

A bi-monthly publication by National Service Resort & Country Club

# Resort View

MCI (P) 004/10/2017

November/December 2017

EXCLUSIVE!

## The Road to Gold

Two of NSRCC's young sport talents win gold at SEA Games 2017.  
Read about their journey on pages 18-19

Joshua Ho

Cheah Ray Han



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## Resort View

November/December 2017

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Dear Members,

A round of applause please for golfer Joshua Ho and bowler Cheah Ray Han who are both featured on our RV cover. Both of them had helped their respective teams to clinch gold medals for Singapore in the recently completed SEA Games in Kuala Lumpur.

Incidentally, this was Singapore golf's first-ever SEA Games team gold medal. As for bowling, the last time the men's team won a SEA Games gold was in 1995! Singapore also achieved its best away haul of medals including 57 gold in this year's Games.

What you may not know is that Joshua and Ray Han actually honed their skills and nurtured their passion through our Club's junior training and development programmes. Read about their training during their early days in NSRCC and their thoughts about representing the nation in this issue.

The unseasonal wet weather of late has been a bane for organisers and participants of outdoor events. Even the Singapore F1 Night Race was not spared. So it must have been a considerable stroke of good luck that all the recent events organised by the club were blessed with perfect weather. And this contributed very much to the success of Captain's Cup, our last major golf tournament for the year, as well as the enjoyment of those who participated. Similarly, the ever popular Golftoberfest and the Mid-Autumn Walk in the golf course were enjoyed by their many participants under placid skies.

With the year-end school holiday and festivities approaching, here's wishing everyone a great time ahead!



Regards,

A handwritten signature in black ink that reads "Swee Kiat". The signature is written in a cursive style and is underlined with a single horizontal stroke.

**Chua Swee Kiat**  
Editor



# Lighting Up the Golf Course with Lanterns!



*All set and ready for a walk in the golf course!*

One of the Club's popular events, the annual Mid-Autumn Lantern Walking in the Golf Course returned on Saturday, 30th September 2017 with nearly 100 participants! Even though it had been raining the week before the event, participants were blessed with good weather on that evening.

At the start of the event, students from NSRCC's Aikido class performed in front of the participants at Leader's Room. Some participants even joined in the fun and tried out some moves!

The lantern walking began at 8.00pm, with participants going into the golf course in groups of 20s. This year's walk saw participants – mostly NSRCC members and their families – walking a total of 2.8 km in the golf course! The fun continued after the walk for the kids, as they were given sparklers to play with, while their parents sampled some mooncakes. It was a great event for families and we hope to see them again next year!



*A trio of kids posing on the decorated buggy*



Three happy families



Posing with his lantern for his mom's camera



Everyone is having fun playing with sparklers





Eagerly awaiting dinner!



Sweltering heat can't stop their game!

# Golftoberfest 2017, A Party Like No Other!



All set for the course with beer

October 6th 2017 marked the 3rd year in succession, in which our Club has hosted its very popular Golftoberfest, which combines Golf and Oktoberfest! This year saw about 140 eager participants, looking to have a memorable time with friends and even family, over a game of golf and an evening filled with tantalising German fare. The afternoon started off with a round of 18 holes on our glorious courses accompanied by perfect weather that allowed everyone to complete their favourite game.

With the sun beginning to set, the preparation for the evening's programme began to take place. The Leader's Room was transformed

into an authentic setting for Oktoberfest, giving participants the feel that that they were right in Munich, the birthplace of this grand celebration!

Dinner started off the evening with German treats such as traditional roasted pork knuckles, potato salad otherwise known as "Kartoffelsalat", saukeraut and a free flow of Erdinger Pale Ale, which was of course the highlight of the evening! Guests were also treated to games, a performance by "Fei Fei", who kept them entertained all the way through the grand lucky draw in the evening! We hope everyone had a blast, and look forward to welcoming you to our next Golftoberfest celebrations in 2018!





All ready for the Game! First, let's snap a shot!



Prost! As they would say Cheers in Germany



Golfers posing with their Erdinger Beers before the Game!



How high can you carry me

## Fun Facts about Oktoberfest!



- The first Oktoberfest was held in 1810 as a wedding feast, honoring the union of Bavarian King Ludwig I and Maria Theresia of Saxonia. The royal shindig took place at the Theresienwiese (also known as Theresia meadow) where it continues to be held today.
- In the early days, Oktoberfest was more about the cultural events it featured such as horse racing, agricultural shows and other fun activities and all the beer drank and sold was done outside the venue. However, a few years down the line, people started to realise how integral the beer drinking was to the festivities, which is when selling and brewing of beer became a part of the festival.
- Experienced bartenders only need about 1.5 seconds to fill a mass with beer.
- A common misconception about Oktoberfest is that it is a German thing. Of course, Munich is the centre of all Oktoberfest activity, but it is actually reflective of Bavarian food, clothes and drink.

# 4<sup>th</sup> Bowling Quarterly Medal 2017

The 4th Quarterly Medal was held on Sunday, 3rd September 2017 at NSRCC Resort Bowl. 21 bowlers participated in the event which was filled with great excitement with 31 games obtaining a score above 200 pinfalls.

Men's Champion, Xavier Teo, displayed a near perfect game with his score of 289, only failing to strike at the 11th frame. He also won the house award (\$300 worth of bowling equipment) for scoring between 279 and 290.

He scored 4 games above 200 points. Men's Runner Up is Tan Kheng Beng while the 2nd Runner Up is Darren Khemlani.

Women's Champion, Joslyn Ho scored 3 games above 200. Janet Chan came in as Women's Runner Up while Hazel Tan was named the 2nd Runner Up.

## Women's Category

Prizes presented by Derek Chan, Bowling Convenor



Champion, Joslyn Ho (left)

Total Pinfall: 1555  
No. of Games above 200: 3



Runner Up, Janet Chan (left)

Total Pinfall: 1453  
No. of Games above 200: 1

## Men's Category

Prizes presented by Derek Chan, Bowling Convenor



Champion, Xavier Teo (right)

Total Pinfall: 1669  
No. of Games above 200: 4



Runner Up, Tan Kheng Beng (right)

Total Pinfall: 1655  
No. of Games above 200: 1



2<sup>nd</sup> Runner Up, Darren Khemlani (left)

Total Pinfall: 1649  
No. of Games above 200: 1

\*Not pictured: 2<sup>nd</sup> Runner Up, Hazel Tan

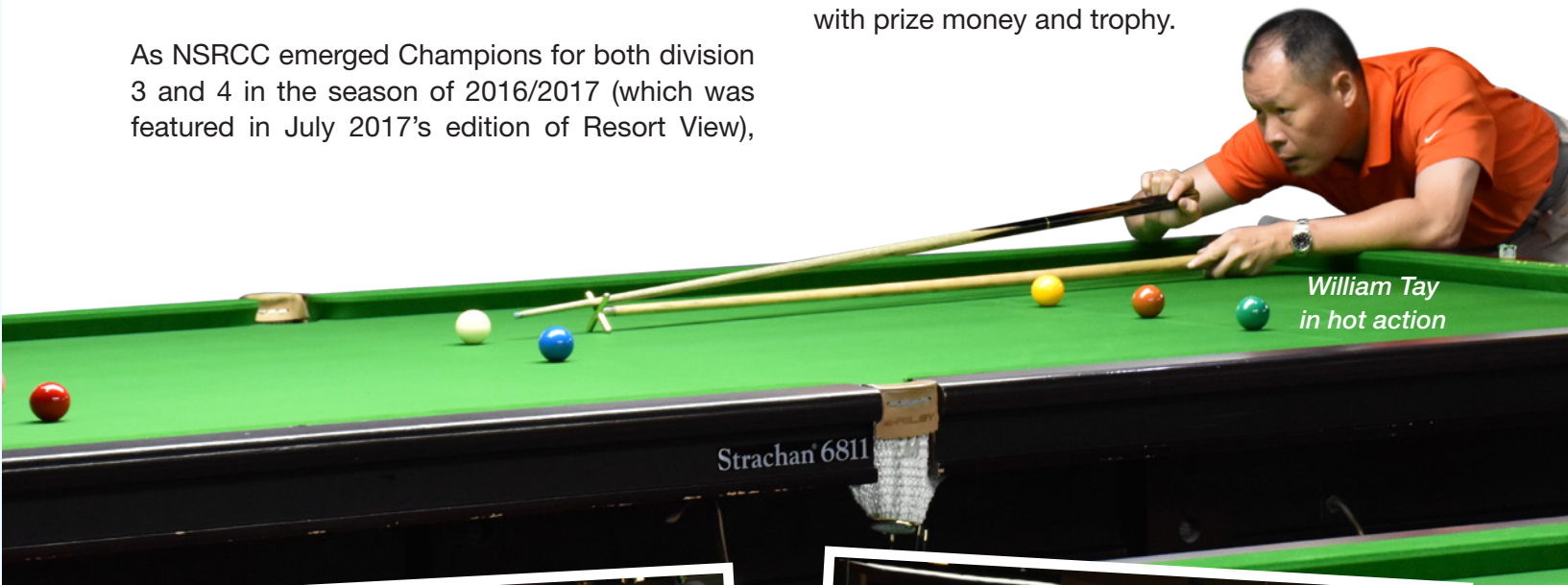
# NSRCC Snooker Team in Action during Champions Cup

**C**hampions Cup – a finale to the season’s National Snooker League tournament comprising Division 1, 2, 3, 4 & 5 with a total of 35 teams from the Sports & Country Clubs and Billiard Saloons in Singapore. In this particular tournament, the winners (Champion & Runner-Up) of each division were randomly drawn to compete amongst each other regardless of their division status in a Knock-Out system.

As NSRCC emerged Champions for both division 3 and 4 in the season of 2016/2017 (which was featured in July 2017’s edition of Resort View),

both teams participated in Champions Cup but conceded in the Quarter-Finals to division 1 and 2 teams who were clearly the more superior teams in the league tournament. Anyhow, both teams were proud to be given the opportunity to compete against the top echelons of Snooker cueist in Singapore.

All winners in the NSL and COC were awarded with prize money and trophy.



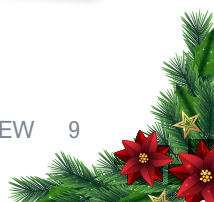
*William Tay  
in hot action*



*Wang (front) taking on the black ball  
while Allen Tan (back) was fixated on his  
compatriot’s shot*



*Nicholas Chia (front) clearing the last red  
ball while Michael Goh (back) stretched  
out on a long shot*



# A Special 'Cubs Club' for NSRCC Juniors

*Participants undergoing 5-hole on course coaching*

The inaugural training session for NSRCC Cubs Club was held on Sunday, 3rd September 2017 at NSRCC Changi.

20 eager and excited young golfers participated in the session led by The Golfing Lab.

During the training, participants were involved in a Chip and Putt Clinic, followed by a 5-Hole Clinic with each Pro coaching a team of four children.

NSRCC Cubs Club was formed on 19th July 2017 when parents were invited to enrol their children for NSRCC's Junior Program.



*Hard at work during a putting drill at putting green*



*Nice swing, boy!*



*Demonstration on putting techniques by the coach*



*Participants chipping at practice greens in driving range*



*Coach gives a briefing to participants before training*





All the happy faces during Captain's Cup 2017 dinner

# Ending the Year with Captain's Cup

The last major golf tournament for the year, Captain's Cup took place on Saturday, 30th September 2017. Before starting play, golfers did the 'gotong royong'\* to repair divots and ballmarks. It was a collective effort by everyone to ensure the greens were in tip top condition for a smooth game. Golfers were rewarded with lovely weather throughout the day and everyone completed their 18-hole game in good time.

During dinner at Jumbo Restaurant, Club Captain Tan Kah Han reflected on the gotong royong efforts and reiterated the importance of practising good golf etiquette in the golf course. He also applauded the Club's efforts in training junior golfers and presented a special memento to Joshua Ho, a junior golfer who was born and bred in NSRCC, and won a Gold medal for Singapore during the recent SEA Games.

*\*Gotong royong is a tradition in Golf, spearheaded by enthusiastic golfers, to repair divots and ball marks on the turf.*



A special memento for NSRCC Junior Golfer, Joshua Ho in recognition of his achievement during SEA Games 2017



# Prizes presented by Club Captain, Tan Kah Han



*Overall Winner,  
Tan Boon Leong*



*1<sup>st</sup> Runner Up,  
Poon Heng Wah Daniel*



*2<sup>nd</sup> Runner Up,  
Tan Hor Hiang*



*Longest Drive (10th Tee Hole 18),  
Chan Jing Arng*



*Nearest The Line (1st Tee Hole 2),  
Kenneth Oh*



*Nearest The Pin (1st Tee Hole 6),  
Phil Yen receiving on behalf of  
Dennis Toh*



*Nearest The Pin (10th Tee Hole 12),  
Joseph Ho*



*Nearest The Pin (10th Tee Hole 15),  
Tan Kar Choon*

# Mizuno Golf School - Let's Talk about GAP

By Bernie Tan,  
Certified Instructor, Mizuno Golf School



## Do all golfers learn the same way?

I think a lot of us learn golf from different sources. These include Youtube, television, books, friends and golf lessons.

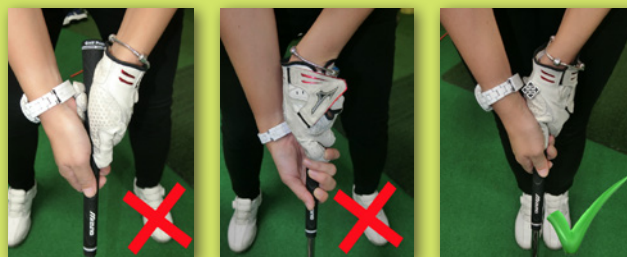
Do these methods work? YES but let me tell you a secret. The fundamentals such as our pre-swing positions which are known as Grip, Aim and Position are one of the few most important influences in the golf swing. This is also known as the address position. If these fundamentals are overlooked, then we wouldn't be able to work on our swing competently.

Hope this article helps you and motivates you to work on your GAP.

## Let's look at the three pre-swing positions.

### GRIP G

A grip is when our hands come in contact with the golf club. A good swing is firstly formed by how we grip. Our grip is the only place where our hands come in contact with our golf club. It has direct influence on the direction of the club face when it comes in contact with the ball. It is important to often check on your grip. Sometimes the way we grip the club, is the main reason why the golf ball may not be heading in the direction you intend it to go.



(A guideline is to have 1-2 knuckles seen on the left hand)

### AIM A

Now let's look at aim. When we align our club and feet to the target, at times we may not have realized that our feet and club are not parallel to the target. This could create unnecessary swing habits and result in the shot heading in a different direction from our aim. With aim, it is useful to use an alignment stick when you practise to help keep your feet and body parallel to your target.



### POSITION P

Lastly, let's look at position. Position is mainly our posture and stance. The way we stand, our posture at address is important to make it right from the beginning.

The right position helps us to swing more effectively and it definitely helps us to prevent injuries.

From time to time, it is good to go back to basics and always check on the three main points mentioned above. It will certainly be a start of change and transformation.

To conclude, I hope these main points have encouraged you to check on your Grip, Aim and Position. I can assure you that these pre-swing positions will definitely be the start of a better swing that will result in better shots.





# Potential Rules Situations on the New First Tee

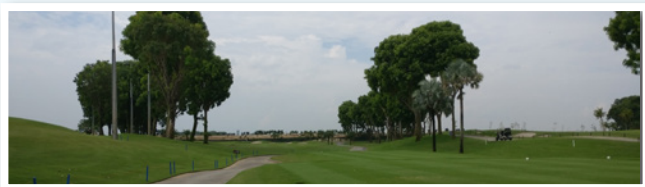
In this mini-series, we'll be covering potential situations you might find yourself in when playing the new 9 holes at NSRCC.

By Brian Tan,  
Member of the Greens Committee



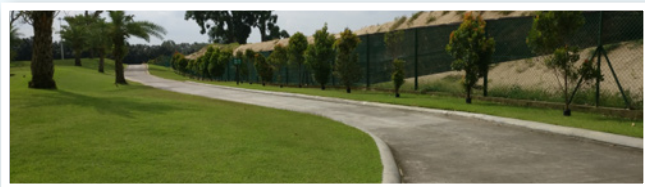
## Hole 6

After the half-way house on the front 9 lies Hole 6, a seemingly innocuous Par 3. Some golfers may remember the tee boxes used to be the first tee of Hole 1 of the previous Air Force course. Despite having to reconfigure the hole from a Par 4 to a Par 3, most of the large trees lining the previous hole have been kept.



If one misses extreme left off the tee, you might end up encroaching on Hole 9. Please do shout "Ball" or "Fore" if that happens. Towards the extreme right, along the tree line is an internal OB.

The green is guarded by bunkers which will trap most inaccurate shots. Behind the green is a fence which defines the boundaries of the course i.e. OB.



And, on the right is a pair of white OB sticks placed together indicating that the OB line extends to infinity.



Along the entire right side of the hole is a buggy path flanked by a covered drain.



We previously discussed how to identify the Nearest Point of Relief (NPR) when your ball lies on or your stance or area of intended swing suffers interference from an immovable obstruction. The rules of golf require players to obtain relief from one condition at a time. With the covered drain right next to the buggy path, it is possible that taking relief from either one may result in interference from the other obstruction. Taking subsequent relief may then result in interference from the original obstruction and so on in an infinite loop. In order to proceed, we look to 1-4/8 in the Decisions on the Rules of Golf.

"1-4/8 Nearest Point of Relief from Cart Path Is in Casual Water; Nearest Point of Relief from Casual Water Is Back on Cart Path."

Q.A player's ball lies on a paved cart path from which he wishes to take relief under Rule 24-2b(i). It appears that the nearest point of relief will be in a large area of casual water which adjoins the cart path and the nearest point of relief from the casual water under Rule 25-1b(i) would be back on the cart path. What are the player's options?

A. The player may proceed in accordance with Rule 24-2 and then, if applicable, Rule 25-1. He is not entitled to take relief from both the immovable obstruction and the casual water in a single procedure, unless after proceeding under these Rules, the player is essentially back where he started and it is evident that such a procedure is necessary to obtain relief from both conditions.

Therefore, the player should proceed as follows:

1. He may lift and drop the ball in accordance with Rule 24-2b(i) in the casual water.
2. He may play the ball as it lies or take relief from the casual water, in which case he would lift and drop the ball in accordance with Rule 25-1b(i).
3. If the ball when dropped comes

to rest in such a position that there is interference by the cart path, he may play the ball as it lies or proceed in accordance with Rule 24-2b(i). If the nearest point of relief is in such a position that there would be interference by the casual water, as an additional option, the player may, in equity (Rule 1-4) obtain relief without penalty as follows:

Using the new position of the ball on the cart path, the nearest point of relief from both the cart path and the casual water shall be determined which is not in a hazard or on a putting green.

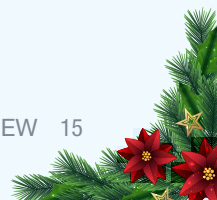
The player shall lift the ball and drop it within one club-length of and not nearer the hole than the nearest point of relief, on a part of the course which avoids interference by the cart path and the casual water and is not in a hazard or on a putting green.

If the dropped ball rolls into a position where there is interference by either the cart path or the casual water, Rule 20-2c applies.

"The same principle would apply if there was interference from any two conditions, i.e., casual water, a hole made by a burrowing animal, an immovable obstruction, from which relief without penalty was available and in taking relief from one condition it resulted in interference from the second condition."

This basically means that if an infinite loop of relief results, players may "combine" both conditions into one condition and then obtain relief.

Happy golfing!





# Greenside Matters

NOVEMBER/DECEMBER 2017

“NSRCC 2017”, has again been another busy golfing year. 2017 has also been special as we proudly congratulate our very own Junior Golfer Joshua Ho, who was part of the victorious golf team which clinched gold at the Kuala Lumpur SEA Games. The Singapore National Golf Team won their very first gold medal for golf, since 1989 in a sudden-death playoff against Thailand. As we all know, the cornerstone for all successful golf clubs wanting to excel in competitions is the Club’s Junior Golf Development Programme. We now hope that Joshua’s achievement will become the benchmark for all the aspiring young golfers at NSRCC. Well done Joshua, thank you for flying the Singapore flag high and making NSRCC proud!!



Extreme right: Joshua Ho

Throughout the year, the Greens Committee and Golfing Staff, have tirelessly planned, organised and hosted a “feast” of golf events at both Changi and Kranji Sanctuary. Besides regular Medal games, the Junior Open, President’s Trophy, NS50 Golf and the Captain’s Cup, the club also introduced in 2017 the Ladies’ Weekly Social Game. This is truly testimony that NSRCC is not necessarily only for NSmen but also for their children (see above) and their wives. This is indeed a family club.

We started 2017 with a festive-themed golf game, “Fatt Choy Cup 2017” held on 11th February at NSRCC Changi (see Mar/Apr RV Issue). This event received such overwhelming responses and was fully booked! We are indeed heartened to see the participation and we hope to see continued participation for such events in the future.

Since 1995, our annual NSRCC Charity Golf events have raised over \$8 million to support various Welfare Organisations caring for the less fortunate in our society. This attitude of giving, helping and caring for the well-being of fellow Singaporeans is an extension of our NS spirit to embrace the intrinsic culture of philanthropy, and serve as ideal role models for many generations of Singaporeans. On 13th & 14th May, we held our annual NSRCC Charity Golf Event at Kranji Sanctuary which raised more than \$300,000 to support this cause. In the

years to come, we will continue to raise money to support these organisations through our signature NSRCC Charity Golf Event and we seek your continued support.

By the way, more Good News! If members are not yet aware, our Club announced in 2017 that there will be a new 5-storey Driving Range with a total of 40 tee-off bays that will be ready in 2nd Quarter 2019. It will be a ‘one-of-its kind’ driving range in Singapore and definitely the first in South East Asia. This new driving range is also complemented with facilities such as a Pro Shop, Club Fitting and Golf Academy.

For more information, please check out the club’s website or the Sep/Oct Issue of RV pages 22-23 .

As reported in our club’s previous edition of RV, on 23rd July at Laguna National GCC, we fielded a team to represent us in the finals of the SGA Inter-Club League Tournament 2017. Our team, Team NSRCC, put up a strong showing against Seletar Country Club. We narrowly lost by 3 points and had to settle for 1st Runners Up. Nevertheless, it was indeed a very commendable effort by Team NSRCC and we salute the members. Thank you Team NSRCC!

Yearly, the club organises Monthly Medals to provide members an opportunity to pit their golfing skills in a competitive environment. This also gives the club a chance to identify members seeking for an avenue to represent the club competitively. In 2017, we organized 7 Medal games and we had participation sign ups by more than a thousand members. We want to take this opportunity to encourage more of our members to sign up for our Medal games, for member’s fun and enjoyment amongst friends, secondly the chance for them to hone their competitive skills. For further information on this, please enquire at our Golfing Reception.

Lastly, with the coming year-end festivities approaching, we will organise one final event for 2017, being the Festive Golf event. Please look out for further details that will be announced soon and we hope that your support for our club’s golf events will continue through into 2018. Thank you.

Wishing you all in advance, Happy New Year 2018

  
Tan Kah Han  
Club Captain



Monthly Medal Winners



# LADIES' WEEKLY SOCIAL GAME

Ongoing every Wednesday afternoon @ NSRCC Changi Monthly Medal on 1<sup>st</sup> Wednesday afternoon of every month for golfers of all levels.

Contact our Changi Golf Team @ 6540 8500 to find out more!



The weekly Wednesday afternoon ladies golf initiative started by our Ladies' Vice-Captain, Jenny Chong has gained momentum and proved to be popular with good participation. Likewise with the weekday Monthly medal held on the 1st Wednesday of every month. It is a good way to catch up with old friends as well as a good networking opportunity to make new friends...so do come, have fun, enjoy and support this great initiative specially organised for all lady golfers!

Date	Name	Location	Handicap
Tuesday, 5 <sup>th</sup> September 2017	Goh Chuen Huat	NSRCC Kranji Hole #5	15.2
Sunday, 3 <sup>rd</sup> September 2017	Chia Chong Zheng	NSRCC Kranji Hole #5	8.5
Thursday, 8 <sup>th</sup> August 2017	Danny Leow Eng Hwa	Orchid Country Club, Dendro Course Hole #4	7.7

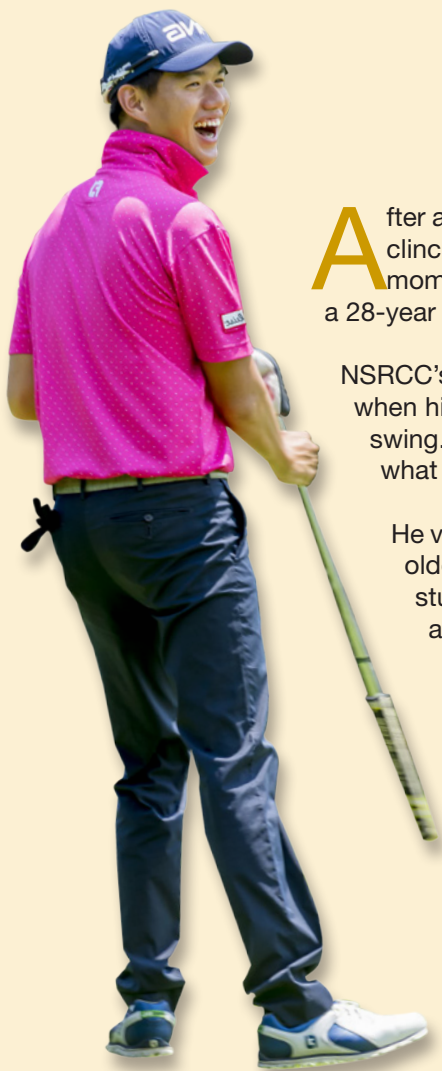


For results of Monthly Medal, please go to <http://www.nsrcc.com.sg/posting/golf>

EXCLUSIVE!

# The Road

In the 2017 SEA Games, two of NSRCC's very own proud by helping their respective golf and bow success started with the Club's in- hou



**A**fter a strong and commendable performance, the team representing Singapore golf clinched gold at the recent SEA games held in Kuala Lumpur, Malaysia. A proud moment for our nation it was, as the Men's team made history for Singapore, after a 28-year title drought.

NSRCC's very own Joshua Ho, a member of the winning team, got his first taste of golf when his father brought him to the driving range at NSRCC to watch him practise his swing. Then a curious 8-year-old, Joshua picked up a club and decided to mimic what his father was doing. And as Joshua remembers, it was "love at first sight."

He views golf as an evergreen game, as it is a sport in which one can play till a much older age, as opposed to other sports. The 3rd Year SMU Business Management student says it takes good time management to strike a balance between golf and studies. Despite being out of the country a fair bit for tournaments, he still makes it a point to catch up on his school work, in between hectic schedules.

Of the recent win in the SEA Games, he says that even though the team came in 2nd place quite a few times, this did not dishearten them. It actually inspired them to push harder for the SEA Games Gold. They felt that they had a really strong game, and strived all the way till they eventually emerged victorious. When asked to describe how he felt when the team won, Joshua says "I can't really describe in words how it felt, I was so nervous that I could not even watch my team mates putt. It was the most intense experience I've felt on the golf course." He also goes on to say the proudest moment of his life was when Singapore's National Anthem was being played, when they were announced as the winners.

Joshua's word of advice for NSRCC's Junior Development Squad would be to "have a purpose" whenever they practise their game, and always make sure that they practise good time management. He adds that the Junior Development Programme helped him be a good golfer because, not only were they given practice and training at the range, but he feels that being given an opportunity to play on the golf course provided an entirely different feel. Tournament golf is also a good platform he says, because you're introduced to international competition, as there is exposure to different golf courses offering a range of challenges, and that helps to improve one's game.

*Joshua Ho*  
**NSRCC Junior Golfer  
2017 SEA Games,  
Team (Golf) – Gold**

Well done Joshua! We hope to see you clinching many more successes in the future.



# to Gold

n, Joshua Ho and Cheah Ray Han, did our nation  
ling teams to clinch gold. Both men's sporting  
se development programmes.

“**W**inning for myself feels great, but when one wins a team event together with four other teammates all fighting for the country, it definitely beats winning individually anytime.”

Those are the wise words of our very own youth bowler, Cheah Ray Han, who brought home Singapore's first men's bowling team gold medal since 1995. The Singapore team-of-five finished with a score of 6,399, ahead of Indonesia and Thailand.

It was Ray Han's first time representing the nation at SEA Games and it turned out to be an invaluable and memorable experience for him.

Ray Han elaborates: “Players at the SEA Games are really good, with some having been world champions before. Having gained the experience of competing and winning against them from this SEA games, it showed me what it takes to really win at the highest level.”

Ray Han, 17 years old, started his journey in competitive bowling when he was just 10 years old. He joined the NSRCC Youth Bowling Team in 2015 and went on to clinch numerous accolades including the title of Men's Champion during the 47th Singapore Nationals last year. In fact, he was selected to join the National Squad when he was only 15 years old.

Ray Han's talent in bowling is evident and he aspires to raise it to an international level.

“I feel really proud of myself having achieved such prestigious winnings. I see them as stepping stones towards my ultimate goal of being a world champion. There is definitely still more room for improvement and I don't intend on stopping at winning the SEA Games.”

Ray Han adds that his achievements would not have been possible without the support from his parents and the expertise of his coaches.

“With their sound technical coaching and sophisticated training programmes, NSRCC has played an instrumental role in shaping my character, technical as well as physical bowling game on the lanes and off the lanes. The expertise of the coaches enriched me with valuable knowledge and the Sunday trainings have all contributed to my current achievements today,” says Ray Han.

Ray Han urges more youth to come forward, pursue their dreams and “join the team at NSRCC!”



*Cheah Ray Han*

**NSRCC Youth Bowler  
2017 SEA Games,  
Team (Bowling) – Gold**

# Brand New Buggies Coming Your Way!



**B**oth NSRCC Changi & Kranji will be welcoming a new fleet of 238 buggies from November 2017! This new fleet of buggies will be replacing the existing ones in batches, which have been serving our members for almost 5 years, and the need for change was due to wear & tear.

Appealing to the eyes, these vibrant buggies are a stylish light yellowish-gray metallic colour, and come equipped with large, comfortable seats and are individually equipped with an automotive style dashboard, consisting of cup holders, ball and tee holders, and storage area for personal items, to enhance the riding comfort of our guests.

**Some exciting features these new buggies come with are:**

- Stylish light yellowish-gray metallic colour, pleasing to the eye!
- Large and comfortable seats
- Individually equipped with an automotive style dashboard, consisting of cup holders, ball and tee holders, storage area to enhance the riding comfort of guests



Look forward to soon cruising the fairways at both NSRCC Changi & Kranji in style!





(L-R) Poh Hee Hian, Kelvin Toh, Lawrence Lim, Florence Khemlani, Tan Kah Han, David Huang, NSRCC General Manager Ng Heng Chew, Andrew Cher, David Tay, Andrew Kwa, Brian Tan

# 14<sup>th</sup> SAFRA Awards 2017

The recent 14<sup>th</sup> SAFRA awards presentation graced by Minister for Defence, Dr Ng Eng Hen, was held on Thursday, 12<sup>th</sup> October 2017 at SAFRA, Mount Faber. It is a day set aside to recognise individuals and organisations for their contributions, and one of the main focuses includes the nominations and awards which are opened to all volunteers from SAFRA, NSRCC and So Drama! Entertainment.

This year, NSRCC had a total of 15 awards recipients who were recognised for loyally volunteering their services with the Club, and have played an integral role in the development of the Club, in their respective areas. Congratulations to all the winners!

## Meritorious Service Award (Bronze)

**Mr Tan Kah Han (Club Captain)**

## Meritorious Service Award (Bronze)

**& Long Service Award (15 Years)**

**Ms Florence Khemlani (Convenor – Family Recreation)**

## Commendation Award

**Mr Looi Wan Hui (Chairman, Audit Committee)**

## Long Service Award

### 15 years

- Mr Andrew Kwa (Chairman, Engagement Committee)

### 10 years

- Mr Lee Chee Peng (Chairman, Resort & Facilities Committee)

### 5 years

- Mr Patrick Too Chee Keong (Vice-Chairman, Resort & Facilities Committee)
- Mr Lee Cher Tong David (Member, Resort & Facilities Committee)
- Mr Soh Bee Leng Richard (Member, Resort & Facilities Committee)
- Mr Huang Mee Foh David (Member, Greens & Handicap Committee)
- Mr Tan Yong Hui Brian (Member, Greens & Handicap Committee)
- Mr Kuek Chiew Peng (Member, Greens & Handicap Committee)
- Mr Toh Eng Kian Kelvin (Member, Disciplinary Committee)
- Mr Keok Tong San (Member, Disciplinary Committee)
- Mr Siva Shanmugam (Member, Disciplinary Committee)
- Mr Yong Eng Wah (Member, Disciplinary Committee)

# Get Healthy



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## TIPS ON HOW TO SURVIVE THE HOLIDAY BUFFET

We should not continually put off our healthy lifestyle until the next celebration has come and gone because there is always another party around the corner. Particularly, in Singapore where we have a fair share of year-long cross-cultural festivities. Here is a page of tips and strategy to find that balance of having fun, while enjoying good food, but making sure we stay healthy.

1. Start each day with a good breakfast; Some suggestions will be fresh cut fruits with complex carbs and protein –such as oatmeal with nuts/seeds, sugar free granola, eggs with whole meal toast. Omelette with vegetable.
2. Cut out 'White food'; We are referring to white carbs (sugar, bread, pasta, flours) and white oils (refined processed oils and hydrogenated fats). These are also known as 'white poisons' and in no way contributes to our good health.
3. Enjoy a 'rainbow' of vegetables with meals; Whether in salads, soups, stir-fries, roasts, stew.
4. Essential Fatty Acids (EFSs- Omega 3 and 6) are so important for our immunity, rejuvenation and mental health. Best food sources are seeds (flax, Chia, pumpkin), walnuts, leafy greens and cold water fish (Salmon, trout, sardines, mackerel).
5. Experiment with healthier substitutes when cooking and baking; Such as replacing mayonnaise with natural yoghurt.
6. Eat mindfully; putting the fork down between each bite to engage in a conversation and sensing when you are feeling satisfied. Taking time to enjoy your foods can be digested properly and minimizing the risk of overeating. It takes 20 mins for satiety to register, whereas we often rush a meal in much less time.

Source: <https://www.sassymamasg.com/healthy-festive-eating/>

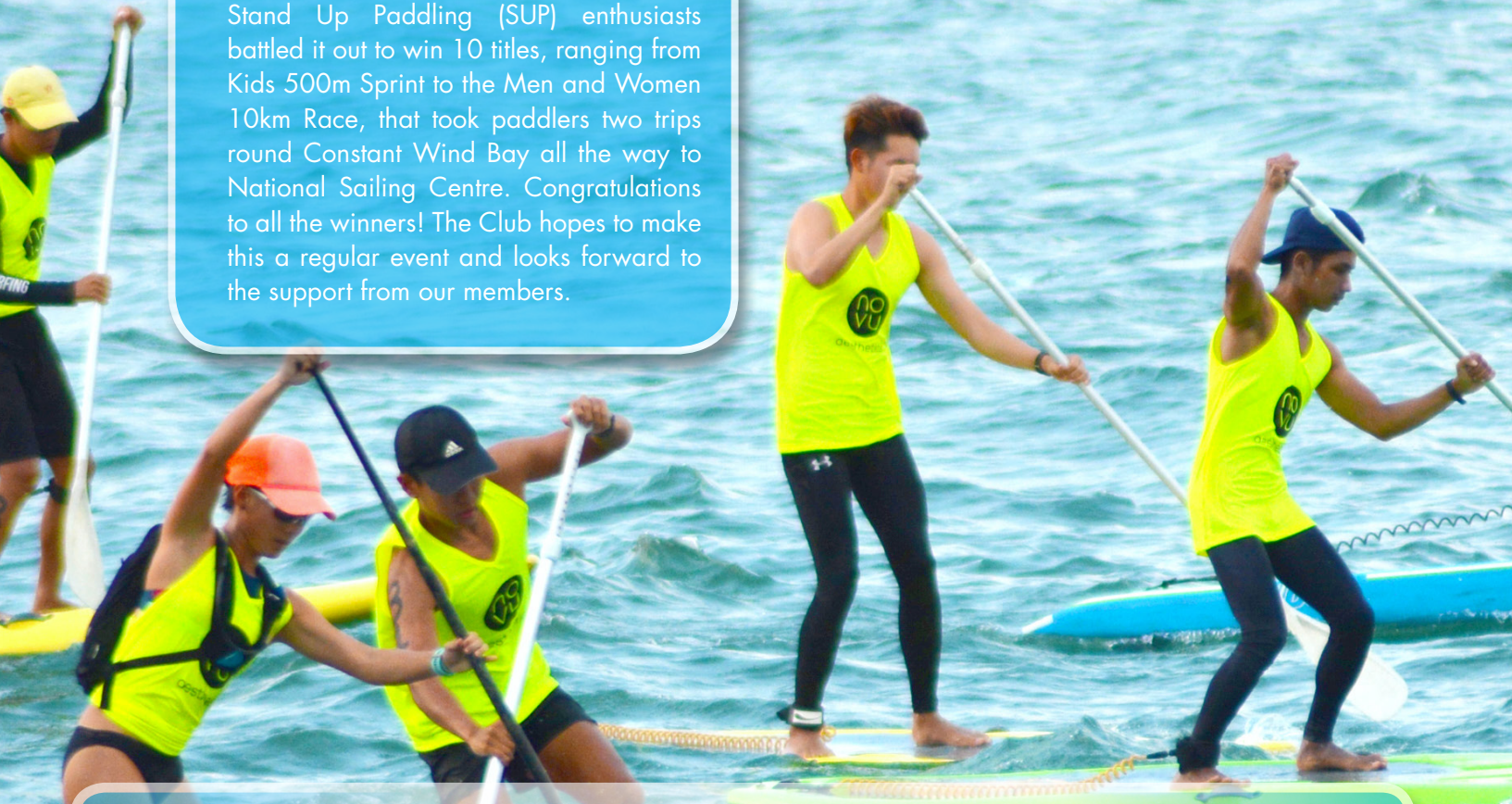
For more details, call 6543 5715 today!



# SUPER Race 2017

## @ Sea Sports Centre

It was a splashing fun day during SUPER Race 2017 that was held at NSRCC Sea Sports Centre on Saturday, 7<sup>th</sup> October 2017. Despite wet weather, nearly 100 Stand Up Paddling (SUP) enthusiasts battled it out to win 10 titles, ranging from Kids 500m Sprint to the Men and Women 10km Race, that took paddlers two trips round Constant Wind Bay all the way to National Sailing Centre. Congratulations to all the winners! The Club hopes to make this a regular event and looks forward to the support from our members.



Winners of the Men's 10km Race



Winners of the Women's 10km Race



Winners of the Kids' Open Class 500m Race

**Are you interested to join Stand Up Paddling (SUP) classes at NSRCC Sea Sports Centre? Email [S&R@nsrcc.com.sg](mailto:S&R@nsrcc.com.sg) to register now!**

Calling all  
Lady Golfers!

# Ladies' Christmas Golf

Have a Glittering White  
Christmas with Christmas  
Carol Karaoke Night!

Attractive prizes to be won, individual and team event,  
plus Best Decorated Buggy!

**Date:** Wednesday, 29<sup>th</sup> November 2017

**Venue:** NSRCC Changi

**Format of Play:** Double Peoria, Stableford

**Entrance Fee:** - Golf Game: As per Club's prevailing rate  
- Dinner & Party: \$40 Nett (to be collected  
by closing date)

**Closing Date:** Monday, 20<sup>th</sup> November 2017

For  
NSRCC  
Lady  
Members  
only



# Festive Golf 2017

A fun filled game to celebrate  
the Festive Seasons!

Snap photos with decorated buggies and festive  
wear before your game!

**Date:** Saturday, 23<sup>rd</sup> December 2017  
PM Shotgun @ 1.15pm

**Venue:** NSRCC Changi

**Price\*:** \$128+ for Ordinary Members  
\$161+ for Basic Member

\*includes Christmas Dinner

Call 6540 8500  
to register now!

★ Look out for Santarina Fashion Parade  
during Dinner & Win Attractive Lucky Draw  
Prizes, including Festive Hampers!



# PRE - CHRISTMAS FLEA MARKET

**Date : 16 & 17 December 2017**

**Time : 10 am - 5 pm**

**Venue : Main Lobby**

**Interested vendors, please contact Stephen at 6540 8563 or email [S&R@nsrcc.com.sg](mailto:S&R@nsrcc.com.sg).**



*Christmas Bowl 2017*

**Enjoy 2 games @ \$5.00 only!\***

**Date:** Monday, 25th December 2017  
**Time:** 2.00pm to 4.00pm  
**Venue:** Resort Bowl @ NSRCC Changi

**To book, call 6545 6365 now!**

\*Only valid for NSRCC members. Signed-in guests are entitled to a special rate of \$6.00 for 2 games. This promotion is limited to 8 lanes only.

*NeuroCeramic – Christmas Traditions*



Explore some of the interesting ways Christmas is celebrated in various countries such as Japan, Iceland and Columbia! Participants will be transported to those countries by engaging their senses and creating with clay!

**Date:** Saturday, 2<sup>nd</sup> December 2017  
**Time:** 2.00 pm – 3.00pm  
**Venue:** NSRCC Changi

Fees: \$55.00 + 7% GST (Members)  
 \$60.00 + 7% GST (Signed-in Guests)



**For more details, email [S&R@nsrcc.com.sg](mailto:S&R@nsrcc.com.sg)!**

# Celebrate Christmas with FoodLine!

## \$50 OFF

Use code: **NSRCCXMAS50**

Exclusively for NSRCC Members.

Min. order \$500.

Valid from 1 Nov 17 to 31 Dec 17

More details:  
[www.FoodLine.sg/deals](http://www.FoodLine.sg/deals)

☎ 6100 0029

✉ [sales@foodline.sg](mailto:sales@foodline.sg)

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breathe . love . live

\*\*Exclusively for NSRCC Members  
Validity Period : 1 November 2017 to 30 April 2018

**\$68** **2 HOUR SPA EXPERIENCE**  
U.P. \$268

### WEEKDAY BONUS:

Add on \$20 for 30 min Ginger Wrap OR Body Scrub,  
choice of: Muscat Rose, Cranberry or Argan Oil (U.P \$68)

Includes welcome drink, 30 minute Traditional Finnish Sauna,  
30 minute Multi-hydrating Steam Room, Infinity Rain-shower  
and 60 minute Signature Body Massage

**CALL 9021 2849 TO BOOK**

  
[www.caribbeanspa.club](http://www.caribbeanspa.club)

  
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3 Changi Business Park Central 1  
Singapore 486037

  
hello@  
[caribbeanspa.com.sg](http://caribbeanspa.com.sg)



# A Gleeeful

## CHRISTMAS

Round up the year on a warm note with our specially curated sweets and savories

### NRSCC Members Special

10% OFF CHOZ Christmas Menu  
Complimentary Pandora Christmas Box worth \$48

QUOTE "NSRCCXMAS"

Terms and Conditions Apply



Exclusively for  
NSRCC Members

**TK** | TRICHÔKARE  
European Herbal Hair Remedy

Award-winning  
Hair Fall Prevention Treatment  
**\$40**

**PLUS**  
**FREE** ✓ FolliGRO Serum  
✓ Hair Care Kit

(U.P. \$743)

Awarded by:



T&Cs apply. Promotion valid till 31st January 2018. Exclusively for new customers only. Only redeemable Mon-Fri, 12-5pm, except PH. Prior appointment is strictly required. Please call us at 6338 8680 to make an appointment. TK TrichoKare reserves the right to change the terms and conditions without prior notice.

Bloggerati by Nuffnang, Xiaxue  
Satisfied Reviewer for TK TrichoKare

# 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.**



# 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.

*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 [www.rafflesmedicalgroup.com](http://www.rafflesmedicalgroup.com) or any Raffles Medical clinic.**

# RafflesMedical

Your Trusted Partner for Health



# FoodLine

FoodLine works with over 235 caterers in Singapore to bring to you more than 4,000 catering menus and cakes to choose from for your event. Select your preferred catering menu based on your budget and needs, place an order online, and our FoodLine Partner will contact you for confirmation of your order.

*NSRCC Members enjoy up to \$30 cashback when you order on FoodLine.*

For more details,  
visit [www.foodline.sg](http://www.foodline.sg)



# SPC Lubricants

SPC SYNACE was first introduced in 1993 across the region. The SPC SYNACE range meets and even exceeds the exacting quality standards of most vehicle manufacturers. It is formulated especially for the driving conditions of the region and is blended in Singapore in accordance with ISO9001 Quality Management Systems.

*NSRCC Members enjoy 30% off any SPC SYNACE Fully Synthetic Service Package.*

For more details,  
visit [www.spc.com.sg](http://www.spc.com.sg)







# Your Trusted Insurance Partner



Exclusively for NSRCC Members  
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Motor Insurance

\*Limited period only | Refer to [www.aas-insurance.com.sg](http://www.aas-insurance.com.sg) for full terms & conditions.



### NSRCC ANNUAL TENNIS DOUBLES TOURNAMENT

**Date** : 25 November 2017  
**Day** : Saturday  
**Time** : 9.00am – 1.00pm  
**Venue** : NSRCC Changi, Tennis Court

**Fees per team**  
 \$40.00 + 7% GST  
 (NSRCC Members Only)

**Minimum number of participants:** 10

**Closing Date:** 13 November 2017, Monday



### 1 DAY HAPPY FARMER ORGANIC FARM TOUR

**Date** : 25 November 2017  
**Day** : Saturday  
**Time** : 6.30am – 10.00pm

**Meeting Point:**  
 NSRCC Changi, Main Lobby

**Fees:**  
 \$85.00 Nett (NSRCC Members)  
 \$90.00 Nett (Signed-in Guests)  
*Register 2 persons or more to enjoy a special rate of \$80/person!*

**Minimum number of participants:** 20

**Closing Date:** 4 November 2017, Saturday

During this tour, get a chance to visit Happy Farmer Organic Farm & House of Swiftlets! There will also be an opportunity to explore a bee farm and understand the process of noodle making at a noodle factory.



**FREE**

### JOINT PAIN MANAGEMENT TALK

**Date** : 2 December 2017  
**Day** : Saturday  
**Time** : 2.00pm – 4.00pm  
**Venue** : NSRCC Changi

**Minimum number of participants:** 10

**Closing Date:** 20 November 2017, Monday

During this workshop, get more information on causes of joint pain, managing joint pains and types of therapies in treating pain.



### PAINTING WITH COFFEE

**Date** : 3 December 2017  
**Day** : Sunday  
**Time** : 2.00pm – 4.00pm

**Venue:** : NSRCC Changi

**Fees:**  
 \$45.00 + 7% GST (NSRCC Members)  
 \$50.00 + 7% GST (Signed-in Guests)

**Minimum number of participants:** 10

**Closing Date:** 20 November 2017, Monday

Try something new: painting with coffee! Learn about the types of coffee that are suitable for painting through a live demonstration and explore how you can do it yourself.



### 1 DAY BATAM TOUR

**Date** : 9 December 2017  
**Day** : Saturday  
**Time** : 6.30am – 10.00pm

**Meeting Point** : HarbourFront Centre

**Fees:**  
 \$70.00 Nett (NSRCC Members)  
 \$75.00 (Signed-in Guests)

**Minimum number of participants:** 20

**Closing Date:** 4 November 2017, Saturday

Enjoy the relaxing sensation of traditional Indonesian massage in Batam! Food and shopping lovers will be delighted to visit factory outlets, bird nest shop and pineapple cake factory.



### MOVIE SCREENING – STAR WARS: THE LAST JEDI

**Date** : 14 December 2017  
**Day** : Thursday  
**Time** : 7.00pm – 10.00pm  
**Venue** : Plaza Singapura, Golden Village

**Fees** : \$12.50 + 7% GST (Single Ticket)  
 \$11.50 + 7% GST (2 or More Tickets)

**Maximum number of participants:** 280

**Closing Date:** 30 November 2017, Thursday

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



## ZUMBA

**Date** : 2 – 30 December 2017  
(ongoing)

**Day** : Saturday

**Time** : 3.30pm – 4.30pm

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

**Venue** : NSRCC Changi, Oriole 3

**Fees (per 5 sessions)**

\$133.75 Nett (Members)

\$144.45 Nett (Signed-in Guests)

**Minimum number of participants:** 4

**Age Group:** 16 years old above



## PILOXING KNOCKOUT

**Date** : 3 December 2017 –  
14 January 2018 (ongoing)

**Day** : Sunday

**Time** : 5.00pm – 6.00pm

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

**Venue** : NSRCC Changi, Oriole 3

**Fees (per 5 sessions)**

\$133.75 Nett (Members)

\$144.45 Nett (Signed-in Guests)

**Minimum number of participants:** 4

**Age Group:** 16 years old above



## TENNIS BEGINNER'S CLINIC

**Date** : 4 December 2017 –  
8 January 2018 (ongoing)

**Day** : Monday

**Time** : 7.00pm – 8.00pm

**Venue** : NSRCC Changi, Tennis Court

**Fees (per 6 sessions)**

\$192.60 Nett (Members)

\$214.00 Nett (Signed-in Guests)

**Minimum number of participants:** 4

**Age Group:** 16 years old and above



## CARDIO TENNIS

**Date** : 5 December 2017 –  
9 January 2018 (ongoing)

**Day** : Tuesday

**Time** : 7.00pm – 8.00pm

**Venue** : NSRCC Changi, Tennis Court

**Fees (per 6 sessions)**

\$160.50 Nett (Members)

\$181.40 Nett (Signed-in Guests)

**Minimum number of participants:** 4

**Age Group:** 16 years old and above



## AIKIDO

**Date** : 10 December 2017 –  
4 March 2018 (ongoing)

**Day** : Sunday

**Time** : 5.00pm – 6.00pm

**Venue** : NSRCC Changi, Oriole 3

**Fees (per 5 sessions)**

\$160.50 (Members)

\$171.20 (Signed-in Guests)

**Minimum number of participants:** 10

**Age Group:** 5 years old and above



## SWIMMING (BEGINNERS)

**Date** : 8 January 2018 (ongoing)

**Day** : Saturday

**Time** : 4.00pm – 5.00pm or  
5.00pm – 6.00pm

*Sunday classes are also available from 3.30pm – 4.30pm or 4.30pm – 5.30pm.*

**Venue** : NSRCC Changi, Swimming Pool

**Fees (per 10 weeks term)**

\$277.15 (Members)

\$298.55 (Signed-in Guests)

**Minimum number of participants:** 3

**Age Group:** 5 years old and above

**Do call us at 6540 8563/64 or email [S&R@nsrcc.com.sg](mailto:S&R@nsrcc.com.sg) for more details!**



**PALMSPRINGS**  
golf & country club

# Special Agreement with Palm Springs Golf & Country Club

Exclusively for  
**NSRCC**  
Members!

Enjoy complimentary green fees on weekdays and Sundays\*!

Caddy/buggy fees will be chargeable at the following prevailing walk-in rates:

**Weekday @ \$38/pax** (free breakfast & lunch included)



Ferry booking with PGCC's Singapore office @ \$48/pax for 2-way ferry from Tanah Merah Ferry Terminal to Nongsa Pura Terminal and back (express immigration, porter services and land transfer provided at Nongsa Pura Terminal)

**Terms & Conditions:**

- Complimentary greens fees is not valid on Sundays (AM), Saturdays and Public Holidays.
- This agreement commences from 1 October 2017 to 30 September 2018.
- NSRCC members are to call PGCC's Singapore office directly for enquiry of golfing fees and booking of tee times with ferry. Alternatively, they may also email to [booking@palmssprings.com.sg](mailto:booking@palmssprings.com.sg)

**PGCC's Singapore Office:**  
AFP Resort Marketing Services Pte Ltd  
Tel: 62761027 Fax: 62761028

2 Bukit Batok West Avenue 7  
#01-08, Bukit Batok Driving Range  
Singapore 659003



# 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](http://www.nsrcc.com.sg) using your members' PIN. Please check our website for the latest/current list of affiliated clubs.



## BRUNEI

**\*Royal Brunei Golf & Country Club**  
Tel: 673-2-611 582  
Fax: 673-2-610 499  
Email: rbgcc@gmail.com



## CHINA

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



## INDONESIA

### Bali

**\*Bali National Golf Club**  
Tel: 62-361-771 791  
Fax: 62-36-771 797  
Email: reservations@balinationalgolf.com  
Website: www.balinationalgolf.com

### Batam

**\*SouthLinks Country Club**  
Tel: 62-778-324 128 / 168  
Fax: 62-778-323 288  
Singapore Office:  
Tel: (65) 6270 0062 / 6278 7079  
Email: sales@southlinksgolf.com  
Website: www.southlinksgolf.com

### Jakarta

**Modern Golf & Country Club**  
Tel: 62-21-552 9228  
Fax: 62-21-552 9177 / 87  
Email: marketing@moderngolf.co.id  
Website: www.moderngolf.co.id

### 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: marketing@sedanagolf.com  
Website: www.sedanagolf.sinarmasland.com/



## MALAYSIA

### Johor

**\*Tanjong Puteri Golf & Country Club**  
Tels: 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**  
Tels: 02-06-552 0888 / 0555  
Fax: 02-06-552 0695  
Email: operations.golf@afamosa.com  
Website: www.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)  
Email: club@nilaisprings.com.my

### Staffield Country Resort

Tel: 02-6018-222-1919  
Fax: 02-603-8766-7173  
Email: staffield@berjayaclubs.com  
Website: www.berjayaclubs.com/staffield/

### Penang

**\*Penang Golf Club**  
Tel: 02-04-644 2255  
Fax: 02-04-644 9345  
Email: reception@penanggolfclub.com.my  
Website: www.penanggolfclub.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@penanggolfresort.com.my  
Website: www.penanggolfresort.com.my

### Perak

### Clearwater Sanctuary Golf Resort

Tel: 02-05-366 7433  
Fax: 02-05-366 7434  
Email: email@cwsgolf.com.my  
Website: www.cwsgolf.com.my

### Selangor

**\*Sultan Abdul Aziz Shah Golf & Country Club**  
Tel: 02-03-5510 5872  
Fax: 02-03-5510 5860  
Website: www.kgsaas.com.my



## TAIWAN

### \*National Golf Country Club

Tel: +886 37-743377  
Fax: +886 37-740505  
Email: avis@nggc.tw  
Website: www.ngcc.com.tw

### \*Tsai Hsing Elite Golf Club

Tel: 886-3-569-2318  
Fax: 886-3-569-1097  
Email: golf@the-club.com.tw  
Website: www.the-club.com.tw

### \*Ta Kang Shan Golf

Tel: 886-7-636641  
Fax: 886-7-6366219  
Website: www.tksg.com.



## VIETNAM

### \*Song Be Golf Resort

Tel: 84 - 650 - 3756 660/1  
Fax: 84 - 650 - 3755 804  
Email: pr@songbegolf.com.vn  
Website: www.songbegolf.com.vn

### \*Dong Nai Golf Resort

Tel: 84 - 61 - 3866 288/307  
Fax: 84 - 61 - 3864426  
Email: info@dongnaigolf.com.vn  
Website: www.dongnaigolf.com.vn

**\*Affiliated clubs that charges discounted "Green Fees"**

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



## SINGAPORE

**\*Sembawang Country Club**  
Tel: 6755 8418  
Fax: 6752 0446  
Website: www.sembawanggolf.org.sg  
Tuesdays to Fridays only (excl PH)



## SOUTH AFRICA

**\*Spier Country Club, Cape Town**  
27-21809-1100 27-21881-3634  
Email: info@spier.co.za  
Website: www.spier.co.za

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



## THAILAND

**\*Phuket Country Club**  
Tel: 660 76 3192004  
Fax: 660 76 319206  
Email: bookings@phuketcountryclub.com  
Website: www.phuketcountryclub.com

**\*Gassan Khuntan Golf & Resort**  
**\*Gassan Legacy Golf Club**  
Email: info@gassangolf.com  
Website: www.gassangolf.com



# FACILITIES DIRECTORY

## MAIN LOBBY RECEPTION:

**Tel. 6542 8288 / 6543 5725**  
(booking of facilities)

**8.00am to 8.00pm** (Mon-Sun)

## MEMBERSHIP CENTRE:

**Tel. 6540 8555 / 8556**

**8.30am to 5.30pm** (Mon-Fri)  
**10.30am to 2.30pm**  
(Sat, Sun & Public Holidays)

## SPORTS & SOCIAL FACILITIES

### Billiards Room

Tel: 6543 5709  
10.00am to 10.00pm (Mon-Sun)

### Fitness Centre

Tel: 6543 5715  
7.00am to 9.30pm (Mon-Fri)  
7.00 am to 8.30pm  
(Sat, Sun & Public Holidays)

### Jackpot Room

10.00am to 11.00pm (Sat to Thu)  
12.00pm to 11.00pm (Fri)

### Swimming Pool & Wet Playground

Tel: 6540 8564  
8.00am to 9.00pm (Mon-Sun)

### Squash Court

Tel: 6543 5725  
10.00am to 10.00pm (Mon-Sun)

### Tennis Courts

Tel: 6543 5725  
7.00am to 10.00pm (Mon-Sun)

### Resort Bowl

Tel: 6545 6365 / 2059  
12.00pm to 11.00pm (Mon- Thu)  
12.00pm to 2.00am (Fri, Sat & Eve of Public Holidays)  
10.00am to 11.00pm (Sun, Public Holidays & School Holidays)

### Eastern Pro-Shop @ Resort Bowl

2.00pm to 10.00pm (Tue-Thu, Sun & Public Holidays)  
2.00pm to 11.00pm (Fri, Sat & Eve of Public Holidays)

### Family Zone @ Resort Bowl

12.00pm to 10.00pm (Mon- Thu)  
12.00pm to 1.00am  
(Fri, Sat & Eve of Public Holidays)  
10.00am to 10.00pm (Sun & Public Holidays)

### Karaoke @ Resort Bowl

12.00pm to 11.00pm  
(Mon to Thu, Sun & Public Holidays)  
12.00pm to 2.00am  
(Fri, Sat & Eve of Public Holidays)

## GOLF FACILITIES

### Driving Range

Tel: 6540 8500 7.00am to 10.00pm (Tue-Sun)  
2.00pm to 10.00pm (Mon)

### Golf Reception

Tel: 6540 8500 (Changi) / 6795 2300 (Kranji)  
Fax: 6542 7710 (Changi) / 6792 7311 (Kranji)  
Opening Hours: 7.00 am to 5.30 pm

### Booking Hours:

**Weekend Golf** (Following weekend and public holidays)

In-person\*: 6.00pm to 7.00pm (Fri)

Internet: 6.00pm onwards (Thu)

Telephone: 9.30am to 5.00pm (Fri)

\*currently not available at NSRCC Kranji

### Weekday Golf

In-person & Telephone: 9.30 am to

5.00pm (daily)

Internet: 9.30am onwards (from Mon)

### Golftitude Fitting Studio (at Temporary Driving Range)

Tel: 9652 4343

12.00pm to 6.00pm (Tue to Fri)

10.00am to 6.00pm (Sat to Sun)

\*By appointment only for Mondays and Public Holidays

### Mizuno Golf School

Tel: 8727 3041

Email: mizunogolfschool@gmail.com

### Phil Brew Golf Academy

Tel: 6910 7057

### The Golfing Lab

Tel: 9752 9297 / 9276 0038

8.00am - 10.00pm (Mon-Sun)

## GOLF PRO-SHOP

### Transview

Tel: 6543 2051

7am to 7pm, (Mon-Sun)

## CORPORATE PRIVATE EVENTS

### NSRCC Changi

The Falcon, The Corvette, The Leaders, Oriole 1 & Oriole 2

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

### NSRCC Kranji

The Sanctuary I & The Sanctuary II  
For booking enquiries, call 6795 3200

## SEA SPORTS CENTRE

### Facilities

**Centre for Performance Transformation**  
Tel: 6214 9412

### Constant Wind Sea Sports Centre & Pro-shop

Tel: 6445 5108  
10.00am to 7.00pm  
(Mon-Sun)

### F&B Outlets

#### Bellyview Cafe

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

#### Gurame Indonesian Restaurant

Tel: 6542 2038  
Lunch: 11.00am to 2.30pm (Mon-Sun)  
Last orders at 2.00pm  
Dinner: 6.00pm to 9.30pm (Mon-Sun)  
Last orders at 9.00pm

#### STELLA

Tel: 6214 9168  
12.00pm to 12.00am (Mon-Sun)

## F & B OUTLETS

### Appetizer @ Bowling Centre

12.00pm to 11.00pm (Mon-Thu)  
12.00pm to 2.00 am  
(Fri, Sat & Eve of Public Holidays)  
10.00am to 11.00pm (Sun & Public Holidays)

### JCafe @ The Deck

7.00am to 8.00pm (Sun to Thu)  
Last orders @ 7.30pm  
7.00am to 10.00pm with exclusive Happy Hour from 6:30pm till 10.00pm with LIVE Band performance (Fri to Sat)  
Last orders @ 9.30pm

### Jumbo Seafood

Tel: 6552 3435  
Lunch: 11.30am to 3.00pm (Mon-Sat)  
10.00am to 3.00pm (Sun & Public Holidays)  
Last orders at 2.15pm

Dinner: 6.00pm to 11.00pm (Mon-Fri)

5.30pm to 11.00pm

(Sat, Sun & Public Holidays)

Last orders at 10.15pm

### Viola

Tel: 6386 8011  
4.00pm to 1.00am  
(Mon-Sat)

### NSRCC Kranji

**The Terrace Café**  
Tel: 6791 1948  
7.00am to 8.00pm (Mon-Sun)

## BUNGALOW RECEPTION

Tel: 6542 2036 Fax: 6545 6544  
Opening Hours: 9.00am to 8.00pm (Mon-Sun)  
Booking Hours: 9.00am to 7.00pm (Mon-Sun)

Six-month advance bookings are open on a rolling basis. Members can make bookings via phone, in-person or the Internet at our website [www.nsrcc.com.sg](http://www.nsrcc.com.sg)

Check-in: 2.00pm to 7.00pm  
Check-out: 9.00am to 10.00am

## OTHERS

### Sundry Shop

12.00pm to 8.00pm (Mon-Sun)

# HAPPY HOUR

*with LIVE BAND*

**EVERY FRIDAY & SATURDAY**

6.30PM – 10PM

## 50% OFF

**2ND JUG OR PARTY PLATTER  
WITH EVERY 1 JUG OF TIGER BEER ORDERED**



Food picture is for reference only.

### Terms & Conditions

- Valid for dine-in only
- Not valid with other discounts, vouchers and promotional offers
- The Management reserves the right to amend the above terms and conditions without prior notice



**J Café**

SINGAPORE'S  
LOCAL DELIGHTS



# Highlights of Captain's Cup 2017

