is going to be up to your imagination, how clearly you see the shot that you believe will get you the result you want. Like putting, it is one of the few areas of the game where feel, intuition and our visual senses are best used to judge the shot. It is encouraged to spend some time to visualise perfect shots in your mind before you hit the ball. Do not be afraid to dream big, hole it! If you only visualise what could go wrong, you may find that things will generally go wrong. It may not unfold exactly how you see it, but having positive and clear thoughts, visualising and feeling prior to your execution will result in lower scores.

- Keep a very light grip pressure on your golf club and you will have a better touch as you hold it. As your confidence grows, you will have more faith in a lighter grip pressure too.
- Keep your mind focused on what you want the ball to do and the feeling you believe you need, to see the ideal shot come to fruition.



1 March to 31 May 2018

Here is a chance for you and your guests to pick up a collectible **OCC Golf Ball Marker**. Simply sign in 3 guests to form a flight of 4 for weekday golfing at the following special rates and complete your collection with a range of available colours! **While stocks last!**



(Inclusive of Green & Buggy Fees + GST)

Morning Session :\$108 nett

Afternoon Session :\$128 net

Thursday Night Session : \$103 nett



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

Terms & Conditions:

Member must be present for the game. Minimum of 3 guests in each booking per flight is required. Valid for weekday morning & afternoon sessions, and Thursday night session. Not applicable on weekends and public holidays. Bookings can be made 7 days in advance and subject to availability. Rate is inclusive of green fee, buggy fee and prevailing GST. OCC reserves the right to amend the Terms & Conditions at any time without prior notice.









Make this Easter Joyous by rewarding yourself and your loved ones with a Golfing Membership to enjoy all year round.

Weekday Term Golfing Membership

1 YEAR @ \$1,800* 3 YEARS @ \$4,600*

- No Monthly Subscription Fee
- Green Fee & Buggy Fee Apply
- Membership Includes Spouse & Children Below 21Yrs
- Golfing Privileges Extended On Weekdays Excluding Public Holidays
- Member's Privileges on F&B and Hotel Stay
- Full Access to Sports & Social Facilities (Daily)
- Open To Locals & Singapore Permanent Residents

* Terms & Conditions apply.

REWARD

MEMBER-GET-NEW MEMBER SPECIAL*

Get rewarded when you refer a friend to join our Weekday Term Golfing Memberships. You and your friend can enjoy attractive Golf, F&B and Spa Vouchers worth up

> to \$700 each! Valid till 31 Mar 2018

Please call our friendly Membership Team at 6750 2180/ 123 or email membership@orchidclub.com

Spin the Wheel of Golf Fortune @ the Driving Range

1 March to 31 May 2018

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.



For enquiries, please call **Driving Range** at 6750 2198.

JANUARY 2018 MONTHLY MEDAL RESULTS

Trophy presented by Lady Captain Maureen Goh STROKE PLAY (13 JANUARY 2018)



MR LOKE HAN KANG



MR SE KIM CHYE DINO



MR CHAN KIM HOONG



MS JEAN CHAN KHENG

DENDRO/VANDA			
RESULTS FOR MEN'S 'A' DIVISION (H'CAP 11.4 & BELOW)			
BEST GROSS	MR LOKE HAN KANG	(3.6)	79 GROSS
WINNER	MR NG HON KAI TREVOR	(8.1)	71 NETT
RUNNER UP	MR LOH HONG HOO	(9.0)	72 NETT
BALLSWEEP (1ST NINE)			
WINNER	MR E MAARAN	(7.8)	34 NETT
BALLSWEEP (2 ND NINE)		
WINNER	MR TAN JUN HAO	(5.9)	34 NETT

RESULTS FOR MEN'S	'B' DIVISION (H'CAP 11.5 - 16.0)	
BEST GROSS	MR SE KIM CHYE DINO	(12.5)	79 GROSS
WINNER	MR LEE CHAI CHEW	(15.0)	69 NETT
RUNNER UP	MR LEE HIN HOOI	(14.5)	70 NETT OCB
BALLSWEEP (1ST NIN	E)		
WINNER	MR LEE CHAI CHEW	(15.0)	33 NETT
BALLSWEEP (2 ND NIN	IE)		
JOINT WINNERS	MR LEE CHAI CHEW	(15.0)	36 NETT
	MR TAN TIEN SENG	(14.9)	36 NETT
	MR LEE HIN HOOI	(14.5)	36 NETT
	MR STEPHEN LEONARD	(12.1)	36 NETT

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

BEST GROSS

		-	
WINNER	MR HUNG WOON CHE	(24.0)	66 NETT
RUNNER UP	MR TAY LIANG EN BRYAN	(17.9)	70 NETT
BALLSWEEP (1 ST NINE)			
WINNER	MR LEE CHENG PECK	(17.7)	32 NETT
BALLSWEEP (2 ND NINE)			
WINNER	MR CHAN KIM HOONG	(16.6)	33 NETT
100		100	2.75%
RESULTS FOR LADIES' I	DIVISION (H'CAP 36.9 & BELOW)		
BEST GROSS	MS JEAN CHAN KHENG	(9.9)	86 GROSS
WINNER	MS LI CHUNYAN	(28.0)	66 NETT
RUNNER UP	MS QUEK LEE TIAM JUDY	(12.3)	73 NETT
BALLSWEEP (1 ST NINE)			
WINNER	MS QUEK LEE TIAM JUDY	(12.3)	28 NETT
BALLSWEEP (2 ND NINE)		E WE	
JOINT WINNERS	MS LIM SIEW LAN	(18.0)	35 NETT

MS CHENG FONG KIEW

(18.4)

MR CHAN KIM HOONG (16.6)

87 GROSS

35 NETT

FEBRUARY 2018 MONTHLY MEDAL RESULTS

STABLEFORD (10 FEBRUARY 2018)

DENDRO/VANDA



MR TAN JUN HAO

RESULTS FOR MEN'S 'A' DIVISION (H'CAP 11.4 & BELOW)		
MR TAN JUN HAO	(5.7)	40 PTS
MR SE KIM CHYE DINO	(11.4)	37 PTS OCB
MR PHUAH CHENG KUEI	(9.4)	37 PTS
MR TAN JUN HAO	(5.7)	20 PTS
MR E MAARAN	(7.3)	20 PTS
MR ABECASSIS ELYJA	(2.8)	20 PTS
:)		
MR LOH HONG HOO	(8.8)	20 PTS
MR TAN JUN HAO	(5.7)	20 PTS
	MR TAN JUN HAO MR SE KIM CHYE DINO MR PHUAH CHENG KUEI MR TAN JUN HAO MR E MAARAN MR ABECASSIS ELYJA MR LOH HONG HOO	MR TAN JUN HAO (5.7) MR SE KIM CHYE DINO (11.4) MR PHUAH CHENG KUEI (9.4) MR TAN JUN HAO (5.7) MR E MAARAN (7.3) MR ABECASSIS ELYJA (2.8) MR LOH HONG HOO (8.8)



MR JOSEPH SAMY

RESULTS FOR MEN'S '	RESULTS FOR MEN'S 'B' DIVISION (H'CAP 11.5 - 16.0)		
WINNER	MR JOSEPH SAMY	(13.3)	42 PTS
1 ST RUNNER UP	MR MARK DARGAN	(13.7)	39 PTS
2 ND RUNNER UP	MR SIM KAI XUAN JOSHUA	(11.8)	38 PTS
BALLSWEEP (1ST NINE)			
WINNER	MR JOSEPH SAMY	(13.3)	22 PTS
BALLSWEEP (2 ND NINE)		
WINNER	MR JOSEPH SAMY	(13.3)	20 PTS



MR LIM BOON THYE CLEMENCE

RESULTS FOR MEN'S 'C' DIVISION (H'CAP 16.1 - 24.9)			
WINNER	MR LIM BOON THYE CLEMENCE	(18.8)	40 PTS OCB
1 ST RUNNER UP	DR BUI DINH THUAN	(17.8)	40 PTS
2 ND RUNNER UP	MR LOW POH SENG	(19.2)	39 PTS
BALLSWEEP (1 ST NINE)	47年		
WINNER	DR BUI DINH THUAN	(17.8)	20 PTS
BALLSWEEP (2 ND NINE)			
WINNER	MR LOW POH SENG	(19.2)	23 PTS

MARCH

APRIL

Sat

Key Events for March:

Mon

- Monthly Medal (3 March, Sat)
- Monthly Bowling Medal (10 March, Sat)
- 23rd Super Sprint Series (24 March, Sat)
- Range Carnival (24 & 25 March, Sat & Sun)

Legend:

- School Holiday

*(CGE) - Corporate Golf Events

Tue

0

Aqua Aerobics

Scuba Diving

Yale Swimming

Zumba Fitness

Quattor Swim

Aqua Aerobics

SIG - Orchid Bulls

13

Taijiguan

Singapore

Judo (Kids)

School

20

Taiiiguan

Scuba Diving

Yale Swimming

Zumba Fitness

Quattor Swim

Aqua Aerobics

Judo (Kids)

SIG - Orchid Bulls

Sim Han Hoon Scuba Diving SIG - Orchid Bulls Dance Class Taijiquan Yale Swimming Singapore Yale Swimming Singapore Quattor Swim Zumba Fitness School Judo (Kids) KpopX Fitness Quattor Swim Functional

Sim Han Hoon Dance Class Yale Swimming Singapore Quattor Swim School **KpopX Fitness**

Training

*CGE

Training

Functional

Sim Han Hoor Dance Class Yale Swimming Singapore Quattor Swim School KpopX Fitness **Functional Training** *CGE

26

Sim Han Hoon Dance Class Yale Swimming Singapore Quattor Swim School Bi-Monthly Cue Challenge KpopX Fitness

Scuba Diving SIG - Orchid Bulls Taijiguan Yale Swimming Singapore Zumba Fitness Judo (Kids) Quattor Swim

Zumba Gold

Wed

Sim Han Hoon

Yale Swimming

Zumba Fitness

Zumba Gold

*CGE

14

Sim Han Hoor

Yale Swimming

Zumba Fitness

Sim Han Hoon

Yale Swimming

Zumba Fitness

Zumba Gold

Dance Class

Singapore

Zumba Gold

*CGE

Dance Class

Singapore

Dance Class

Singapore

Karaoke Night SIG - Orchid Bulls Cardio Combat Yale Swimming Singapore Zumba Fitness Quattor Swim School Agua Aerobics Pilates

Karaoke Night

Cardio Combat

Yale Swimming

Zumba Fitness

Quattor Swim

Agua Aerobics

Pilates

15

Karaoke Night

Cardio Combat

Yale Swimming

Zumba Fitness

Quattor Swim

Agua Aerobics

Karaoke Night

Cardio Combat

Yale Swimming

Zumba Fitness

Agua Aerobics

Quattor Swim

Singapore

School

Pilates

SIG - Orchid Bulls

Singapore

School

Pilates

SIG - Orchid Bulls

Singapore

SIG - Orchid Bulls

Thu

Fri

Social Dance Niaht Taekwondo Taijiquan Yale Swimming Singapore Quattor Swim School

Kickboxing

Kickboxing

16

Taekwondo

Yale Swimming

Taijiquan

Singapore

Night

School

23

Kickboxing

Taekwondo

Yale Swimming

Social Dance Night

Scratch-It-To-Win-

Taijiguan

Singapore

School

It-Night

Kickboxing

Quattor Swim

Social Dance

Quattor Swim

9

Sat

Scuba Diving Aikido (Adults & Kids) Aquaducks SIG - OCC Black 8 SIG - OCC Bowling Social Dance Night Sim Han Hoon Dance Class

Social Dance Night Taekwondo Taiiiguan Yale Swimming Singapore Rummy-O Quattor Swim School

10

Scuba Diving Aikido (Adults & Kids) Aquaducks SIG - OCC Bowling Social Dance Night Sim Han Hoon Dance Yale Swimming Singapor Yoga Functional Training OCC-U Golf 9-hole Night

Scuba Diving

Aquaducks

Aikido (Adults & Kids)

SIG – OCC Black 8

SIG - OCC Bowling

Social Dance Night

Yale Swimming

Functional Training

Singapore

24

Scuba Diving

Aikido (Adults & Kids)

SIG - OCC Bowling

Social Dance Night

Functional Training

Yale Swimming Singapore

23rd Super Sprint Series

Sim Han Hoon Dance

Kickboxing 18

Scuba Diving Aquaducks Taijiquan Singapore Karate Pilates

Kickboxing

Scuba Diving Aquaducks Taijiquan Cardio Combat Yale Swimming Singapore Karate Pilates Kickboxing

Scuba Diving Aquaducks Taijiquan Cardio Combat Yale Swimming Singapore Karate Pilates

Cardio Combat Yale Swimming

25

Scuba Diving Aquaducks Taiiiguan Cardio Combat Yale Swimming Singapore Karate Pilates Kickboxina

Sun

Sim Han Hoon Dance Class Yale Swimming Singapore Quattor Swim School KpopX Fitness

30

Mon

Key Events for April:

Tue

Monthly Medal (14 April, Sat)

• Monthly Bowling Medal (14 April, Sat)

Wed



Fri

Sun

Scuba Diving Aauaducks Taijiquan Cardio Combat Yale Swimming Singapore

Karate Pilates Kickboxing

Scuba Diving

Cardio Combat

Yale Swimming

Aquaducks

Taijiquan

Singapore

Kickboxing

Singapore

Kickboxing

Karate

Pilates

Karate

Pilates

8

Functional

Training

Sim Han Hoon Dance Class Yale Swimming Singapore Quattor Swim School KpopX Fitness Functional

Training

Sim Han Hoon

Yale Swimming

Quattor Swim

KpopX Fitness

Sim Han Hoon

Yale Swimming

Dance Class

Singapore

Functional

Training

School

Quattor Swim

KpopX Fitness

Functional

Training

*CGE

16

Dance Class

Singapore

School

Q

Singapore Zumba Fitness Judo (Kids) Quattor Swim School Aqua Aerobics

Yale Swimming

Scuba Diving

Taijiquan

10

Taijiquan

School

Aqua Aerobics

Scuba Diving

Yale Swimming

Zumba Fitness

Quattor Swim

Aqua Aerobics

Taiiiguan

Singapore

Judo (Kids)

SIG - Orchid Bulls

SIG - Orchid Bulls

Zumba Gold

4

Sim Han Hoon

Yale Swimming

Zumba Fitness

Dance Class

Singapore

Scuba Diving SIG - Orchid Bulls Yale Swimming Singapore Zumba Fitness Judo (Kids) Quattor Swim

5

Karaoke Night

Cardio Combat

Yale Swimming

Zumba Fitness

Quattor Swim

Agua Aerobics

Singapore

School

Pilates

SIG - Orchid Bulls

Sim Han Hoon Dance Class Yale Swimming Singapore Zumba Fitness Zumba Gold

Thu

Karaoke Night SIG - Orchid Bulls Cardio Combat Yale Swimming Singapore Zumba Fitness Quattor Swim School Agua Aerobics Pilates

19

Karaoke Night

Cardio Combat

Yale Swimming

Zumba Fitness

Quattor Swim

Agua Aerobics

Singapore

School

Pilates

SIG - Orchid Bulls

13

School

*CGE

6

Night

Social Dance

Taekwondo

Yale Swimming

Quattor Swim

Taijiquan

Singapore

Kickboxing

Social Dance Night Taekwondo Taijiquan Yale Swimming Singapore Rummy-O Quattor Swim School

Kickboxing

Social Dance Night

Social Dance Night

20

Taekwondo

Yale Swimming

Quattor Swim

Kickboxing

Taijiquan

Singapore

School

14

Scuba Diving

Aquaducks

Aikido (Adults & Kids)

SIG - OCC Black 8

SIG - OCC Bowling

Social Dance Night

Yoga Functional Training

Sim Han Hoon Dance

Yale Swimming Singapore

OCC-U Golf 9-hole Night

15

Scuba Diving Aquaducks Scuba Diving Aikido (Adults & Kids) Taijiquan Aquaducks SIG – OCC Black 8 Cardio Combat Yale Swimming

Yale Swimming Singapore Yoga Functional Training **Bowling Medal**

Social Dance Night

Sim Han Hoon Dance

Scuba Diving Aikido (Adults & Kids) Aquaducks SIG - OCC Black 8 SIG - OCC Bowling Social Dance Night Sim Han Hoon Dance Yale Swimming Singapore Yoga Functional Training Origami Art

22

Scuba Diving Aquaducks Taijiquan Cardio Combat Yale Swimming Singapore Karate Pilates Kickboxing

28 Scuba Diving

Scuba Diving Aquaducks Taijiquan Cardio Combat Yale Swimming Singapore Karate Pilates

Kickboxing

School **Functional Training** Aqua Aerobics

28

Sim Han Hoon Dance Class Yale Swimming Singapore Zumba Fitness

*CGE

29

Karaoke Night SIG - Orchid Bulls Cardio Combat Yale Swimming Singapore Zumba Fitness Quattor Swim School

Pilates

Aqua Aerobics

30

Night

Good Friday Social Dance

Scuba Diving Aquaducks SIG - OCC Bowling SIG - OCC Black 8 Social Dance Night

31

Aikido (Adults & Kids) Sim Han Hoon Dance Yale Swimming Singapore

Functional Training

23

Sim Han Hoon Yale Swimming Singapore Quattor Swim School KpopX Fitness Functional Training *CGE

24

School

Scuba Diving SIG - Orchid Bulls Taijiquan Yale Swimming Singapore Zumba Fitness Judo (Kids) Quattor Swim School Aqua Aerobics

Singapore

25

18

Sim Han Hoon

Yale Swimming

Zumba Fitness

Zumba Gold

Dance Class

Singapore

Sim Han Hoon Dance Class Yale Swimming Zumba Fitness Zumba Gold

26

Karaoke Night SIG - Orchid Bulls Cardio Combat Yale Swimming Singapore Zumba Fitness Quattor Swim School Agua Aerobics Pilates

Taekwondo Taiiiguan Yale Swimming Singapore Quattor Swim School It-Night Kickboxino

Social Dance Night Social Dance Night Scratch-It-To-Win-Functional Training

Aikido (Adults & Kids) Aquaducks SIG – OCC Black 8 SIG - OCC Bowling Social Dance Night Sim Han Hoon Dance Class Yale Swimming Singapore Yoga

OCC SOCIAL & RECREATION WEEKLY PROGRAMMES



7:30pm to 1:00am



Aranda Lounge

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

Lifestyle Studio Sat, 4:30pm to 6:00pm



Lifestyle Studio Sat. 9:00am to 10:00am



Lifestyle Studio

Tue, 7:30pm to 8:30pm Wed, 7:00pm to 8:00pm Thu, 7:30pm to 8:30pm



Wed, 8:00pm to 9:00pm

Lifestyle Studio

Lifestyle Studio

Lifestyle Studio

Mon, 7:00pm to 8:00pm Sat, 11:00am to 12:00pm



Aranda Lounge Thu, 12:00pm to 11:00pm



Aranda Lounge Orchid Bulls One & Two Training Tue, 8:00pm to 10:00pm Thu, 8:00pm to 10:00pm



Sports Hub 7:00pm to 10:00pm 23 Mar & 27 Apr



Mahjong Rooms (Daily) Sun - Thu, 12:00pm to 11:00pm Fri, Sat & Eve of PH, 12:00pm to 12:00mn





Sports Hub 7:30pm to 9:30pm 9 Mar & 13 Apr

MARTIAL ARTS



Lifestyle Studio Sun, 12:00pm to 1:00pm

Tennis Courts Fri, 7:30pm to 9:00pm

Lifestyle Studio

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

Aikido (Adults & Kids

Lifestyle Studio Sat, 3:00pm to 4:15pm

Judo (Kids)

Lifestyle Studio Tue, 4:30pm to 5:30pm

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



Competitive Programme (Olympic Pool)

Olympic Pool Tue, 7:30pm to 9:00pm Sat and Sun, 11:00am to 4:00pm

Olympic Pool

Tue, 9:00am to 10:00am Thu, 8:00pm to 9:00pm



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

* Free for OCC members # Charges apply for first drink

SIG – Bowling Orchid Bowl

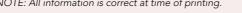
Sat, 3:00pm to 5:00pm



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

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

NOTE: All information is correct at time of printing.



LOVE, FORTUNE & VICTORY

LIGHT + FORM CONCEPTS

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Fun Pool

Bowling SIG Recruitment Drive on 6 January 2018 (Sat)

Our first Bowling Recruitment Drive of the year saw 14 OCC members of all ages coming down for the try-outs and experiencing what it takes to be a member of the Bowling Sports Interest Group (SIG). After some light refreshments, the members played 3 games and were assessed based on their cumulative scores. Congratulations to Mr Roland Chung for emerging as the highest scorer that afternoon with a total of 427 pinfalls! We are also pleased to extend a warm welcome to our newly recruited members of the Bowling SIG family!





Bowlers enjoying light refreshments before the games start.

Highest Scorer Mr Roland Chung bowling an easy strike.





Bowler in action

Participants of the Recruitment Drive posing with Bowling Convenor Mary Tan (5th from left).

Monthly Bowling Medal on 13 January 2018 (Sat)

The January Monthly Bowling Medal saw a total of 20 OCC & ACC bowlers participating in the event. Held every second Saturday of the month, the event brought both OCC and ACC's Bowling Interest Group Members together to foster friendships and camaraderie amidst friendly competition. After five single games, the bowlers adjourned to the Sports Hub for their dinner. With a score of 963 pinfalls, Mr Eric Chua was crowned the highest scorer. Congratulations to all winners and a big thank you to all who participated!







Bowlers posing for a photo before commencing the game.

Bowlers posing with ACC General Manager Monthly Medal Champion Mr Eric Chua Toh Poh Kuan (4th from right).

bowling his way to a strike.



Champion Mr Eric Chua (right) (963 pins).





Mr Toh Kay Seng (right) (946 pins).

3rd Place Winner Mr Patrick Phua (right) (910 pins).

HOLLYWOOD NIGHT

Countdown Party on 31 December 2017 (Sun)

The last day of 2017 was spent in the most glamorous and stylish manner, with everyone dressed to the nines. Dancers turned up the heat in the Grand Ballroom as they danced elegantly to spectacular moves. A lavish dinner was then served during the party.

Confetti and party poppers were set off when the clock struck 12, welcoming the New Year with a great blast. Everyone was in high spirits as they toasted to a magnificent 2018 ahead!









Dancers demonstrating their moves to the beat of the music in joyful unison.





Everyone in a celebratory mood during the dinner.

Social Saturday

Hong Bao Lantern Making on 20 January 2018 (Sat)

10 OCC members gathered for our very first Social Saturday workshop held in January and learnt how to make unique DIY Chinese New Year decorations using red packets. Under the guidance of the Social & Recreation Team, members transformed red packets into festive pineapples, lanterns and fishes. Everyone went home proudly with their very own handmade creations, ready to spruce up their houses and bring on the festive cheer!



Everyone was all smiles with the fruits of their labour

Members proudly sharing their masterpieces.







Intensely focused on moulding their Chinese New Year decorations to perfection.

Valentine's Day Gifts Making on 10 February 2018 (Sat)

For February's edition of Social Saturday, 11 members joined in for a Valentine's Day Gift crafting session, putting together one-of-a-kind gifts handmade with love and care. Amidst the lighthearted atmosphere, members' handcrafted "Blooming Love" box and 3D frame art took shape, ready to be presented to their loved ones.









Members concentrating hard on crafting.

Sense of accomplishment for completing their gifts.

Upcoming OCC Social Saturdays! Come join us and engage in exciting hands-on activities with other members and friends to create unique festive pieces to bring home!

Monthly Sessions:

Time: 10am to 12pm Venue: Sports Hub

Fee* : Free (OCC/ACC Member) \$5+ (Member's Guest)

Bring along your family and friends to enjoy a great weekend with us!

*Material costs apply. Guest fee is subject to prevailing GST.

24 MAR 2018

Easter Egg Painting

21 APR 2018 Origami Art

12 MAU 2018 Mother's Day Specia

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

Hong Bao Bowl on 25 February 2018 (Sun)

On the 10th day of Lunar New Year, OCC and ACC members brought their guests for a day of friendly bowling. After 3 exciting rounds of singles, participants paired up for another 3 rounds of doubles matches. Helen Tang took home the top prize for singles with a total score of 570. Following the games, the bowlers ended off the day with a celebratory Hong Bao Dinner at the Grand Ballroom. All the participants had an enjoyable night!





Participants with ACC General Manager Toh Poh Kuan (1st row, 3rd from right), all excited for a fun day of bowling.

A great day of bonding for everyone!







Winners with ACC General Manager Toh Poh Kuan (4th from left) and Bowling Convenor Mary Tan (5th from left).

Singles Match Champion Ms Helen Tang (right).

Doubles Match Champion Ms Margina (left) and Mr Ivan (right).

BOWLING WITH DRAGON



Little bowlers can now enjoy the bowling fun and excitement with Orchid Bowl's Dragon Ramp! Simply place the ball at the top of this adorable ramp and give a light push for it to roll down the ramp and onto the lane.

Ideal for children of all ages (parental guidance is required for those aged 4 years and below), this safe and light-weighted Dragon Ramp is available for rent at the following rates:

Operating Hours	Rates (include bowling & shoes)
Off-Peak (Weekdays, 10am to 6pm)	\$29.80 per hour
Peak (Weekdays after 6pm, Weekends, Eve of PH, PH)	\$36.80 per hour



Dragon ramp at a safe height suited for kids!

FITNESS PROGRAMMES



Functional Training

Group circuit training that involves training the body for daily life activities, with exercises such as push-ups and squats. The fun calorie-burning workouts improve overall strength, mobility and endurance!

Date & Time: Every Monday, 7pm to 8pm Every Saturday, 11am to 12pm

Venue: Functional Training Area & Lifestyle Studio

Fee*: \$110 (OCC Member) \$120 (NTUC Member)

\$130 (Guest)

*Fees are for unlimited sessions per month, subject to GST



Aikido

Our Aikido classes are conducted by Aikido Shinju-Kai, officially recognised by Japan's Aikido World Headquarters. The art of Aikido helps to destress, improve health, and build confidence and character. Discover and understand your true self while learning subtle,

smooth and circular movements for practical self-defence.

Date: Every Saturday

Time : 3pm to 4pm (Child), 3pm to 4:15pm (Adult)

Venue : Lifestyle Studio Fee* : \$150 (OCC Member) \$155 (NTUC Member)

\$165 (Guest)

*Fees are for 10 sessions per term, subject to GST

Judo Kids (4-12 years old)

Japanese martial art that emphasises balance, movement and timing. Targeted at children aged 4 years and older, this programme aims to impart children with self-defence techniques and instil self-discipline and respect for others.



Date & Time : Every Tuesday,

4:30pm to 5:30pm

Venue : Lifestyle Studio
Fee* : \$80 (OCC Member)
\$85 (NTUC Member)
\$90 (Guest)

*Fees are for 4 sessions per term, subject to GST



Pilates

Benefits include: Increasing muscle tone and endurance, developing balance and coordination, improving posture and alignment, boosting core strength and stability, heightening body awareness, and relieving stress and back pain.

Date & Time: Every Thursday, 7:30pm to 8:30pm Every Sunday, 2:30pm to 3:30pm

Venue: Lifestyle Studio
Fee*: \$100 (OCC Member)
\$105 (NTUC Member)
\$110 (Guest)

*Fees are for unlimited sessions per month, subject to GST

Cardio Combat

High energy martial arts inspired workout that is totally non-contact. Punch and kick your way to fitness, burning up to 740 calories in a class. Learn various martial arts moves to release stress and feel like a champ! No experience required.



Date & Time: Every Thursday, 6:30pm to 7:30pm

Every Sunday, 10am to 11am

Venue: Lifestyle Studio
Fee*: \$100 (OCC Member)
\$105 (NTUC Member)
\$110 (Guest)

*Fees are for unlimited sessions per month, subject to GST

Kickboxing

Enjoy high-intensity cardio and strength building drills in a highly motivating group environment to boost your metabolism. Sweat it out and learn proper techniques to achieve a leaner body and healthier state of mind. Suitable for people of any fitness level!



Date & Time: Every Friday, 12pm to 1pm Every Sunday, 3pm to 4pm

Venue : Lifestyle Studio
Fee* : \$50 (OCC Member)
\$55 (NTUC Member)
\$60 (Guest)

*Fees are for 4 sessions per term, subject to GST

BURN YOUR BODY FAT & KCALS!

To increase your pull-up strength and burn more calories, end off your workout with Burpee Pull-ups. It's the final nail in fat's coffin.

What should you do?

Keep your eyes on the timer. Complete 1 Burpee Pull-up for the first 30 seconds. Then add an extra rep every 30 seconds subsequently. When you cannot fit all your reps into 30 seconds, just perform Burpees. When your Burpees no longer fit into 30 seconds, your set is over!



01 HIT THE FLOOR

Drop from a standing position to plant your hands on the floor, while kicking your feet out into a straight-arm plank position. Do a push-up, touching the floor with your chest, before launching back up to full extension

02 FAST TRANSITIONS

straight ones as you will be using momentum from the jump to pull vourself up the bar. From the straight-arm plank position, jump up with both knees close to your chest, sit back into a squat and jump completed 1 rep. quickly upwards to grab the bar



03 HOLD FOR A SECOND

Burpee Pull-ups are easier than Grab the bar with a wider than shoulder-width overhand grip and pull your chest as close to it as possible. Hold for 1 second before lowering down with control. Drop back down and stand tall. You've



Perfect your pulling technique with this dynamic movement!

Trainer Tip: quickly as possible, break



To know more about our Personal Training Programme, please contact our friendly gym instructors at 6750 2199 or email sports@orchidclub.com. 23rd SUPER SPRINT SERIES

SWIM CHALLENGE

24 March 2018 (Sat) 10am @ Olympic Pool

Dive in to a day of splashing fun at the Olympic Pool as aspiring swimmers gather to display their best strokes!

> Categories (50m) Open to all ages:

★ Freestyle ★ Breaststroke

№ Backstroke **№** Butterfly

12 years old & below only: Erreestyle Kick

Register By: 9 March 2018 (Fri)

Registration Fee*	Event Entry Fee*
FOC	FOC
¢1	¢1

NTUC Member Guest

OCC/ACC Member

\$5

* Fees are subject to prevailing GST.

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



7- Day Refit Getaway @ Orchid Lodge

Enjoy a one-week stay in our Deluxe Room at only \$1000 nett*.

*Terms & Conditions apply.



how best to sleep in comfort during your home refit?

Planning

BOOK 2 PACKAGES (12 NIGHTS) AND ENJOY THE 13[™] NIGHT FREE!

Visit www.orchidclub.com for more details

For enquiries and reservations, contact 6750 2100 or roomsales@orchidclub.com.

Complimentary Bowling Vouchers Exclusively for OCC Members!

2 FREE BOWLING GAMES AT ORCHID BOWLINGOO

Valid from 1 March to 30 April 2018

Terms & Conditions:

- This voucher is not exchangeable for cash.
- This voucher is redeemable during peak and off-peak hours at Orchid Bowl @ Orchid Country Club or
- Voucher must be presented at the point of registration and cannot be combined with other vouchers.
- Lane booking is subject to availability and on a first-come-first serve basis.
- · This voucher is not valid for redemption during league, coaching and tournament days
- Strictly no extension of validity period upon expiry date.

For enquiries, please call 6759 4448

2 FREE BOWLING GAMES AT ORCHID BOWLIN OCC.

Valid from 1 March to 30 April 2018

Terms & Conditions:

- This voucher is not exchangeable for cash.
- This voucher is redeemable during peak and off-peak hours at Orchid Bowl @ Orchid Country Club o
- Voucher must be presented at the point of registration and cannot be combined with other vouchers.
- · Lane booking is subject to availability and on a first-come-first serve basis
- This voucher is not valid for redemption during league, coaching and tournament days
- · Strictly no extension of validity period upon expiry date.

For enquiries, please call 6759 4448

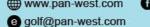


PING GHOD MAX **OCC Members** enjoy 20% to 30% discounts on regular-priced OCC members enjoy an items and customfitted products! **Introductory 20% Discount** on the new G400 MAX! (includes custom fitting) 5400 MOI To The MAX* 10,000 8,000 SPLITS FAIRWAYS. SHATTERS RECORDS. G400 G400 MAX Competitors * MOI comparisons as of January 1, 2018

Promotion is valid while stocks last. Not to be combined with other vouchers or promotions. T&Cs apply. Promotion valid only at **PING@OCC**.



OFFERS VALID TILL 30 APR 2018. EXCLUSIVELY FOR ORCHID COUNTRY CLUB MEMBERS







For enquiries, please call Par Lounge at 6750 2204. Par Lounge is located at Golf Clubhouse (Level 2)





*Choice of 2 Footlong Subs, 2 Cookies, 2 x 22oz Drinks and 2 Soup of the Day

SUBWAY*

Visuals are for illustration purpose only, Limited time offer and only for SUBWAY* Orchid Country Club SUBWAY* Orchid Country Club reserves the right to amend or vary any terms and conditions. SUBWAY* is a Registered Trademark of Subway IP Inc ©2018 Subway IP Inc



Book a one-hour body massage session and any 30-min body scrub to enjoy 15% discount.

Total duration: 90mins

Protect and nourish your skin as without regular exfoliation, you can end up with clogged pores which block moisture from getting into the deeper layers of your skin.

Choose from a selection of body scrubs that help to get rid of the dead skin cells and enjoy a smoother skin.

Body Scrubs:

Ginger Sea Salt Rose Sea Salt Lavender Cream Herbal Citrus Sea Salt Apple & Aloe Vera Coffee Anti-Cellulite

OCC Members enjoy 10% discount on all massage, facial, and slimming services and packages!

Specially for **OCC Members!**

Promotion is extended till 30 April 2018



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

EXCLUSIVELY FOR OCC MEMBERS! rchis Pavilion COMPLIMENTARY FAMILY PORTRAIT PHOTOSHOOT



BOOK NOW TO ENJOY

COMPLIMENTARY: PHOTO & FRAME

(valid till 30 May 2018)

2 weeks advance booking is required for the engagement of all photography service.

Please Call 6222 3602

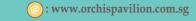
Terms & Conditions:

- This offer is valid from Now to 30 May 2018.
- ONE complimentary 5R photo with frame for a group of up to 5 persons.
- ONE complimentary 6R photo with frame for a group of 6 to 10 persons.
- ONE complimentary 8R photo with frame for a group of more than 10 persons. This offer cannot be used in conjunction with any other promotions.
- Each photo shoot is inclusive of up to 3 different studio backdrops.
- Each member is entitled to this offer ONCE.
- Additional photos will be charged accordingly based on the fees applicable for Family Photo Packages starting from \$288.



SWAROVSKI

341 Balestier Road # 01/02 Singapore 329773 TEL: (65) 6255 0055 | www.light-pro.com





Check out some upcoming ACC events specially extended to OCC members!

Upcoming Activities

MARCH

Love & U



"Men are from Mars; Women are from Venus". If you subscribe to this view, then you know the challenges of interpersonal relationship between opposite genders. Before we can address these problems, we must first understand the differences between Men and Women. This talk will focus on how you can improve your relationship with your partner and conflict management. Learn from others as we hear real testimonials about happy couples.

Date : 17 March 2018 (Saturday)

Time : 2pm - 4pm

Fee

: Tulip Room (2nd Level, Clubhouse) Venue

: \$12 (OCC Member)

\$14 (Union Member)

\$18 (Guest) Min Pax : 10 persons

Closing Date: 10 March 2018 (Saturday)

1D Kulai Hakka Village Tour in JB



Kulai is a village in Malaysia steeped in Hakka Culture. This journey will commence with a trip through history at the Hepo Descendant Museum to learn about Kulai heritage and the history of the Hakkas of Kulai. Seize the opportunity to lay your hands on the famous "Cai Ban", the star of Kulai. Appreciate the street art along Kelapa Sawit as we explore Kulai. Lunch will be a spread of Hakka food. There will be ample opportunities to shop and enjoy the local delicacies throughout the day. If you are into culture and heritage, and delicious food, don't miss this day trip!

Date : 25 March 2018 (Sunday)

Venue : Assemble at ACC Lobby at 6am sharp

Fee \$85 (OCC Member)

\$90 (Union Member) \$105 (Guest)

Min Pax : 25 persons

Closing Date : 11 March 2018 (Sunday)

APRIL

DIY Button Craft for Kids



Do you know that everyday essential items such as buttons can be used to create beautiful art décor? Sign your child up for a fun and easy way to create simple art using buttons and acrylic paint. Give your child a head start today and allow them to use their imagination to create interesting designs with buttons. Parents are welcome to join in the fun!

: 7 April 2018 (Saturday) Time : 2pm - 4pm

Venue : Kids' Playroom

\$10 (OCC Member's Child)

\$12 (Union Member's Child) \$15 (Guest's Child)

Min Pax : 10 persons

Closing Date : 5 April 2018 (Thursday)

*Child is between 3 to 12 years old. Materials will be provided.

2 Days 1 Night Melaka Trip



Itching for a short getaway? Hop on with us to Melaka, a historical haven with a colonial past and lots of good food. We will embark on a heritage tour. The places of interest include The Stadthuys, A Famosa, Christ Church and more. When the sun goes down, we will visit the popular Jonker Street Night Market which sells everything from tasty treats to cheap keepsakes. We will wrap up this memorable trip with River Cruise and shopping before returning back to Singapore.

Date : 28 & 29 April 2018 (Saturday & Sunday) : Assemble at ACC Lobby at 6:15am sharp Venue

: \$195 (OCC Member) \$200 (Union Member)

> \$215 (Guest) : 25 persons

Closing Date: 14 April 2018 (Saturday)

For enquiries and reservations, please contact Ms Linda Yeo at 6584 6811 ext 30

Staff Year End Party on 19 December 2017 (Tue)

Laughter and excited chatter sounded throughout the Aranda Lounge as OCC staff gathered for the Staff Year-end Party which is part of the Club's ongoing effort to promote workplace engagement and team unity among colleagues. Everyone enjoyed an appetising buffet followed by a special Lucky Draw where 42 lucky staff walked away with delightful prizes.





Everyone having a splendid time at the party.







Staff relishing in a great gathering of food and fun!

Service Compliments Thankyout We are always at your service

I participated in the Hong Bao game with three other friends, and had a great time! The overall experience was superb, and it was frankly, one of the better organized events that I've had the privilege to be a part of. Even though it was uncommon to see three flights per tee-box at times (we were 6B), it was still a smooth game play, without excessive wait times. Both the Dendro and Vanda courses were well maintained, especially the nicely manicured putting greens. From the lion dance performance at the start, the 18-hole game, to the sumptuous dinner to wrap up, I think the management team has done a stellar job. Congratulations for a job well done, and I look forward to participating again next year.

KC Oh OCC Member

I asked to use the Inversion Table and Akmal was very prompt, patient, helpful, and conscious of safety. He guided me throughout and explained the benefits clearly. He is a very professional staff who treats his clients with care, courtesy and respect. Well done OCC!

Vijayan Nambiar

Darvin and Varu are super helpful, very knowledgeable and provided excellent service. I am very happy to stay here as these staff are so friendly and make you feel like VIPs.

Christina Lim

I played the Hong Bao game on Sunday and would like to congratulate the team that looks after the course. The fairways and greens are well taken care of, which made the game more enjoyable than my previous experience couple of years back. The fantastic weather made it even better.

Keep up the good work.

Raymond Union Member

I would like to compliment your staff, Ms Zizie, for her prompt response and helpfulness! I did an online reservation yesterday but I made a mistake in my arrival date. I contacted Orchid Country Club and Ms Zizie immediately responded to my concern, and updated the system with my correct arrival date. I am very grateful for her service and this has made my stay with Orchid Country Club hassle-free and pleasant. I would like to give double thumbs-up to Ms Zizie!! Thank you Zizie!!

I look forward to my next stay at Orchid Country Club.

Cheryl Ang

ALL ARE WELCOME!

RANGE CARNIVAL

FABULOUS LUCKY DRAW PRIZES TO BE WON!

DATE 24 & 25 MARCH 2018 (SAT & SUN)

TIME **11AM – 6PM**



Custom Fitting Services



Putting Contest at the Putting Green



Happy Faces at the Range Carnival!



Free One-on-One Golf Coaching

PROGRAMMES

11am - 6pm

- Golf Equipment & Apparel Bazaar
- Pan-West Golf Club Demo & Equipment Sale
- Phil Brew Golf Academy Recruitment Special
- OCC Individual Golf Pro Demo
- Novelty Challenges

<u>3pm - 4pm</u>

- FREE Personalised Keychain
- FREE Local Snacks (e.g. Ding Ding Candy)

<u>4pm - 5pm</u>

Phil Brew Golf Academy Pro Demo

- FREE 15-min one-on-one Golf coaching
- Short game & Trick shots demonstration

OCC Individual Golf Pro Demo

- FREE 15-min one-on-one Golf coaching
- Short game demonstration

<u>5pm</u>

Lucky Draw at Driving Range Car Porch

Event programmes are subject to change without prior notice. Terms & Conditions apply.