

RV

Resort View



**Charity Golf
2012**



Delfi is pleased to introduce a range of premium chocolate spread in 3 delectable flavours - Choco Hazelnut, Rich Choco, and Choco Hazelnut and Milk. Made with quality ingredients such as reduced fat cocoa and skim milk, this delicious treat is a perfect pick-me-up at any time of the day. Try it now at all leading NTUC supermarkets!



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Resort View

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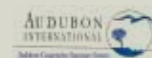
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Charity Golf

A Great Success



The 17th Charity Golf held in late May was once again a success. We were joined by friends and generous sponsors who helped this two-day event raise over \$500,000 for worthy causes. Preparations for this event is a year long, beginning with visiting shortlisted charities, sourcing for sponsors in kind and finally finding friends to participate in the event.

Time flies, it has been eight years since I helped out with Charity Golf and I am very glad that my kind friends continue to support this worthy cause.

Organising this event is no easy feat, just ask any of my fellow Handicap and Greens committee members and they will share with you their personal account of the challenges. Attending numerous long and hotly debated meetings, coming at 7am for two days to ensure that the event runs like clockwork have exhausted all the members and staff! Capture all the Charity Golf highlights on page 12 and 13.

Another noteworthy event held over the same weekend saw some intense competition in the pool. Parents and children participated in 27 events at the 15th Annual Swimming Carnival on page 6. Congratulations to all our winners!

Don't miss out on Behind the Scenes section. We introduce you to the entire team of buggy stewards, customer service officers and marshals from the Golf Department. Say hi the next time you drop by for your golf game.

In our fourth series of Golf 101, when you find the rules of golf getting complicated in odd situations, in the scenario of the ball landing in bunker next to an half eaten apple and a plastic drink bottle, we share basic points of what to do and how to play the ball.

Once you're done reading this issue, take a break and visit Kranji Sanctuary Golf course for a game of golf and a hearty meal served up by our new F&B operator which begun operations in July.

Stay healthy and happy.

A handwritten signature in black ink, appearing to read 'Sze Wah'.

Tan Sze Wah
Editor



NSRCC recently hosted BOWLlinks (Bowled over with Love, Inspiration, Nurturing, Kindness and Sincerity), a Singapore Bowling Association initiated community project to help people with disabilities and special needs to enjoy bowling as a sport.

Held in late April, the bowling challenge included National Bowlers and participants from Charity Organisations such as the Movement for the Intellectually Disabled of Singapore, Association for Persons with Special Needs, The Singapore Association for the Deaf, Delta Senior School and Singapore Association of Mental Health.

Everyone was treated to a game of fun and interaction. Singapore Bowling Federation Assistant Honorary Secretary, Florence Khemlani was present to give out prizes to the winners.

The upcoming BOWLlinks events will be held on 29 August, 18 October and 7 November.

Charity Bowl @ Resort Bowl



UNFANCIED CHAN LEADS

Undergraduate tops big names after 10 games of Open Masters final

By LESTER WONG

SOME of bowling's biggest names were in action at the \$150,000 Singapore International Open yesterday, including former world champion Benny Ong, triple Asian Games gold medalist Choi Bok-Eum and defending champion Shaker Al Hassani.

The same Derek Chan could not be counted among them by any stretch of the imagination.

But by the end of the first 10 games in the men's Open Masters final at the Orchard Country Club, the former fringe player in the Singapore team was looking down at his more illustrious opponents from the top of the standings.

Chan ended with a total pinfall of 2,283 after 10 games, ahead of Koreans Hong Hae-Sol (2,267) and Cho Young-Soon (2,160) in second and third place respectively.

Not bad, for a marketing undergraduate who just completed his last exam two days ago.

"It's like a dream come true to be leading all these top bowlers after 10 games," said the 25-year-old, whose best finish in the Singapore Open after four pro-

vious attempts was sixth. The unlikely leader made his move in the fourth game, when he potted 279 to climb up the standings. Another 279 in the seventh game, when he posted seven strikes in a row, put him in front for the first time.

Chan took the lead in the eighth game, but the Singaporean finished strongly with a 235 and 236 to end the day on top of the 47-man field.

Said the left-hander: "I was struggling to find the pocket at the start and the pins weren't carrying for me, but I just went through my routine and gradually found my form."

Chan last tasted success at the 2006 Malaysian International Open, when he won the boys' Open title. He quit the national team a year later to focus on his studies and will graduate with a marketing degree from the Management Development Institute of Singapore later this year.

"Bowling really requires you to put your heart and soul in it," he said. "But there was just not enough time for me to commit to the sport when I had my studies to think about as well."

The top four bowlers after today's final block of six games will proceed to the step-ladder finals in the evening. The men's winner takes home \$20,000.

The winner of the women's Open Masters will get to bank \$6,000 and the hot favourite is South Korea's Jung Da-Wun, who leads with 2,096 pinfalls.

Indonesia's Tanjaya Koomomo (2,040) is second while Jung's compatriot Gye-Min Young (2,058) is third. The highest-placed Singaporean is Kristel Oh, who is sixth with 2,027. www.singaporebowling.com.sg



Derek Chan ended with a total pinfall of 2,283 after 10 games to lead the standings.

Derek Chan Now and Then

Derek Chan outperformed the bigger guns when he finished third at the recent 45th Singapore International Open, Men's Open Division and picked up a \$5000 cheque for his achievement.

Looks like he has come a long way, since we featured him on our November/December cover in 2010 when NSRCC won the Inter-Club Bowling League Championship.

We wish Derek all the best in his studies and hope to see more of NSRCC's bowlers making their mark in the bowling fraternity.



Men's Open Division (L-R) Choi Bok-Eum (2nd), Hong Hae-Sol (Winner) and Derek Chan (3rd)



Derek among the Inter-Club Bowling League players who graced the Nov/Dec 2010 cover of Resort View



May Lim, Senior Customer Service Officer (Golf), Changi - Winner

Resort Staff Honoured at Service Excellence Awards

We congratulate this year's top three Service Excellence Award recipients who helped deliver a memorable NSRCC experience. We also give thanks to members and guests for taking efforts to place their nominations.

With Changi Golf Reception winning the top three awards, it was not surprising the team clinched the "Best Team Award". This award was created to reward the team with the most number of nominations.

We also congratulate Roni Li, Course Marshal for his exemplary efforts in helping a golfer recover his lost mobile phone on the golf course.

Roni is featured in Behind the Scenes section - Changi Golf Operations – A Photo Depiction on pages 8 & 9.



Nur Hedaya, Customer Service Officer (Golf), Changi - Runner-Up



Jacelyn Ho, Customer Service Officer (Golf), Changi - 2nd Runner-Up

Muffin Baking Class

During the first week of the school holidays, several parents and children got together to mix ingredients and bake their very own soft, fluffy blueberry and chocolate chip flavoured muffins.

After the class, they bought back their own muffins creations in a nicely packed box.



Say Muffins



Teamwork makes the muffins tastier

Yummy blueberry and chocolate chip muffins baked by our members

Bake your own muffins

Ingredients:

Plain Flour	165g
Double Baking Powder	1 tsp
Sugar	140g
Salt	tsp
Eggs	75g (Approx 1)
Full Cream Milk	75g
Melted Butter (Unsalted)	75g
Vanilla Essence	tsp

**** Chocolate Chips or Blueberries for flavouring**

Method:

- Sieve the plain flour and baking powder
- Pour the wet ingredients into the dry ingredients. Fold well, but DO NOT over fold
- Split the batter into 2 portions, each approximately 260g
- Fold in your own Chocolate Chips or Blueberry into the batter
- Scoop the batter into the muffin cup
- Bake the muffin at 190°c for approximately 20 minutes

SEEN & HEARD

The 15th Annual Swimming Carnival 2012



Registration time

50 Participants vie for the coveted swim titles



Anxious parents cheering on their young ones



Dennis Ng, General Manager with our winners



held on
27 May
Sunday
witnessed

27 Events



All geared for competition



50m Butterfly splash



A family bonding event - 2 X 50m Parent & Child Relay

William Triumphs at Annual Snooker Closed Tournament

A total of 14 Snooker enthusiasts pitted their skills against fellow enthusiasts at the Annual Snooker Closed Tournament held in May.

At the qualifying rounds, participants were divided into four groups, with two from each group advancing to the semi-finals.

William Tay beat Randy Lam 2-1 in the finals and scored the highest breaking point of 32 in the tournament. With this win, he holds the title for a record sixth time. Well done!



(L-R) Llyod Lam, Roger Chan, Randy Lam, William Tay (Winner), Victor Ong and Andy Lam

Standings

- 1st Prize** - William Tay
- 2nd Prize** - Randy Lam
- 3rd Prize** - Victor Ong
- 4th Prize** - Roger Chan

Junior Tennis Open



Under 12 (L-R) Matthew Yip (2nd), Jonathan Chang (Winner), Clyde Tang (3rd), Sherman Yeo, Katelyn Emily Chen and David Lee (Tennis Convenor)

The Junior Tennis Open is a tennis tournament for girls and boys under the ages of 12, 14 and 16.

The event held on 9 June saw a fine display of agility, coordination and speed as youths battled to win top honours. The winners from each category walked away with trophies and cash prizes.



Under 16 (L-R) Garik Wee (Winner), Gared Wee (3rd), Shawn Yeo and Ivan Lim (2nd)



Under 14 (L-R) Ivan Lim (3rd), Tan Hong Rui (2nd), Sean Bock (Winner) and Malcolm Chow

Changi Golf Operations – A Photo Depiction

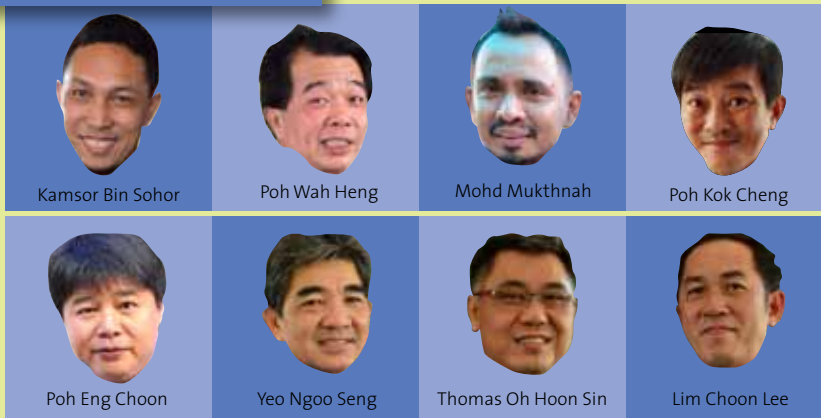
This is the fourth of a six series on interesting and unusual work in the resort.

For many of us who play golf at Changi, Chief Marshal, Ah Kim's name immediately strikes a chord. However, unnoticed are the contributions of other golf operations staff who also play vital roles in providing a great golf experience.

We caught up with Golf Marshals, Customer Service Officers (CSOs) and Buggy Stewards engaging in various activities on and off the course and cast the spotlight on them.

"The marshals keep track of the time well and the staff are very professional and friendly."
– Marc, member

BUGGY STEWARDS:



Responsibilities:

- Ensuring buggies are properly charged, cleaned and in good condition
- Filling sand bottles
- Controlling and issuing locker keys
- Liaising with maintenance department on mechanical or electrical issues of buggies
- Liaising with technical department on replacement of locker keys and/or locks.



Eng Choon washes the buggies on a daily basis



Mukthnah and Kamsor carry three bags at one go to ease waiting time



Braving the hot sun

Interesting Facts:

- #1 A golf bag weighs approximately 25 - 30kg. Within a day, at least 200 golf bags are carried. A buggy steward carries a golfer's bag four times a day (e.g. from car boot to buggy, from buggy to car boot).
- #2 One buggy has four sand bottles, a buggy steward has to fill up the sand bottles whenever a golfer returns from a golf game. On a regular day, there would be 800 sand bottles to fill.

BEHIND THE SCENES

COURSE MARSHALS:



Haroun would issue a ticket to golfers who do not heed to warnings



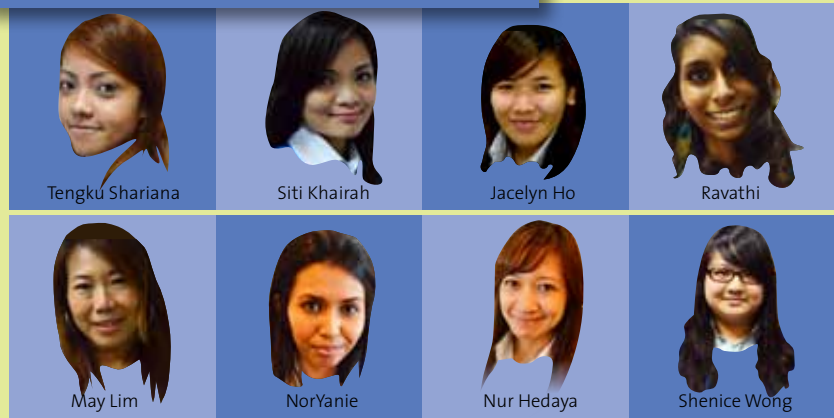
Ah Kim goes up to golfers to encourage them to speed up play

Responsibilities:

- Checking the pace of play
- Collecting course tickets
- Ensuring all golfers play according to their scheduled time
- Recording their locker key number
- Activating course closure in the event of inclement weather

"Keep up the great work for maintaining our high traffic golf courses!"
- Kok Tong, member

CUSTOMER SERVICE OFFICERS:



Responsibilities:

- Handling golf bookings
- Issuing golf tickets and billing
- Updating of scorecards
- Preparing handicap cards, Proficiency certificate (PC) and golf bag tags



Hedaya reminds golfers of their scheduled play time and makes announcements of inclement weather through the Resort's Public Address (PA) System



Calmness amid chaos during registration for shotgun start



CSOs assisting with golf bookings and enquiries



Shenice is always ready to serve with a smile

Savour Our Chef's "Three Tastes"

Marking its debut on 1 July, Jun Hang is introducing multi-cultural cuisine and a modern dining experience at Kranji Sanctuary Golfers' Terrace.

Situated in the main wing of the Clubhouse, the Golfers' Terrace offers patrons a serene and relaxing ambience after a game of golf.

Kelvin Quak is the head chef, with 29 years of culinary experience. He brings along his signature "Three Tastes" cuisine concept - "Sweet, Sour and Spicy (甜、酸、辣)".

Kelvin, who began his cooking career at the age of 16, has accumulated a wealth of experience with Genting Hotel, Amber Court Resort, Mutiara Hotel, Orchard Hotel, No Signboard Restaurant and Dragon Phoenix Restaurant.

His Three Tastes Fish, Butter Crab, Sliced Beef with Sautéed Broccoli, Xi Si Buttered Prawn and Seafood Tom Yam, have been featured in several television programmes in Malaysia.

Must-try dishes include his signature Fish Head Curry, Teochew Style Bak Kut Teh, Istimewa Fried Rice, Mongolian Chicken and Seafood Tom Yam.

These delicious dishes are set to zest up your appetite with its unique flavours.

For those who prefer Western food, international flavours such as American Breakfast, Pork Chop with Pineapple Sauce, Chicken Cutlet, Fish & Chips, Seafood Pasta, and Sandwiches are also on the menu.





Stewed Pork Belly with Salted Fish & Dried Chili



Fish Head Curry



Istimewa Fried Rice

New Seafood BBQ Concept

For seafood enthusiasts, nothing beats the open grill concept, having fresh succulent clams, scallops, squids and tiger prawns hot off the barbeque grill, giving you a tastier and crisp treat.

The new Barbecue Station features all-time favourites - Sambal Stingray, Marinated Chicken Wing, Butter Garlic Tiger Prawn, Jun Hang Homemade Fish Otak Otak, Thai-style Sotong.

The Carving Station and Show Cooking Station dish out two items each on alternate days consisting of items like Roast Beef, Baked Salmon with Ragout of Mushroom, Roast Leg of Lamb with Herbs & Garlic, varieties of Pasta topped with Seafood and Shrimp sauces.

The Golfer's Terrace is the perfect pig-out for your next night out, whether it's dinner with golf kakis, romantic dinner for two or a family celebration. We look forward to seeing you!



Operating Hours:

Daily: 7am – 9pm
Kranji Sanctuary Golf Course
50 Neo Tiew Lane 3, Singapore 718828

For enquiries or reservations, contact 6297 9111 or email to thomas_chia@JunHang.com.sg.

Beneficiaries Received A Boost From Charity Golf 2012



Defence Minister, Dr Ng Eng Hen among 700 golfers who participated in the Charity Golf

This year's annual Charity Golf event succeeded in raising more than \$500,000 for the selected beneficiaries. The amount raised was made possible through kind sponsors, sales from Raffle draw tickets and the Silent Auction.



Member submitting his bid for Bee Gees album discography

All the donations will go towards – Boys' Town, Life Community Services Society, The Spastic Children's Association of Singapore, Viriya Community Services and SAF Benevolent Fund.

The event was graced by Dr Ng Eng Hen, Minister for Defence and among the guests were Mr Lawrence Wong, Minister of State for Education and Defence and LG Neo Kian Hong, CDF/ President of NSRCC.

Leong Yew Phui was rewarded for scoring a hole in one at Kranji Sanctuary Golf Course Hole (KSGC) #2. He drove away a Mercedes-Benz SLK-Class Roadster SLK 200 BlueEFFICIENCY sponsored by Daimler South East Asia Pte Ltd (Mercedes-Benz Singapore).

It was definitely an exciting two-day event at Changi and KSGC. We express our deepest gratitude to everyone who had helped the beneficiaries in one way or another and let's keep our charity spirit burning.



Complimentary Scottish Whisky Tasting



Ready to tee off



Major sponsor receiving a token of appreciation from Dr Ng



All decked out in Green



Leong Yew Phui receiving his prize from LG Neo



▲ Beneficiaries receiving the combined cheque amount of \$500,000



▲ Dr Ng toasting with dinner guests



The beauty of Golf

ON PAR

Hole-In-One Achievers

S/N	Who	When	H'cap	Where
1	Wang Hwee Lon	1 April	9.1	Army Hole 3
2	Winston Lin Han Thuan	1 April	8	Keppel Club Hole 16
3	Tay Yong Ngee	7 April	10	Marina Golf Club Hole 13
4	Chan Tat Lam	11 April	17	Navy Hole 3
5	Teo Chong Ngee Patrick	11 April	18	KSGC Hole 2
6	Lee Kam Fai	22 April	17.1	KSGC Hole 14
7	Wong Piah Kwang	28 April	15.5	Airforce Hole 8
8	Teo Teng Liang	6 May	6	Army Hole 3
9	Tan Poh Guan	12 May	7	Navy Hole 3
10	Nicholas Lim Chye Huat	24 May	10	KSGC Hole 14
11	Clifford Fong Pat Suan	24 May	16.5	KSGC Hole 5
12	Khoo Cher Leong	25 May	16+	KSGC Hole 17
13	Leong Yew Phui, Daniel	26 May	11	KSGC Hole 2
14	Wang Hwee Long	28 May	9	Marina Bay Golf Course Hole 9

For results of Monthly Medal, please go to <http://www.nsrcc.com.sg/posting/golf>

Golf Buy Back! *

Creative Golf is the largest and most established used-club shop in Singapore. We have buyers waiting to buy your clubs.

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& we pay cash for it.**

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Call Joe Lum: **62277760**

* TERMS AND CONDITIONS APPLY



Golf

101



Scenario 1

Harry tees off and finds out that his golf ball has landed beside a plastic bottle. What should Harry do?

Solution:

According to USGA Golf rule 24-1 Movable Obstruction, A player may take relief, without penalty, from a movable obstruction. In this case, Harry is allowed to remove the bottle to take relief.



Scenario 2

Harry tees off and finds out that his golf ball has landed beside a half-eaten apple, what should Harry do?

Solution:

Under notes to Rule 23-1 and Rule 13-4c, a half-eaten apple is a loose impediment and there is no relief provided for it in hazard, so the ball must be played as it lies.

**Loose Impediments are natural objects, including stones, leaves, twigs and branches provided they are not fixed or growing and adhering to the ball.*

What is Timing?

We have all heard about timing but what is it exactly in relation to the golf swing? Technically speaking, “Timing” is the peak speed and sequence relationship between each body segment during the downswing phase of the golf swing and into the crucial moment of impact. The correct sequence of movement will allow for the most efficient creation of energy to occur through the body which will then result in the faster movement of the clubhead through the hitting zone. To hit it further the club must swing faster!

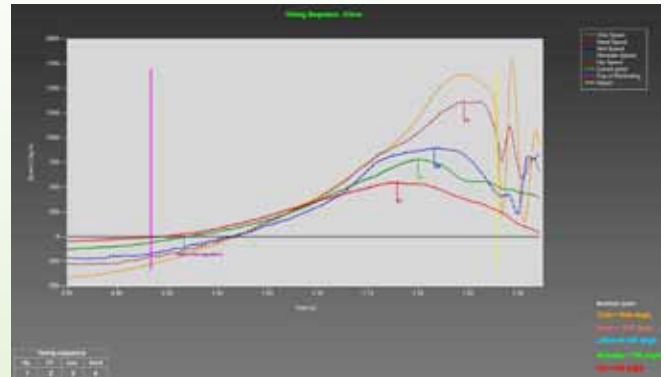
The correct sequence and how you achieve it?

The most efficient way to create speed in your downswing is to look at the top of the backswing position and the transition into the downswing. The downswing only takes two to three tenths of a second so trying to make changes consciously during the downswing is extremely difficult to do, almost always resulting in failure, leaving us to rely on more clever ways to help us achieve this crucial element to the golf swing.

By using the Golf BioDynamics (GBD) 3D motion capture system we are able to precisely gather information on this crucial transition and downswing phase in much more detail than we could ever gather from a 2D camera analysis or the naked eye.

Through testing hundreds of elite level players it has been found that those whom have the greatest driving distance also have the most efficient Timing Sequences, and it all starts in the transition. The lower body (hips and legs) must initiate the move back to the ball, the hips need to drive towards the target and rotate to an open position as quickly as possible. The upper torso (chest and shoulders) then needs to rotate as quickly as possible around the spine and finally the arms and hands would pull away from the chest towards the bottom of the swing so the club can be moving its fastest through impact.

Looking at figure 1 you can see that there is an increasing progression of speed occurring and that not all body segments reach their peak speed at the same time. The increase of speed



1

over time is a result of an efficient creation and transfer of energy, the graph shows that the hips reach their peak speed firstly (red) then the shoulders (green), lead arm (blue), hand (brown) and then lastly the clubhead (yellow) reaches its maximum speed right at the time of impact with the golf ball. This is considered to be a correct timing sequence.

In order to improve your sequence of movement, try this simple drill.

The Step Drill:

I learnt this drill from Dr Rob Neal during my time working at the Jim Mclean Golf School in Miami, USA. It's very simple to achieve and is great for those who cast or start their downswing with the arms and hands.

1. Stand in golf posture with your feet together and the head of the club in between your feet and place a ball 15-20cm forward of the left foot. (figure 2)
2. Then, start the backswing with the arms and as the club reaches parallel with the ground, step the lead leg forward and drive the lower body forward and rotate the hips. The club will continue its backswing track and will automatically start its downswing with the correct lower body movement. (figure 3)
3. Strike the ball and complete the swing by holding a full finish with all of your body weight on the left leg and right heel off the ground. (figure 4 & 5)



By Gavin Sutherland
Phil Brew Golf Academy
Golf BioDynamics Specialist



**28 July – 11 August
(Every Saturday)
9am – 12pm**



FULL BODY MASSAGE COURSE (NON-OIL)

This nine-hour course will be split into three sessions covering proper techniques of massages from head-to-toe without the application of massage oil. Participants will learn how to do a full body massage to help relax tight and painful muscles. Nurses enjoy *\$10 off registration fees with proof of employment.

About the Trainer:

Mr Kenny Lim is a certified trainer with Keetherapy and Wellness Training. He has at least 10 years of experience in the area of Massage and holds a certified Diploma in Holistic Massage and Diploma in Anatomy and Physiology.

For more details, contact Waty at 6540 8563 or email ernawaty@nsrcc.com.sg

*Fees are subject to 7% GST. Workshop starts with a minimum of 10 participants. All participants are encouraged to register with spouse or another participant of the same gender.

*Fees: \$140 (Member)/ \$160 (Guest)
Age Group: 21 years and above
Closing Date: 17 July, Tuesday

CHAIR MASSAGE WORKSHOP

**1 September, Saturday
10am – 12pm**

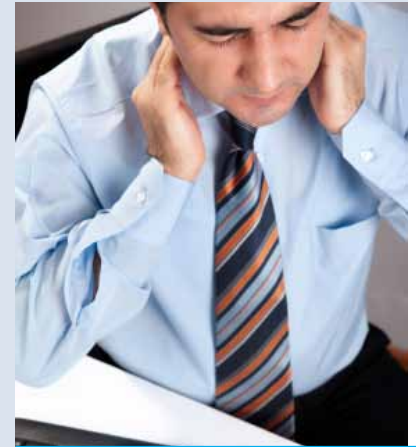
In this two-hour workshop, participants will learn techniques using their thumb and elbow to relieve aches and muscle tension in their shoulder and arm while seating in a regular chair.

About the Trainer:

Mr Kenny Lim is a certified trainer with Keetherapy and Wellness Training. He has at least 10 years of experience in the area of Massage, is well versed in Shiatsu “finger pressure” and holds a certified Diploma in Holistic Massage and Diploma in Anatomy and Physiology.

For more details, contact Waty at 6540 8563 or email ernawaty@nsrcc.com.sg

*Fees are subject to 7% GST. Workshop starts with a minimum of 10 participants. All participants are encouraged to register with spouse or another participant of the same gender.



*Fees: \$40 (Member)/ \$50 (Guest)
Age Group: 16 years and above
Closing Date: 22 August, Wednesday

PLAY YOUR WAY TO FINANCIAL IQ



**8 September, Saturday
12pm – 4pm**

This fun activity will help you and your family understand how to manage your finances through the use of a board game. It will be a time of interactive fun. Apart from educating you on the management of finances, this activity also aims to help you understand more about your partner's financial thinking and increase the communication between family members.

For more details, contact Waty at 6540 8563 or email ernawaty@nsrcc.com.sg

*Fees are subject to 7% GST. Workshop starts with a minimum of 12 participants. Lunch will be provided.

*Fees: \$25 (Member)/ \$35 (Guest)
Age Group: 16 years and above
Closing Date: 24 August, Friday

UPCOMING EVENTS & PROMOS

INCREASING YOUR CHILD'S MOTIVATION TO LEARN

**4 August, Saturday
2pm – 4pm**



This workshop will discuss some important issues in understanding what motivates students when it comes to learning and what parents can do to increase their child's motivation. In order to be successful in school, students must stay involved in the learning process.

Key topics covered:

Understanding the three levels of motivation
12 ideas to increase motivation to learn.

For more details, contact Juhainie at 6540 8564 or email juhainie@nsrcc.com.sg

*Fees are subject to 7% GST. Class starts with a minimum of 10 participants.

*Fees: \$15 (Member) / \$20 (Guest)

Closing Date: 23 July, Monday

HELPING YOUR CHILD COPE WITH STRESS

**1 September, Saturday
2pm – 4pm**

This workshop teaches parents ways to help their child deal with or manage stress through recognising early signs of stress to help them cope effectively.

For more details, contact Juhainie at 6540 8564 or email juhainie@nsrcc.com.sg

*Fees are subject to 7% GST. Each class starts with a minimum of 10 participants.



*Fees: \$15 (Member)/ \$20 (Guest)
Closing Date: 20 August, Monday

IMPROVING YOUR CHILD'S LEARNING AND GRADES

**18 August, Saturday
2pm – 4pm**

Every parent wants their child to score good grades. Discover the elements that are negatively affecting your child's learning grades and learn ways to motivate them.

Key topics covered:

Five elements that can affect learning grades
Four ways to improve study habits and skills

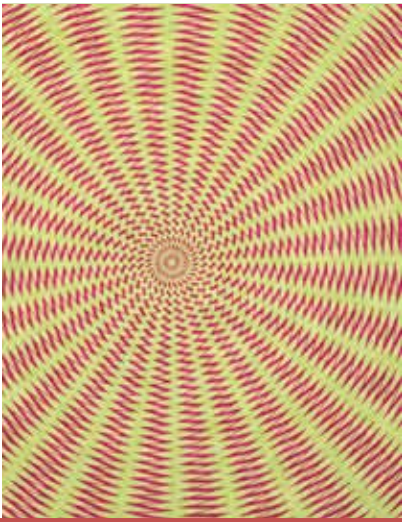
For more details, contact Juhainie at 6540 8564 or email juhainie@nsrcc.com.sg

*Fees are subject to 7% GST. Class starts with a minimum of 10 participants.



*Fees: \$15 (Member) / \$20 (Guest)

Closing Date: 6 August, Monday



CRAFT OPTICAL ILLUSIONS

**6 September, Thursday
2pm – 5pm**

What do spinning Illusions, magical mirrors and kaleidoscope mirrors have in common?

These are some examples of craft that make use of optical illusion, that help stimulate the mind and trigger your thinking process.

Participants will get an opportunity to make their own periscope.

For more details, contact Juhainie at 6540 8564 or email juhainie@nsrcc.com.sg

*Fees are subject to 7% GST. Class starts with a minimum of 10 participants. Materials will be provided.

*Fees: \$65 (Member) / \$75 (Guest)
Age Group: 7 – 12 Years Old
Closing Date: 27 August, Monday

VOLCANIC EXPLOSIONS

**4 September, Tuesday
2pm – 5pm**

In this class, your child will learn to create their own volcanic eruption and understand more about natural occurrences such as flash floods and geysers.

For more details, contact Juhainie at 6540 8564 or email juhainie@nsrcc.com.sg

*Fees are subject to 7% GST. Class starts with a minimum of 10 participants. Materials will be provided.



*Fees \$65 (Member)/ \$75 (Guest)
Age Group: 7 – 12 Years old
Closing Date: 27 August, Monday

DEVELOPING YOUR CHILD'S SELF-ESTEEM AND CONFIDENCE



**14 July, Saturday
2pm – 4pm**

In less than 30 seconds per day, parents can help build up their child's self-esteem, inspire them to achieve their dreams and motivate them to succeed in life.

Learn effective ways to praise and encourage your children.

For more details, contact Juhainie at 6540 8564 or email juhainie@nsrcc.com.sg

*Fees are subject to 7% GST. Class starts with a minimum of 10 participants.

*Fees: \$15 (Member) / \$20 (Guest)
Closing Date: 2 July, Monday

UPCOMING EVENTS & PROMOS

ORIGAMI 3D-SCENERY

4 August, Saturday
10am – 12pm

Learn to create different objects such as mountains, trees, houses, sun, birds and butterflies to form a 3D-scenery. Register together and enjoy discounted fees.



*Fees (Per pair): \$65 (Member)/ \$75 (Guest)
Age Group: 9 years and above (suitable for family bonding)
Closing Date: 27 July, Friday



CREATING A FLOWER BOUQUET

25 August, Saturday
10am – 12pm

Make your own bouquet of origami flowers for special occasions or as a gift to your loved ones.

*Fees: \$35 (Member)/ \$45 (Guest)
Age Group: 12 years and above
Closing Date: 17 August, Friday

ORIGAMI ON THE MOVE

1 September, Saturday
10am – 12pm

Gain hands-on experience on how to fold a paper race car using your creativity. "Start by doing what is necessary, then what is possible, and suddenly you are doing the impossible. A little progress everyday adds up to big results someday!" Gauri Gupta, instructor from origamilove.blogspot.com



*Fees: \$45 (Member)/ \$55 (Guest)
Age Group: 16 years and above
Closing Date: 17 August, Friday

For more details, contact Waty at 6540 8563 or email ernawaty@nsrcc.com.sg

*Fees are subject to 7% GST. All three classes start with a minimum of 12 participants.



SINGAPORE FARM TOUR

**3 September, Monday
9am – 3pm**

Join us for a local farm experience conducted by Uncle William Ho “Quail Man of Lim Chu Kang”, Singapore Tourism Board’s first Farm Tour Guide.

Tour departure and arrival will be at Kranji Sanctuary Golf Course. It is time to make a visit to this rustic side of Singapore for many who have not.

For more details, contact Waty at 6540 8563 or email ernawaty@nsrcc.com.sg

*Fees are subject to 7% GST. Tour starts with a minimum of 40 participants. Lunch will be provided. Please indicate during registration if you require a special meal request (Vegetarian or Halal).

^Suitable for junior members aged between 3 - 12. Children under the age of 3 is free.

*Fees: \$40 (^Junior Member)/ \$60 (Member)/ \$80 (Guest)
Closing Date: 13 August, Monday

KUEH LAPIS BAKING WORKSHOP

**28 July, Saturday
1pm – 5pm**

With the festive season just round the corner, learn to bake the all-time favourite kueh lapis and impress your family and friends. (Muslim participants are provided take-away packs for break-fast).

For more details, contact Waty at 6540 8563 or email ernawaty@nsrcc.com.sg

*Fees are subject to 7% GST. Class starts with a minimum of 12 participants.



*Fees: \$80 (Member)/ \$95 (Guest)
Age Group: 16 years and above
Closing Date: 15 July, Sunday



ANNUAL TENNIS SINGLES TOURNAMENT (CLOSED)

**4 August, Saturday
9am – 6pm**

Tennis lovers get ready for game, set and match! We are inviting you for our annual Tennis Singles Tournament this year. If you have what it takes to win, sign up now!

For more details, contact Juhainie at 6540 8564 or email juhainie@nsrcc.com.sg

*Fees are subject to 7% GST. Tournament starts with minimum of 15 participants.

*Fees: \$20
Age Group: Adults
Closing Date: 23 July, Monday

UPCOMING EVENTS & PROMOS



VOCAL CLASS (BEGINNER – 3RD INTAKE)

**1 August – 19 September (Every Wednesday)
7pm – 8.30pm**

Sing with confidence and learn the proper way to breathe while singing from the diaphragm. Enrol in our popular vocal class, well into its 3rd intake.

For more details, contact Waty at 6540 8563 or email ernawaty@nsrcc.com.sg

*Fees are subject to 7% GST. Class starts with a minimum of 10 participants.

*Fees: \$180 (Member)/ \$200 (Guest)

Age Group: 16 years and above

Closing Date: 22 July, Sunday

VOCAL CLASS (ADVANCED- 2ND INTAKE)

**31 July – 18 September (Every Tuesday)
7pm – 8.30pm**

We are inviting all past NSRCC vocal class participants to join us in mastering singing techniques, building on basic foundation, strengthening the mix voice while working on vibrato, sustained notes and style.

For more details, contact Waty at 6540 8563 or email ernawaty@nsrcc.com.sg

*Fees are subject to 7% GST. Class starts with a minimum of 10 participants.



*Fees: \$180 (Member)/ \$200 (Guest)

Age Group: 16 years and above

Closing Date: 22 July, Sunday



NSRCC KARAOKE CONTEST 2012

**13 October, Saturday (Auditions)
1 December, Saturday (Qualifying /Finals)**

We are on a clubwide search for the best karaoke singers. All past and current participants of NSRCC Vocal Class students are entitled to a 20% discount.

For more details, contact Waty at 6540 8563 or email ernawaty@nsrcc.com.sg

*Fees are subject to 7% GST. Contest starts with a minimum of 30 participants. ^Suitable for junior members aged between 10 - 16.

Closing Date : 30 September, Sunday

Time: 1pm - 5pm

*Fees: \$20 (^Junior Member)/

\$35 Member/\$50 (Guest)



Calendar of Events 2012

Information correct as at time of printing. Please call 6543 5725 for enquiries on Sports & Recreation Activities or 6540 8500 on Golfing Events.



JUL

- 1 (Sun)
Youth Day Bowl
- 14 (Sat)
SAF Day Golf Competition
- 14 (Sat)
Parents You Matter!
- 14 (Sat)
Self-Esteem - How to Develop Self-Esteem and Confidence in Children
- 22 (Sun)
Trios League Masters and Victory Banquet
- 26 (Thurs)
Annual Committee and Staff Get-Together
- 27 (Fri)
Trios League New League
- 28 (Sat)
Listening and Talking to your Children
- 28 - 11 Aug (Every Sat)
Full Body Massage Course (Non-Oil)
- 28 (Sat)
Kueh Lapis Baking Class
- 31 - 18 Sept (Every Tues)
Vocal Class (Advanced-2nd Intake)

AUG

- 1 - 19 September (Every Wed)
Vocal Class (Beginner - 3rd Intake)
- 
- 4 (Sat)
Origami 3D-Scenery
Increasing your Child's Motivation to Learn
- 11 - 12 (Sat - Sun)
Constant Wind Laser Team Racing
- 
- 18 (Sat)
Improving your Child's Grades
- 19 (Sun)
Hari Raya Bowl
- 25 (Sat)
Creating a Flower Bouquet
- 

SEP

- 1 (Sat)
Chair Massage Workshop
How to Help Your Child Cope with Stress
Origami On The Move
- 1 - 2 (Sat - Sun)
Bowling Clinic
- 
- 3 (Mon)
Singapore Farm Tour
- 4 (Tues)
Volcanic Explosions
- 6 (Thurs)
Craft Optical Illusions
- 6 - 8 (Thurs - Sat)
School Bowling Camp
- 7 (Fri)
Teachers' Day Bowl
- 
- 8 (Sat)
Play your Way to Financial IQ
- 30 (Sun)
Quarterly Medal

Affiliated Clubs

malaysia

Johor **Tanjong Puteri Golf & Country Club**
Tel : 02-07-271 1888 (Office & Club)
6338 2828 / 6339 7266
(S'pore Office)
Fax : 02-07-271 1333 (Office & Club)
6339 5128 (S'pore Office)
Email : enquiry@tpgr.com
Website : www.tpgr.com

Malacca **A'Famosa Golf Resort Berhad**
Tel : 02-06-552 0888 / 0555
Fax : 02-06-552 0695
Website : www.afamosa.com
Email : enquiries@afamosa.com

Orna Golf & Country Club
Tel : 02-06-521 0333
Fax : 02-06-521 0222
Email : ogcc@ornaresort.com.my

Negeri Sembilan **Nilai Springs Golf & Country Club**
Tel : 02-06-850 8888
Fax : 02-06-850 3388 (Golf)
02-06-850 3005 (Admin)
Email : club@nilaisprings.com.my

Staffield Country Resort
Tel : 02-03-8766 6117 / 8 / 9
Fax : 02-03-8766 7173
Email : scrb@streamyx.com

Penang **Bukit Jambul Country Club**
Tel : 02-04-644 2255
Fax : 02-04-644 2400
Email : bjcc@po.jaring.my
Website : www.bjcc.com.my

Bukit Jawi Golf Resort
Tel : 02-04-582 0759
Fax : 02-04-582 2613
Email : enquiry@bukitjawi.com.my
Website : www.bukitjawi.com.my

Penang Golf Resort
Tel : 02-04-578 2022
Fax : 02-04-575 0228
Email : pgrb@hotmail.com

Perak **Clearwater Sanctuary Golf Resort**
Tel: 02-05-366 7433
Fax: 02-05-366 7434
Email : cwsgolf@po.jaring.my
Website : www.cwsgolf.com.my

Selangor **Kelab Golf Sultan Abdul Aziz Shah**
Tel: 02-03-5510 5872
Fax: 02-03-5510 5860
Website : www.kgsaas.com.sg

Dear Members,

Please produce your Letter of Introduction, and Handicap Cards to qualify for the discounted/reciprocal rates. The host club will charge walk-in rates otherwise. You may print your letter of Introduction on our club website at www.nsrcc.com.sg using your members' PIN. Please check our website for the latest/current list of affiliated clubs.

indonesia

Batam **SouthLinks Country Club**
Tel : 62 778 323837 (Batam)
62 21 3190 2070 (Jakarta)
6278 7079 (S'pore Office)
Fax : 62 778 323849 (Batam)
62 21 3190 2772 (Jakarta)
6270 0029 (S'pore)
Email : sales@southlinksgolf.com

Jakarta **Padang Golf Modern & Country Club**
Tel : 62-21-552 9228
Fax : 62-21-552 9177 / 87
Website : www.moderngolffcc.com

Sedana Golf & Country Club
Tel : 62-267-644 730 (Club)
62-267-644 733 (Golf Reservation)
62-21-612 8811 (Accommodation)
Fax : 62-267-644 728 (Club & Golf Reservation)
62-21-612 8822 (Accommodation)
Email : sedanagolf@yahoo.com

china

Guangzhou **Guangzhou International Golf Club**
Tel : 001-8620-8293 3888
Fax : 001-8620-8293 3168
Email : golf@gigc.com.cn
Website : www.gigc.com.cn

Zhuhai **Lakewood Golf Club**
Tel : 086-756-338 3666 / 0452 (Club)
852-2877-1215 / 1128 (Golf Reservation)
Fax : 086-756-338 3898 / 086-756-339 9706 (Club)
867-5633 0452 (Hong Kong Office Golf Booking)
852-2877 8770 (Golf Reservation)
Email : reservation@lakewood.com.cn
Website : www.lakewoodclub.com.cn

thailand

Bangkok **Pinehurst Golf & Country Club**
Tel : 662-516 8679 / 84
Fax : 662-516 2010

brunei

Royal Brunei Golf & Country Club
Tel : 673-2-611 582
Fax : 673-2-610 499
Email : rbgcc@jerudong-park.com
Website : www.jerudong-park.com

special golfing arrangements

Members need not apply for an Affiliation Card. Just present your Membership & Handicap Cards.

Singapore
Changi Golf Club, Singapore
Tel: 6545 5133
Flights Available: Weekday mornings (except Mondays)

Sembawang Country Club, Singapore
Tel: 6751 0320 / 328
Fax: 6752 0446
Website: www.sembawanggolf.org.sg
Flights Available: Weekdays only

Thailand
Phuket Country Club
Tel: 660 76 3192004
Fax: 660 76 3192006
Website: www.phuketcountryclub.com
Email: bookings@phuketcountryclub.com

Gassan Khuntan Golf & Resort
Gassan Lake City Golf & Resort
Gassan Marina Golf Club
Tel: +65 6547 1229
Fax: +65 6841 8809
Website: www.gassangolf.com
Email: intourholidays@gmail.com

South Africa
Spier Country Club, Cape Town
Tel: 27-21809-1100
Fax: 27-21881-3634
Website: www.spier.co.za
Email: info@spier.co.za

Vodacom, World of Golf, Johannesburg
Tel: 27-11802-5864
Fax: 27-11802-7491
Website: www.golfersworld.co.za
Email: rica@worldofgolf.co.za



Facilities Directory

main lobby reception

Tel: 6542 8288
6543 5725 (booking of facilities)
8 am to 8 pm (daily)

membership centre

Tel: 6540 8555/8556
8.30 am to 5.30 pm (Mon to Fri)
10.30 am to 2.30 pm
(Weekends & Public Holidays)

f&b outlets

appetizer pte ltd (at bowling centre)
12 pm to 11 pm (Mon to Thu)
12 pm to 2 am (Fri, Sat & eve of Public Holidays)
10 am to 11 pm (Sun & Public Holidays)

d'turret Lounge

Tel: 6543 2816
5 pm to 12 am (Mon to Thu & Sun)
5 pm to 2 am (Fri, Sat & eve of Public Holidays)

jumbo seafood @ nsrcc

Tel: 6552 3435
11.30 am to 3 pm (lunch daily)
6 pm to 10.30 pm (dinner daily)

the deck (golfers' terrace)

Tel: 6214 3136
6.45 am to 7.30 pm

the golfers' terrace (kranji sanctuary)

Tel: 6297 9111
7 am to 9 pm (daily)

corporate/private events

the falcon, the corvette, the larden,
oriole 1 and oriole 2
For booking enquiries, call 6540 8566 /
6543 5735 / 6543 5749 or 6540 8565
email: events@nsrcc.com.sg

For bookings of The Sanctuary I & II at KSGC and
F&B catering, call 6898 5168 (Ms Annie Chew) for
reservations and enquires.

golf facilities

golf reception

Tel: 6540 8500
Fax: 6542 7710 / 6545 6525
Opening Hours: 7 am to 5.30 pm
Booking Hours:
Weekend Golf
(following weekend and public holidays)
In-person* - 6 pm to 7 pm (Fri)
Internet - 6 pm onwards (Fri)
Telephone - 9.30 am to 5 pm
(Sat onwards)

* currently not available at Kranji Sanctuary Golf Course
Weekday Golf

In-person, Telephone - 9.30 am to 5 pm (daily)
Internet - 9.30 am onwards (from Mon)

driving range

Tel: 6543 1726
7 am to 11 pm (daily, except Mon: 2pm to 11 pm)

phil brew golf academy

Tel: 6545 1601

golf pro-shops

nsrcc - transview

Tel: 6543 3833
7 am to 7 pm
(daily, except Mon: 11 am to 7 pm)

nsrcc - hon shin golf

(club fitting & repair)
Tel: 6542 2978
2 pm to 9 pm (Tue to Fri)
10.30 am to 5 pm (Sat & Sun)

kranji sanctuary - phil brew

Tel: 6861 8700
9 am to 6 pm (Tue to Fri)
7 am to 6 pm (Sat, Sun & Public Holidays)

sports & social facilities

billiards room

10 am to 10 pm
(daily, but extendable to 11 pm upon request)

corner shop

12 pm to 8 pm (Mon to Fri)
10 am to 8 pm (Sat, Sun & Public Holidays)

fitness centre

Tel: 6543 5715
7 am to 9.30 pm (Weekdays)
7 am to 8.30 pm (Weekends & Public Holidays)

fruit machine room

9.30 am to 12 am (Mon to Thu)
12 pm to 1 am (Fri)
9.30 am to 2 am (Sat)
9.30 am to 12 am (Sun & Public Holidays)
9.30 am to 1 am (eve of Public Holidays)

funzone (video games arcade and pool)

12 pm to 10 pm
(Mon to Thu, Sun & Public Holidays)
12 pm to 11 pm
(Fri, Sat & eve of Public Holidays)

karaoke

Tel: 6545 6365
12 pm to 11 pm (Mon to Thu, Sun & Public
Holidays)
12 pm to 2 am (Fri, Sat & eve of Public Holidays)

kidz corner (indoor playroom)

8 am to 10 pm (daily)

kindergolf

Tel: 6214 0581
9 am to 6 pm (Mon to Sun)

resort bowl @ nsrcc

Tel: 6545 6365 / 6545 2059
12 pm to 11 pm (Mon to Thu)
12 pm to 2 am
(Fri, Sat & eve of Public Holidays)
10 am to 11 pm (Sun & Public Holidays)

resort bowl @ nsrcc - eastern pro-shop

2 pm to 10 pm (Tue to Thu, Sun & Public
Holidays)
2 pm to 11 pm (Fri, Sat & Eve of Public Holidays)
Closed on Monday

squash court

10 am to 10 pm (daily)

swimming pool & wet playground

8 am to 9 pm (Tue to Sun)
12 pm to 9 pm (Mon)*
* 8 am to 12 pm are pool cleaning hours

tennis courts

7 am to 10 pm (daily)

bungalow reception

Tel: 6542 2036
Fax: 6545 6544
Opening Hours: 9 am to 8 pm (daily)
Booking Hours: 9 am to 7 pm (daily)

Six-month advance bookings are open on a
rolling basis. Members can make bookings via
phone, fax, in-person or via the Internet at our
website www.nsrcc.com.sg.

Check-in: 2 pm to 7 pm
Check-out: 9 am to 10 am

others

sparks & shines car grooming services

nsrcc
Tel: 6285 5655
7 am to 7 pm (Tue to Sun)
Closed on Monday & Public Holidays

sea sports centre

constant wind sea sports centre & pro shop

Tel: 6445 5108
10 am to 7 pm (daily)

centre for performance transformation

Tel: 6214 9412

belly view cafe

11 am - 10 pm (Tue to Sun & Public Holidays)
Closed on Monday

chit's bar & restaurant

Tel: 6214 9168
11 am to 11 pm (daily)

gurame indonesian restaurant

Tel: 6542 2038
12 pm to 3 pm (daily)
6 pm to 10 pm (daily)



