



RV

Resort View



First Major Event of the Year:

President's Trophy

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Seen & Heard

A Look at NSRCC Long Service
Award Winners 2017 Pg 7

On Par

An International Party at SLGA
Evergreen Meet Pg 9

Durian Fiesta 2017

**Gather your family and friends to enjoy
the King of the Fruits at NSRCC!**

Date : 29 July 2017
Day : Saturday
Time : 6.30pm - 8.30pm
Venue : Courtyard @ NSRCC Changi

Early Bird Price* :

\$48.00 + 7% GST (NSRCC Members)

\$58.00 + 7% GST (Signed-in Guests)

\$65.00 + 7% GST (Non-Members)

\$36.00 + 7% GST (12 years old and below)

The early bird prices are valid until 30 June 2017 only.

Hurry, email us at S&R@nsrcc.com.sg for registration now!



Attractive lucky draw prizes to be won!



RV

Resort View

May | June 2017

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Tan Sze Wah

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theeditorspeaks

Editor Tan Sze Wah

Dear Members,

Welcome back as we report on our first major event of the year, the President's Trophy held at NSRCC Changi. Despite the heavy rain, all golfers gamely completed their 18-hole game and then adjourned to Jumbo Restaurant for a warm dinner hosted by our Club President LG Perry Lim. Our next major event will be the highly anticipated Charity Golf on May 13 & 14 at NSRCC Kranji. Quickly sign up if you are interested.

If you have been a NSRCC member for some time, some of the staff might already feel like friends to you. You might not be aware but many of them had worked many years at NSRCC. Flip inside to view their annual party and see who got their long service award!

In Golf 101, you can read about the proposed changes in rules. The changes are intended to make rules easier to understand and speed up the game. Mizuno Golf School have an article on "K-Vest" which is used as a tool to improve golfer's skills.

A group of golfers from our reciprocal club, Bukit Jawi Golf Resort visited us in March. We were very happy to meet them and strengthen ties which go back many years. If you are around Penang Island, do visit them to enjoy their gracious hospitality. Kranji organised a SLGA golf meet in conjunction with International Women's Day in March. It was our pleasure to be the venue during this significant day.

As June school holidays are just around the corner, do check out the list of interesting activities to sign up at the Club and Sea Sports Centre. Also if you enjoy the "King of Fruits", quickly sign up for the Durian Fiesta as it is extremely popular.

See you around.

A handwritten signature in black ink, appearing to read 'Sze Wah', written in a cursive style.

Sze Wah





The All-New NSRCC Bowling Academy

Former bowling world champion Remy Ong, has jointly established a new NSRCC Bowling Academy with the Club, together with his business partners, Nicholas Sit and Adam Chew.

The Academy was officially recognised by Singapore Bowling Federation in December 2016. Currently, Remy, Nicholas and Adam, together with their team of coaches, are training students from one primary school, while offering Centre of Excellence (COE) programmes.

“If we realise that a player is not ready for COE, because to be able to do COE, although it’s an elementary course, you still have to be of a certain level, usually for the younger ones, we will enrol them for the group classes on Saturdays.”

He adds that those classes help to prepare the younger players to join the COE, if they aspire to be part of the national team.

Nicholas says: “Our youngest participant is in K1 (5 years old) and the oldest participant is in his 60s, so the age range is really very big. But basically when we

talk about an Academy, usually people will think of the younger ones so the main bulk of those who sign up with our Academy are in primary and secondary school.

“A lot of parents gave feedback to us that every year, there are only a certain number of slots into Sports School. Sports School is one of the avenues to go into national team. Likewise, we established an Academy with NSRCC to provide a bridge for the players. So instead of just going to Sports School, they can come and train with us and then go through the COE programme and then into selection for national team.”

During trainings, players are coached according to a syllabus provided by the Singapore Bowling Federation.

Nicholas elaborates: “There’s a lot of focus on physical training, like how high is the back swing, whether they are pushing the ball out on the first step or second step. We are trying to get all those in place so that the players can create a flow on the lane. When they reach the advanced level, it will be focused on technical play, which Remy is really good at.”



NSRCC Bowling Academy conducts free trial coaching sessions on every Saturday and it is open to all ages. If you're interested to find out more, send an email to AOS300300@gmail.com or call 8125 9832.

New Menu at

Viola

Must try!

**The Signature
Fried Rice**



The club lounge at NSRCC Changi VIOLA, has introduced a new food menu! Guests now have an alternative choice to satisfy their hunger, or catch up with friends over a meal at the Club.

Some of the signature dishes at VIOLA include Fried Rice, Mee Pattaya and Seafood Tom Yam, all specially prepared in their Halal kitchen. The lounge also serves snacks and the most popular is their savoury Fried Chicken Wings. Visit VIOLA, located next to Jackpot Room, and try it for yourself! Be sure to visit during their Happy Hour from 4.00pm to 8.00pm.

Do take note that VIOLA is closed every Sunday and their revised operating hours are 4.00pm to 1.00am on Monday to Saturday.

Mee Pattaya
fried noodle
wrapped in an
omelette.



The Burger
is filled with juicy
meat patty, topped
with cheese, egg and a
special sauce.



Fried Chicken Wings
that are
carefully battered with
special seasoning.





Having fun at the photobooth



On 23 March 2017, NSRCC staff were treated to a hip and happening Annual Staff Party which spanned over two venues in Sentosa. In the afternoon, staff were onboard thrilling rides at Universal Studios Singapore. Many of them took the chance to ride two popular rollercoasters, *Transformers: The Ride* and *Revenge of the Mummy!*

In the evening, everyone proceeded for dinner that was held at the Sky Garden at iFly Singapore. The rooftop

venue overlooked the beach, providing a scenic backdrop for the party. Further complemented with lovely weather, it was perfect for staff to mingle and chill.

The first highlight of the night was fireworks display that could be seen from the nearby *Wings of Time* show. The other major highlight was the lucky draw prizes distribution, with over 80 prizes up for grab!



Kranji Golf Team dancing on stage, led by their manager Jason Yeo!



Always ready for the camera



Long queue for food



Lip Poh Lian from our Main Reception, our 1st Prize Lucky Draw Winner!



During dinner, NSRCC General Manager, Mr Ng Heng Chew presented the Long Service Awards to recognise staff who have been with NSRCC for 5, 10, 15 and 20 years respectively! We thank them for their efforts and contribution all these years and we look forward to continue working together to deliver the best at NSRCC!

Long Service Award Winners - 20 Years



Haron Mohammed Ali,
Course Marshal, NSRCC Changi



Budiman Masoud,
Pool Supervisor, NSRCC Changi



Chin Say Keow @ Chin Sheng Tong,
Green Specialist, NSRCC Changi



A visit from Bukit Jawi Golf Resort, where the reciprocation enables members to visit a quality golf course and to be welcomed as friends, and treated just like one of their members.

A Reciprocal Visit from Penang Golfers

Have you ever golfed at NSRCC's reciprocal club, Bukit Jawi Golf Resort in Penang? NSRCC received special visitors from that golf resort over two days, from 15 to 16 March 2017.

They played a round of golf at NSRCC Kranji on the first day and completed with a game at NSRCC Changi on

the following morning. We thank them for their visit and look forward to a reciprocal visit in Penang!

If you are heading to Penang, swing by Bukit Jawi Golf Resort! As part of our affiliation, NSRCC members enjoy complimentary green fee. Buggy and caddy fees will be offered at prevailing rates. More details are on our website.



Our Club Captain, Tan Kah Han addressing the special guests



Our Vice-Captain, David Tay exchanging numbers with a fellow golfer from Penang



Photos from a memorable day at the course

An International Party at SLGA Evergreen Meet



Organising Committee (from L to R) : Christine Davies, Tan Khee Hua, Jenny Chong, Sara Lew, Kathelene Rappa, Lim Siew Kuan, Gan Shou Ying and Joveen Miu (Not in photo: Maggie Koh)



Different cultures represented through costumes



NSRCC Ladies'



Some of the event sponsors



All clad in international wear

NSRCC Kranji hosted the Singapore Ladies Golf Association (SLGA) first quarter Evergreen Meet 2017 on 28 March. The event was organised by Ms Jenny Chong, Ladies Vice-Captain together with her team of volunteers.

108 golfers participated in the event. Despite the rain delay, the evergreen golfers kept their spirits high and everyone managed to finish their round.

After the game, the ladies were treated to a sumptuous buffet dinner. This was followed by prize presentation and



Grooving on the dance floor!

a themed party of international costume, a fitting theme to commemorate International Women's Day in March.

Lower your Scores with K-Vest

By Edmund Tan, Head of Golf Instruction & Custom Fitting, Mizuno



The focus for this edition is the state-of-the-art K-Vest, a 3D wireless biofeedback system that is now available at Mizuno Golf School at NSRCC Changi. It is a completely mobile, easy to use and interactive system that combines video analysis, 3D analysis, and real-time feedback to make communication easier between coaches and student.

The K-Vest allow students to view video, 3D animation and key swing data. The following data can be collected at any position of the golf swing:

“Alignment” - Measures and displays static and dynamic alignments (number of degrees open/closed) of the hips, shoulders, and arms in relation to a virtual target line set by your instructor

“Posture” - Measures and displays static and dynamic postural alignments, including flexion/extension of the hips and right and left lateral bending of the spine

“Hip Rotation” - Measures and displays hip rotation in the backswing/downswing

“Shoulder Rotation” - Measures and displays shoulder rotation in the backswing/downswing

“Arm Rotation” - Measures and displays the amount of arm rotation in the backswing/downswing

“Kinetic Link” - Measures and displays velocities of the hips, shoulders, and arms during the backswing/downswing

“Timing” - Measures and displays timing and sequence relation of the hips, shoulders, and arms during the backswing and downswing

The K-Vest plays soft music when a student is in the correct position and stops if the student strays too far. The video display also shows ‘Green’ when the student is correct and ‘Red’ when not, a very easy and simple way to learn. This interactive approach to golf instruction makes understanding the swing as easy as obeying traffic lights!

You can use this tool to train just like the PGA Professionals! Give it a try at Mizuno Golf School at NSRCC Changi.

GOLF 1 0 1

Golf 1-0-1 contributor Brian Tan is a member of the Greens Committee, and oversees Rules and Tournaments at NSRCC. When he's not busy officiating as a Rules Official, he can be found losing balls in NSRCC's water hazards.

Proposed Major Changes to the Rules of Golf in 2019

In its constant drive to modernize the game of golf, the R&A has announced a host of major proposed changes to the Rules of Golf which they aim to implement in 2019. The number of rules will move down to 24 from the current 34.

The list is extensive so for this article, we will cover the broad principles and dive more in-depth in future articles. Do note that these are currently still proposed changes so please proceed to R&A's website for the latest proposals. Golfers can also submit their feedback on these proposals there.



Elimination or Reduction of "Ball Moved" Penalties:

No penalty for accidentally moving a ball on the green or while searching for a ball. No penalty unless "virtually certain" that player caused the ball to move. Accidentally hitting yourself or your caddie with the ball now has no penalty.

Relaxed Rules on Putting Greens:

Can putt with flagstick in the hole and can repair damage like spike marks and touch (but not improve) the line of putt.

Relaxed Rules in "Penalty Areas":

Red and yellow staked areas don't have to contain water and no penalty for moving loose impediments, touching the ground with hand or club in these areas. New option to play a ball outside bunkers under a 2 stroke penalty.

Speeding Up Play:

Ball is now officially lost after searching for three minutes. "Ready golf" is encouraged in stroke play and players are recommended to take no more than 40 seconds to play a stroke.

Simplified Way of Taking Relief:

You can drop from as close as one inch from above the ground. You also now have a defined relief area to drop into (fixed distance of 20" from reference point or 80" from reference line). You can also substitute a ball when taking relief.



GREENSIDE MATTERS MAY/JUNE 2017

Dear Golfers

The Club held President's Trophy on 4th March 2017. It was a fun-filled and relaxing event. Following the game, golfers gathered together and enjoyed another great dinner at the Jumbo Seafood Restaurant. In his speech, our Club President, LG Perry Lim assured our club members that authorities agreed in-principle to extend the land lease at Changi from the existing 2023 to 2040. This is welcoming news as it will allow the Club to look towards various ways to improve its facilities and heighten members experience at NSRCC. Golfers would also be pleased to note that the Club is working to have a permanent driving range in the last quarter of 2018. The Club will update members accordingly when more details are firmed up in the second half of this year.

Also, just setting a reminder in place, that the 3-year green fee \$15 rebate scheme rolled out in July 2014, will reach the end of its 3-year duration on 30th June 2017.

The Club will be organising our annual Charity Golf 2017 on 13th & 14th May 2017 at Kranji location. While recognising the contribution of our NSmen to national defence, the Club also recognises the support that the community has given to our NSmen. It is therefore befitting, that we do our part to give back to the needy/less-privilege in our community. For this year's Charity Golf, proceeds from our efforts will go to organisations that care for the elderly.

Beneficiaries for the NSRCC Charity Golf 2017:

- 1) Bishan Home for the Intellectually Disabled
- 2) Bright Hill Evergreen Home
- 3) St Theresa's Home
- 4) St John's Home for the Elderly
- 5) SAF Care Fund

Another noteworthy event at Kranji will be the NSRCC Junior Open from 29th May till 1st June 2017. The event has been organised since 2009, and has seen some of the winner's progress to the National Squad to represent Singapore in various regional events. We would like to encourage Club juniors between the age of 10 to 17 years old to show their support and participate in the event, particularly those from the Junior Golf Development Programme.

Happy Golfing!

Tan Kah Han
Club Captain

If you are keen to purchase a flight or support the event through sponsorships-in-kind, do contact our Golfing Team at **6795 2304**. Purchase of Raffle Draw tickets are available from the Main Lobbies of both NSRCC Changi and Kranji for \$10 a ticket or \$100 a booklet. We hope that with all the support from members and sponsors, Charity Golf 2017 will be just as successful if not even better.



The lady golfers training with Bernie from Mizuno Golf School

Training Hard for SGA Inter-Club League

The NSRCC Ladies Team for SGA Inter-Club League attends weekly trainings on Wednesdays with Bernie and Edmund from Mizuno Golf School.

During their first training session, the ladies were challenged to try clubs that were different from their usual ones, to get them out of their comfort zone. The trainers also wanted them to be able to have more shot varieties, while building their confidence in chipping.

As short game is an important part of scoring, they practiced a lot on putting. They worked on 3ft putts to 10 ft putts, checking on feet alignment and set up, to ensure consistent and more accurate putting.

Bernie praised the team as very fast learners and says she is "excited for great golf to come". Way to go, ladies!



S/N	Name	Location	Handicap	Date
1	Sin Yi Xiang Shannon	Kranji Sanctuary Golf Course Hole #17	23.1	5 March 2017
2	Eng Choon Kong Randy	Kranji Sanctuary Golf Course Hole #14	10.6	13 March 2017

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





Our Club President in action

*First Major
Event of the Year:*

President's Trophy



A big smile after a good shot

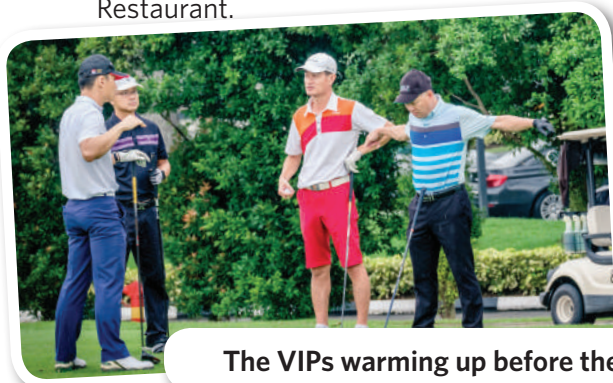


Swinging in the rain



Golf is not a child's play, but our junior golfers are pretty good!

Hosted by our Club President, LG Perry Lim, President's Trophy was held on 4th March 2017. It was the first major golf tournament held by the Club. Rain poured heavily that day but it did not dampen the spirits of our golfers. Everyone managed to complete their 18-hole game although most were soaking wet at the end of the day. It was a real treat that warm dinner was waiting at Jumbo Restaurant.



The VIPs warming up before their game

During dinner, our Club President shared that the lease for our golf course in Changi has been extended to 2040! The audience received the news with loud applause and cheers. This was followed by prize presentation for the winners. He then presented a certificate of appreciation to our National Development Squad players. Five lucky individuals also went home with lucky draw prizes. Congratulations to all the winners!



Awaiting results anxiously



Where's my name?

Congratulations!



Overall Winner,
Lim Cher Meng Henry



Winner (Ladies Division),
Potjanart Intarasoot



Certificate of Appreciation
for National Development
Squad Player, Elizabeth Ang



Nearest to Pin (1st Tee Hole 6),
Chee Wee Leong



Nearest to Pin (1st Tee Hole 9),
Ng Boon Huat



Nearest to Pin (10th Tee Hole 12),
Willie Tng



Winners of HSBC Youth Golf Challenge 2016

Results of HSBC Youth Golf Challenge 2016

The HSBC Youth Golf Challenge 2016 3rd Leg was held at Kranji Sanctuary Golf Course on 14th - 16th March 2017. The winners were as follows:

Prizes presented by Ms Goh Kui Hwa, SGA Committee Member



Overall Champion & Boys 'A' Winner, Andre Chong



Boys 'B' Winner, Brandon Han

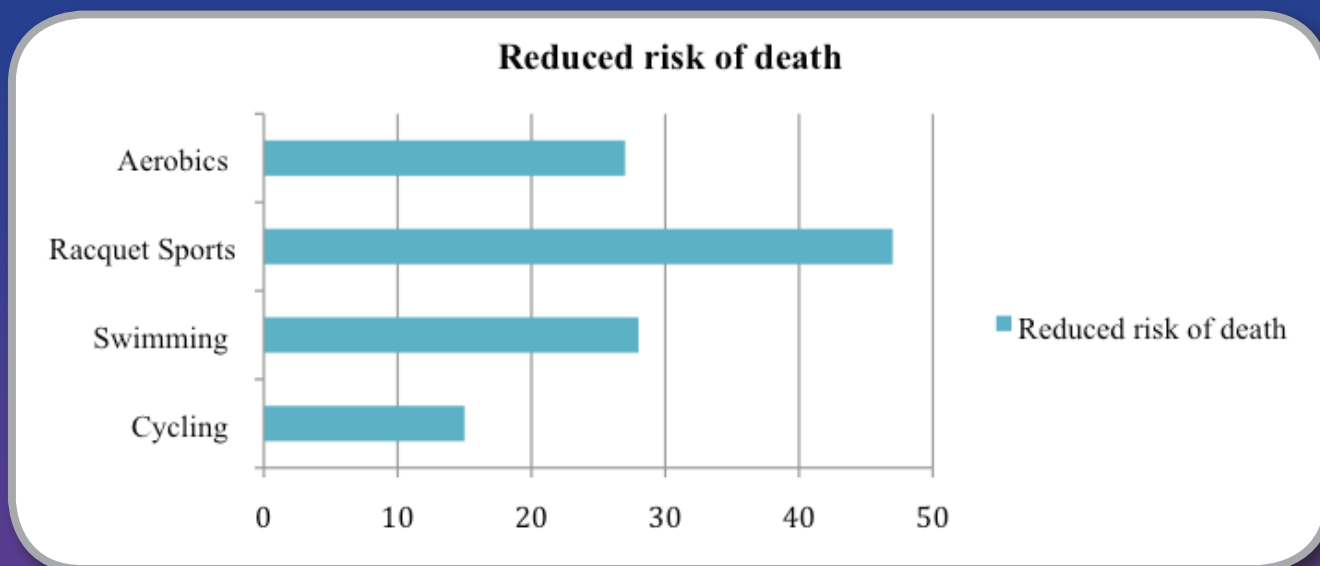


Girls 'A' Winner, Nicole Mok



Girls 'B' Winner, Hailey Loh

Get Healthy @ NSRCC



Want to live longer? Try racquet sports! According to a 2016 study published in the British Journal of Sports Medicine, regular badminton and tennis are sports that are most protective to health, while football and running is at the bottom of the table.

While scientists attempt to tease apart the benefits of different sports, they found that taking part in racquet sports regularly reduces your risk of death at any given age by almost 50%, with swimming and aerobics exercises proving protective.

However, let's not hang up our trainers and pick up a racquet. Sports participation and all kinds of exercises are associated with a reduced risk of both non-communicable diseases and risk of death.

If you are looking to increase your aerobic capacity and bone density, as well as improve your muscle tone, strength and flexibility, join the tennis classes at NSRCC!

Adult Beginner's Clinic

This course covers all fundamental tennis strokes including serve, forehand drive, backhand drive, overhead smash and volleys. You will also learn the basics of double positioning, rules of the game, equipment, scoring and warm-up techniques.

Date : 3 July - 8 August 2017

Day : Monday

Time : 7.00pm to 8.30pm

Fees (per 6 sessions)

\$192.60 Nett (NSRCC Members)

\$214.00 Nett (Signed-in Guests)

Cardio Tennis

Featuring drills to give players of all abilities an ultimate high-energy workout, the cardio intensive sessions will include warm-up routine, cardio workout, and cooling down. Cardio tennis is not only for improving your tennis game, it is also a great new way to get into shape and burn excess calories!

Date : 4 July - 9 August 2017

Day : Tuesday

Time : 7.00pm to 8.00pm

Fees (per 6 sessions)

\$160.50 Nett (NSRCC Members)

\$181.90 Nett (Signed-in Guests)

**For registration and enquiries,
please call 6540 8564 or email S&R@nsrcc.com.sg.**

Enhancements at NSRCC Kranji

New Buggy Line-Up at Dispatch Centre

We are happy to inform that improvement works have been completed at the Buggy Dispatch Centre at NSRCC Kranji. Kindly take note of the following:



- Return buggy will drive directly into the Buggy Dispatch Centre, returning on the left. Refer to the marshal buggy and buggy #59 in the picture as an example.



- All buggies are parked in a row for golfers getting ready to move out.

These changes will help to improve the safety of golfers as golfers are less exposed to moving buggies within the Buggy Dispatch Centre. This will also allow our staff to assign buggy and load golf bags earlier, thus improving the crowd outside Golf Reception.

With these changes, golfers are advised to exercise caution, and to drive slowly when leaving and returning to the Buggy Dispatch Centre.

Air-Conditioner Replacement at Male Changing Rooms



Before



After

Five air-conditioner units at the Male Changing Room in NSRCC Kranji were replaced with the new Mitsubishi Electric Cassette Blowers and Compressor Units. This helps to improve the airflow and cooling in the changing rooms. In addition to that, minor touch ups such as painting and ceiling board repairs were also carried out.

We appreciate the kind understanding and patience from our members throughout the various upgrading phases, to bring a better NSRCC for all.

New 4-in-1 Game @ NSRCC Jackpot Room!

<p>Player's Choice</p>	<p>VIP</p>	<p>High</p>	<p>Limits</p>
			
			

Try your luck and WIN BIG!!

Be A Responsible Player - Always Play with Money You Can Afford.



ATTENTION

With effect from 9 April 2017, VIOLA LOUNGE will be closed every Sunday.

**The New Operating Hours are:
Monday – Saturday
4.00 pm – 1.00 am.**

Jackpot Room is closed **every Friday (except Public Holidays), from 9.00am to 1.00pm.**

This is to facilitate weekly cash collection and auditing.

We look forward to your understanding on this matter.

The Management



AAS Insurance

As the general insurance arm of Automobile Association of Singapore, besides offering motor insurance, AAS Insurance provides a wide range of products covering not only motor insurance, but also travel, personal accident, home contents, as well as other personal lines.

NSRCC members enjoy \$100 instant premium reduction on Motor Insurance, as well as up to 20% off premium.

For more information, call 6389 4241 or visit their website (www.aas-insurance.com.sg).



Raffles Health

Raffles Health supplements are specifically created with your health and wellness needs in mind. Raffles Health promotes optimal health with high quality and effective formulations.

NSRCC members enjoy 25% off Raffles and Kidds brand of supplements.

Available at Raffles Health Retail Pharmacy at Raffles Hospital and Raffles Holland V.

Raffles

Your Trusted Formula for Health



Raffles Medical

Raffles Medical provides a comprehensive range of healthcare services through their network of multidisciplinary clinics located conveniently across Singapore. Raffles Medical panel of clinics is integrated with Raffles Hospital, which comprises Raffles Specialist Centres that offers multidisciplinary specialist services and diagnostic services such as Radiology and Laboratory.

In partnership with NSRCC, members may visit Raffles Medical for:

- Vaccinations
- Health Screening
- Dental
- Chinese Medicine Services

For general enquiries, please call 6311 2222, visit their website (www.rafflesmedicalgroup.com) or any Raffles Medical clinic.

RafflesMedical
Your Trusted Partner for Health



BMJ Therapy

BMJ Therapy is a team of Allied-Health Professionals (Physiotherapists, Occupational Therapists) and Massage Therapists with special interest in treating injuries involving Bones, Muscles and Joints. BMJ Therapists have vast clinical experience and base their treatment on the latest medical knowledge to deliver the best possible care to clients.

NSRCC members enjoy 10% off all products and services at BMJ Therapy, as well as free phone and online consultation.

**BMJ Therapy is located at Parkway Centre.
Call 9272 2890 for consultation.**



PROTECTION IS EVERYTHING

1 Mar to 31 Dec 2017

Enjoy **30% off*** **SPC SYNACE** service packages.

Exclusively for NSRCC members.



ULTIMATE PROTECTION PACKAGE
SYNACE MAX SAE 0W-30 / SAE 0W-40

\$128

EMISSION SYSTEM CARE PACKAGE
SYNACE ECOSTAR SAE 5W-30

\$110

HIGH PERFORMANCE PACKAGE
SYNACE RACING SAE 5W-50

\$108

ALL-ROUNDED PROTECTION PACKAGE
SYNACE SUPREME SAE 5W-40

\$105

All prices indicated are before discount.



Refer an NSRCC member to Speedy Care. You and your friend will be rewarded with a **\$10 fuel voucher** each.

We would like to reward you for protecting our nation. As an NSRCC member, get **30% off*** any SPC SYNACE Fully Synthetic Service Package at SPC Speedy Care Auto Service Centres. Also, get rewarded when you introduce an NSRCC member to Speedy Care. See you at our service centres soon!

Available exclusively at SPC Speedy Care Auto Service Centres located at the following SPC Stations

SPC Balestier 462 Balestier Road S(329837) Tel: 6252 3822
SPC Bukit Merah 3800 Jalan Bukit Merah S(159464) Tel: 6275 6411
SPC Hougang 120 Hougang Avenue 2 S(538858) Tel: 6282 9085
SPC Jalan Buroh 33 Jalan Buroh S(619487) Tel: 6268 8160
SPC Jalan Leban 1 Jalan Leban S(577546) Tel: 6462 2776
SPC Pasir Panjang 158 Pasir Panjang Road S(118555) Tel: 6377 4007

SPC Pasir Ris 11 Pasir Ris Drive 4 S(519456) Tel: 6582 2621
SPC River Valley 2 Jervois Road S(248994) Tel: 6471 3613
SPC Toa Payoh 180 Toa Payoh Lorong 6 S(319381) Tel: 6254 7833
SPC Upper East Coast 157 Upper East Coast Road S(455253) Tel: 6545 1840
SPC Yishun 599 Yishun Ring Road S(768683) Tel: 6756 2949

*Terms & Conditions: This promotion is exclusively for National Service Resort & Country Club (NSRCC) members only, and ends on 31 December 2017. • 30% off for any SPC SYNACE Service Package purchased at any SPC Speedy Care Auto Service Centres, which includes engine oil, standard oil filter and 14-point check. • Separate charges apply for any additional engine oil/service/part not included in the service package. Please refer to your vehicle owner's manual for specifications and viscosity grade recommended by the vehicle manufacturer. • Valid NSRCC membership card must be presented upon payment. • New Speedy Care customers must provide a photocopy of the referrer's NSRCC membership card at the Speedy Care Auto Service Centres. Upon submission and approval, both members will be contacted to redeem their vouchers. • By appointment only. Subject to operating hours of the respective SPC Speedy Care Auto Service Centres. • This promotion is not valid with other offers, discounts or promotions. • SPC Lubricants reserves the right to change the terms of this promotion without prior notice. • Visit www.spc.com.sg for location and contact details of SPC Speedy Care Auto Service Centres.

In partnership with:



Exclusively at:



www.spc.com.sg



events

FATHER-CHILD SUSHI BENTO MAKING



Date : 7 May 2017
Day : Sunday
Time : 2.00pm - 4.00pm

Fees
\$60.00 + 7% GST (NSRCC Members)
\$70.00 + 7% GST (Signed-in Guests)

Minimum number of pairs: 15

Age Group: Father and Child

Closing Date: 24 April 2017, Monday

Calling all fathers, make your own love bento with your child for your beloved wife for Mother's Day. A great opportunity to bond with your kid at the same time!

MINI COPPER LAMP & TERRARIUM WORKSHOP



Date : 12 August 2017
Day : Saturday
Time : 2.00pm - 4.30pm

Fees
\$70.00 + 7% GST (NSRCC Members)
\$75.00 + 7% GST (Signed-in Guests)

Minimum number of participants: 10

Closing Date: 29 July 2017, Saturday

Join us in a DIY session where you will learn how to make a copper lamp and terrarium. Participants get to bring home their handmade products!

ANNUAL SNOOKER CLOSED TOURNAMENT

Date : 27 May 2017
Day : Saturday
Time : 12.00pm - 10.00pm

Fees
\$30.00 + 7% GST (NSRCC Members)

Minimum number of participants: 12

Age Group: 16 years old and above

Closing Date: 13 May 2017, Saturday

Our Annual Snooker Closed Tournament is back. NSRCC Billiard Team is looking for new talent to join the National League, so take this opportunity to show us what you've got!

3D2N GOLF GETAWAY IN MALAYSIA

Date : 29 September - 1 October 2017
Day : Friday - Sunday
Time : 7.30am (29 Sep) - 8.00pm (1 Oct)

Fees
\$550/person (Twin Sharing Room)
\$620/person (Single Room)

Minimum number of participants: 24

Closing Date: 30 August 2017, Wednesday

Head for a weekend getaway across the Causeway with your golf kakis! Play at Orna Golf & Country Club, Staffield Country Resort and A'Famosa Golf Resort. Price includes green fees, buggy and caddy charges, as well as 4-star hotel stay, breakfast and lunch.

**Do call us at 6540 8563/64 or
email S&R@nsrcc.com.sg for more details!**

JUNE HOLIDAY PROGRAMMES

WASHING DAY CANVAS CRAFT



Date : 30 May 2017
Day : Tuesday
Time : 10.00am - 12.00pm

Fees
 \$30.00 + 7% GST (NSRCC Members)
 \$35.00 + 7% GST (Signed-in Guests)

Minimum number of participants: 10

Age Group: 4 years old and above

Closing Date: 22 May 2017, Monday

Kids will create their own clothing design and decorate their board to look like a beautifully decorated laundry hanger. They will create the background with acrylic paint and decorate the board with different mediums.

2-DAY CHILDREN CAMP

Date : 2 - 3 June 2017
Day : Friday - Saturday
Time : 8.30am - 5.00pm

Fees
 \$220.00 + 7% GST (NSRCC Members)
 \$230.00 + 7% GST (Signed-in Guests)

Minimum number of participants: 15

Age Group: 7 - 12 years old

Closing Date: 19 May 2017, Monday

Groom the star in your child with a 2-day camp at NSRCC! They will learn more about dining etiquette and social graces, and participate in activities such as cupcake decoration and art jamming appreciation.



CANDY HOUSE CANVAS CRAFT



Date : 2 June 2017
Day : Friday
Time : 10.00am - 11.00am

Fees
 \$25.00 + 7% GST (NSRCC Members)
 \$30.00 + 7% GST (Signed-in Guests)

Minimum number of participants: 10

Age Group: 4 - 6 years old

Closing Date: 22 May 2017, Monday

Kids' will play with their imagination to decorate a house filled with candy, using acrylic paint and mosaic tiles. It can look so real that they might be tempted to eat their own candy houses!

JUNIOR SPORTS LEADERSHIP CAMP

Date : 14 - 16 June 2017
Day : Wednesday - Friday
Time : 8.30am - 4.00pm

Fees
 \$160.00 + 7% GST (NSRCC Members)
 \$170.00 + 7% GST (Signed-in Guests)

Minimum number of participants: 15

Age Group: 7 - 12 years old

Closing Date: 31 May 2017, Monday

During this camp, kids will gain leadership through fun sports such as soccer, tennis and windsurfing!



**Do call us at 6540 8563/64 or
 email S&R@nsrcc.com.sg for more details!**

JUNE HOLIDAY PROGRAMMES

UP, UP & AWAY



Date : 19 June 2017
Day : Monday
Time : 10.00am - 11.30am

Fees
 \$30.00 + 7% GST (NSRCC Members)
 \$35.00 + 7% GST (Signed-in Guests)

Minimum number of participants: 10

Age Group: 4-6 years old and above

Closing Date: 12 June 2017, Monday

Have your kids always wanted to go up and away into space? Let your kids create their own rocket using mosaic tiles and air dry clay during this workshop. Hurry before it flies away!

HOT AIR BALLOON PHOTO FRAME



Date : 23 June 2017
Day : Friday
Time : 1.00pm - 2.30pm

Fees
 \$25.00 + 7% GST (NSRCC Members)
 \$30.00 + 7% GST (Signed-in Guests)

Minimum number of participants: 10

Age Group: 4 years old and above

Closing Date: 12 June 2017, Monday

This workshop brings kids on a journey of creating their own hot air balloon using fancy buttons of different sizes. Not only can it be a nice display for your house, you can hang your photos in it too!

MOVIE SCREENING: TRANSFORMERS



Date : 22 June 2017
Day : Thursday
Time : 7.30pm - 10.30pm

Fees (NSRCC Members Only)
 \$12.50 + 7% GST (Single Ticket)
 \$11.50 + 7% GST (2 or More Tickets)

Minimum number of participants: 116

Closing Date: 8 June 2017, Thursday

Catch the latest Transformers movie on its release day at special prices, with savings up to 30%! All ticket prices are inclusive of popcorn combo.

1 DAY DESARU FARM TOUR



Date : 24 June 2017
Day : Saturday
Time : 6.30am - 10.00pm

Fees
 \$91.00 Nett (NSRCC Members)
 \$101.00 Nett (Signed-in Guests)
 *Discounts available for groups of 4 and 6 persons

Minimum number of participants: 20

Closing Date: 10 June 2017, Saturday

Get a real farming experience on this tour! Package includes hands-on paddy planting and visit to the biggest crocodile farm in west Malaysia.

**Do call us at 6540 8563/64 or
 email S&R@nsrcc.com.sg for more details!**

classes

ZUMBA

Date : 13 May - 10 June 2017
(ongoing)
Day : Saturday
Time : 3.30pm - 4.30pm

Fees (per 5 sessions)
\$125.00 + 7% GST (Members)
\$130.00 + 7% GST (Signed-in Guest)

Minimum number of participants: 4

Age Group: 16 years old and above

Closing Date: -

Zumba is a new series of fitness programme for the ladies. The programme involves dance and aerobic movements performed to energetic music.

Weekday classes are available on Wednesdays from 7.00pm - 8.00pm.



PILOXING KNOCKOUT

Date : 28 May - 2 July 2017
(ongoing)
Day : Sunday
Time : 5.00pm - 6.00pm

Fees (per 5 sessions)
\$125.00 + 7% GST (Members)
\$130.00 + 7% GST (Signed-in Guest)

Minimum number of participants: 4

Age Group: 16 years old and above

Closing Date: 14 May 2017, Saturday

Piloxing is a new fitness routine that was introduced a few years ago. It involves non-stop cardio fusion of Pilates moves, boxing exercises and dance steps.

Weekday classes are available on Thursdays from 7.00pm - 8.00pm.



kids programmes

ACE YOUR ORAL

Date : 22 July 2017
Day : Saturday
Time : 2.00pm - 5.00pm

Fees
\$30.00 + 7% GST (NSRCC Members)
\$35.00 + 7% GST (Signed-in Guests)

Minimum number of participants: 10

Age Group: 9-12 years old

Closing Date: 10 July 2017, Monday

Kids will learn the mechanics of preparing for their oral exams by learning how to draft, edit and deliver their speeches! Lessons will be interactive and samples will be provided.

SPEAK TO SHINE

Date : 23 July 2017
Day : Sunday
Time : 2.00pm - 5.00pm

Fees
\$50.00 + 7% GST (NSRCC Members)
\$55.00 + 7% GST (Signed-in Guests)

Minimum number of participants: 10

Age Group: 10-12 years old

Closing Date: 10 July 2017, Monday

Kids will learn to be more aware of the way they communicate, understand more about their body language, and learn essential skills that enables them to become a better and confident speaker.

**Do call us at 6540 8563/64 or
email S&R@nsrcc.com.sg for more details!**



Exclusively at
NSRCC
Sea Sports Centre

Windsurfing

Jump-start Course

**One 3-hour Session
(Ad-hoc Basis)**

1 person @ \$40

2 persons @ \$70

Windsurfing

Level 1

5 sessions (1 session a day)

\$360 per person

Powered Pleasure Craft Driving License

3 - 4 June 2017

3 June: 9.30am - 5.00 pm (Theory)

4 June: 10.00am - 2.00pm (Practical)

\$220 per person

All equipment and test fees are included.

**Do contact us at
S&R@nsrcc.com.sg
to register or enquire!**



DINE & WIN



GRAND DRAW
March 2018

Every S\$30 spent gives you one chance to win

BIG & BIGGER!

Up to

S\$1,000*

worth of dining vouchers
to be won (per winner)

**360 WINNERS
EVERY MONTH!**

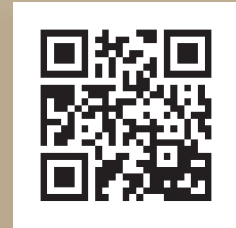
Brand new

**Mercedes-Benz
C-Class***

up for grabs at our **GRAND DRAW**
Vehicle comes with 3 year warranty or 100,000km
(whichever is earlier) from Cycle & Carriage.

Specifications may vary from image shown.

To enter/
find out more:



or visit
[www.jumbogroup.sg/en/
dineandwin](http://www.jumbogroup.sg/en/dineandwin)

*Full T&Cs: www.jumbogroup.sg/en/dine-win-terms

members of **JUMB@** (participating brands)



Full T&Cs: www.jumbogroup.sg/en/dine-win-terms

The history of





Achieve ultimate moist radiance with Royal whitening

Restore skin's balance for ultimate moist radiance and achieve skin clarity for undeniable luminosity like no other, with The History of Whoo's new royal whitening "water-drop" regimen.

New Gongjinhyang: Seol
Radiant White Moisture Cream

The History of Whoo is available at TANGS at Tang Plaza, Level 1, Tel: 6268 5850

 The History of Whoo Singapore

 @thehistoryofwhoo_sg



SPECIAL GOLF ESCAPADES

for our special friends from NSRCC,



Come and enjoy Saigon!

* 3 days/2 nights

Group of 2 - SGD \$350

Group of 3 - SGD \$333

Group of 4 - SGD \$299

* Per golfer

Package includes:

- Return airport Transfers
- 2 nights accommodation at Song Be
- Full board - 6 set meals
- 2 rounds of 18 holes golf game
- Complimentary 100 driving range balls
- All prevailing taxes

* 4 days/3 nights

Group of 2 = SGD \$512

Group of 3 = SGD \$487

Group of 4 = SGD \$433

* Per golfer

Package includes:

- Return airport Transfers
- 3 nights accommodation at Song Be
- Full board - 9 set meals
- 3 rounds of 18 holes golf game
- Complimentary 100 driving range balls
- All prevailing taxes

Weekends/Public holidays surcharge:

Minimum 3 golfers in one flight for weekend/public holiday booking

For one 18 holes golf game - SGD \$65 / For two 18 holes golf game - SGD \$130

For enquiries and booking, please e-mail to reservation@songbegolf.com.vn

or girard@songbegolf.com.vn

Enclosed registration form.

Booking must be made 8 days prior to the date of arrival

Rates are valid from 15 April to 15 October 2017.

For NSRCC Members only.



MALAYSIA

JOHOR

- *Tanjong Puteri Golf & Country Club
- ☎ 02-07-271 1888 (Office & Club)
6338 2828 / 6339 7266 (S'pore Office)
- ☎ 02-07-271 1333 (Office & Club)
6339 5128 (S'pore Office)
- ✉ enquiry@tpgr.com
- 🌐 www.tpgr.com

MALACCA

- *A'Famosa Golf Resort Berhad
- ☎ 02-06-552 0888 / 0555
- ☎ 02-06-552 0695
- ✉ enquiries@afamosa.com
- 🌐 www.afamosa.com
- *Orna Golf & Country Club
- ☎ 02-06-521 0333
- ☎ 02-06-521 0222
- ✉ ogcc@ornaresort.com.my

NEGERI SEMBILAN

- Nilai Springs Golf & Country Club
- ☎ 02-06-850 8888
- ☎ 02-06-850 3388 (Golf)
- 02-06-850 3005 (Admin)
- ✉ club@nilaisprings.com.my

Staffield Country Resort

- ☎ 02-6018-222-1919
- ☎ 02-603-8766-7173
- ✉ staffield@berjayaclubs.com
- 🌐 www.berjayaclubs.com/staffield/

PENANG

- *Penang Golf Club
- ☎ 02-04-644 2255
- ☎ 02-04-644 9345
- reception@penanggolfclub.com.my
- 🌐 www.penanggolfclub.com.my

Bukit Jawi Golf Resort

- ☎ 02-04-582 0759
- ☎ 02-04-582 2613
- ✉ enquiry@bukitjawi.com.my
- 🌐 www.bukitjawi.com.my

Penang Golf Resort

- ☎ 02-04-578 2022
- ☎ 02-04-575 0228
- ✉ pgrb@penanggolfresort.com.my
- 🌐 www.penanggolfresort.com.my

PERAK

- Clearwater Sanctuary Golf Resort
- ☎ 02-05-366 7433
- ☎ 02-05-366 7434
- ✉ cwsgolf@po.jaring.my
- 🌐 www.cwsgolf.com.my

SELANGOR

- *Sultan Abdul Aziz Shah Golf & Country Club
- ☎ 02-03-5510 5872
- ☎ 02-03-5510 5860
- 🌐 www.kgsaas.com.my

Affiliated Clubs

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.

Special Golfing Arrangements

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

SINGAPORE

*Sembawang Country Club

- ☎ 6755 8418 ☎ 6752 0446

www.sembawanggolf.org.sg
Tuesdays to Fridays only (excl PH)

THAILAND

*Phuket Country Club

- ☎ 660 76 3192004 ☎ 660 76 319206

🌐 www.phuketcountryclub.com

- ✉ bookings@phuketcountryclub.com

*Gassan Khunthana Golf & Resort

*Gassan Legacy Golf Club

- 🌐 www.gassangolf.com

SOUTH AFRICA

*Spier Country Club, Cape Town

- ☎ 27-21809-1100 ☎ 27-21881-3634

🌐 www.spier.co.za

- ✉ info@spier.co.za

*Vodacom, World of Golf, Johannesburg

- ☎ 27-11802-5864 ☎ 27-11802-7491

🌐 www.golfersworld.co.za

- ✉ rica@worldofgolf.co.za

TAIWAN

*National Golf Country Club

- ☎ +886 37-743377
- ☎ +886 37-740505
- ✉ avis@ngcc.tw
- 🌐 www.ngcc.com.tw

*Tsai Hsing Elite Golf Club

- ☎ 886-3-569-2318
- ☎ 886-3-569-1097
- ✉ golf@the-club.com.tw
- 🌐 www.the-club.com.tw

*Ta Kang Shan Golf

- ☎ 886-7-636641
- ☎ 886-7-6366219
- 🌐 www.tksg.com.tw

INDONESIA

BALI

*Bali National Golf Club

- ☎ 62 - 361 - 771 791
- ☎ 62 - 361 - 771 797
- ✉ reservations@balinationalgolf.com
- 🌐 www.balinationalgolf.com

BATAM

*SouthLinks Country Club

- ☎ 62 - 778 - 324 128 / 168
- ☎ 62 - 778 - 323 288
- Singapore Office:
(65) 6270 0062 / 6278 7079
- ✉ sales@southlinksgolf.com
- Website: www.southlinksgolf.com

JAKARTA

Modern Golf & Country Club

- ☎ 62-21-552 9228
- ☎ 62-21-552 9177 / 87
- 🌐 www.moderngolf.co.id

Sedana Golf & Country Club

- ☎ 62-267-644 730 (Club)
- 62-267-644 733 (Golf Reservation)
- 62-21-612 8811 (Accommodation)
- ☎ 62-267-644 728 (Club & Golf Reservation)
- 62-21-612 8822 (Accommodation)
- ✉ marketing@sedanagolf.com
- 🌐 www.sedanagolf.sinarmasland.com/

BRUNEI

*Royal Brunei Golf & Country Club

- ☎ 673-2-611 582
- ☎ 673-2-610 499
- ✉ rbgcc@jerudong-park.com
- 🌐 www.jerudong-park.com

VIETNAM

*Song Be Golf Resort

- ☎ 84 - 650 - 3756 660/1
- ☎ 84 - 650 - 3755 804
- ✉ pr@songbegolf.com.vn
- 🌐 www.songbegolf.com.vn

*Dong Nai Golf Resort

- ☎ 84 - 61 - 3866 288/307
- ☎ 84 - 61 - 3864426
- ✉ info@dongnaigolf.com.vn
- 🌐 www.dongnaigolf.com.vn

* Affiliated clubs that charges discounted "Green Fees"



facilities directory

main lobby reception

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



membership centre

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



sports & social facilities



billiards room

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

fitness centre

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

jackpot 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)

family zone @ resort bowl

12pm to 10pm (Mon to Thu)
12pm to 1am (Fri, Sat & eve of Public Holidays)
10 am to 10pm (Sun & 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)

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
& School 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 (Mon to Sun)

tennis courts

7 am to 10 pm (daily)



f & b outlets



appetizer (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)

jumbo seafood @ nsrcc

Tel: 6552 3435
Lunch: 11.30 am to 3 pm (Mon - Sat)
10.00 am to 3 pm (Sun & Public Holiday)
Last orders @ 2.15 pm
Dinner: 6 pm to 11 pm (Mon - Fri)
5.30 pm to 11 pm (Sat, Sun & Public Holiday)
Last orders @ 10.15 pm

jcafe @ the deck

Tel : 6546 3839
7am to 8pm (daily)
Last orders @ 7.30pm

viola

Tel: 6386 8011
4pm to 1am (Mon - Sat)

the terrace cafe (kranji sanctuary)

Tel: 6791 1948
7 am to 8 pm (daily)

golf facilities



golf reception

Tel: 6540 8500 (Changi) / 6795 2300 (Kranji)
Fax: 6542 7710 (Changi) / 6792 7311 (Kranji)
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 (Thurs)
Telephone - 9.30am to 5pm (Fri)
* 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: 6540 8500
7 am to 10 pm (daily, except Mon: 2pm to 10 pm)

phil brew golf academy

Tel: 6910 7057



the golfing lab

Tel: 9752 9297 / 9276 0038
8 am to 10 pm (daily)

mizuno golf school

Tel: 9151 8852
Email: edmund.tan@mizuno.com.sg

golf pro-shop

transview

Tel: 6543 2051
7am to 7pm, daily



corporate private events

the falcon, the corvette, the larden, oriole 1 and oriole 2, the leaders

For booking enquiries, call 6543 5082 /
6543 5749 / 6543 5735
email: events@nsrcc.com.sg

For bookings of The Sanctuary I & II at KSGC
and F&B catering, call 6795 2300 for
reservations and enquires.

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, 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



sundry shop

2 pm to 9 pm (Mon to Fri)
12 pm to 9 pm (Sat, Sun & Public Holidays)



seasports 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

Tel: 6445 5108
11.30am - 9.45pm
(Mon to Sun)

gurame indonesian restaurant

Tel: 6542 2038
Lunch: 11.00am to 2.30pm (daily)
Last orders @ 2.00pm
Dinner: 6.00pm to 9.30pm (daily)
Last orders @ 9.00pm

stella

Tel: 6214 9168
12.00pm to 12.00am (daily)





**EXCLUSIVELY
FOR NSRCC
MEMBERS ONLY**

**GET YOUR SON
AN NSRCC MEMBERSHIP
@ 50% OFF
ENTRANCE FEE**

Membership Type (Ordinary)	Entrance Fee	After 50% discount
Full Membership		
5-Year	\$4,480	\$2,240
10-Year	\$7,270	\$3,635
Basic Membership		
5-Year	\$2,400	\$1,200
10-Year	\$4,000	\$2,000

Terms & Conditions

- The son must be either a full-time National Serviceman (NSF) or an Operationally-Ready NSman.
- This promotion is valid for existing Members' son only.
- Members are allowed to sign up multiple memberships as long as the sons qualify for the promotion.

WWW.NSRCC.COM.SG

CALL US AT 6540 8555 OR EMAIL

MEMBERSHIP@NSRCC.COM.SG TO FIND OUT MORE

**National Service Resort & Country Club 10 Changi Coast Walk S499739
Kranji Sanctuary Golf Course No. 50 Neo Tiew Lane 3 S718828**

**FREE
Portable Cooler
Bag worth \$50 with
every new sign-up!**

Limited to the first
250 sign-ups only.



Snapshots from
President's Trophy 2017

