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September/October 2018

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Dear Members,

Is it possible to have a great round of golf followed by a sumptuous dinner and have the Chief of Defence Force sing for you as a finale? It happened at this year's SAF & NS Day 2018 golf event! It was LG Melvyn Ong's first official function as Club President and he gamely accepted the invitation from Club GM, Ng Heng Chew, to sing a duet with him, much to the delight of the audience gathered for the post-game dinner. The event held on Jul 14, and with the sun out and about in the afternoon, provided LG Ong the opportunity to mingle with Club members before and after tee-off.

Still on golf, Team NSRCC deserves our heartiest congratulations for winning this year's Singapore Golf Association's Inter-Club League. Our golfers fought their way to the top after overcoming stiff competition from other clubs with strong golfing traditions. The victory was made even sweeter as the contender for the championship was again Seletar Country Club, a worthy opponent whom Team NSRCC did not manage to subdue in the finals last year. Our ladies also beat their counterparts from Orchid Country Club to emerge Overall Division champion.

No less exciting was the action indoors where competitors amply displayed their potting skills in the NSRCC Annual Snooker Closed Tournament. The eventual winners had their supporters on tenterhooks as they went for precision and unconventional angles to overcome their challengers.

Resort View also sat down for a chat with NSRCC Youth Bowler Xavier Teo, who did us proud with his win for the second consecutive year at the 18th Kaohsiung International Open Bowling Championships.

Come October the renovation programme for the Club's 40 bungalows is scheduled for completion. Members can look forward to brand new furnishing and fittings and conveniences such as wifi access. Also happening in October is the ever popular Golftoberfest and participants (do sign up fast if you have yet to) can expect golf, food and beer in abundance and not necessarily in that order!

And if you are recently retired and now have the luxury of visiting the Club more frequently to enjoy its facilities, well that's one good way to spend your time. But if you require more ideas for retirement, we have compiled a list for you in this issue.

Have a fun day at the Club!

Regards,

Chua Swee Kiat

Swee Kid

Editor

A Close Fight at the NSRCC Annual Snooker Closed Tournament!

2018 Champion, Sean Fu

Expectations were that Sean was going to play safe and send the black ball away to the other end of the cushion. Instead, he went for broke and decisively potted the black into the right pocket.

total of 18 players took part in this tournament, by far the largest turnout. The players were split into 2 groups of 4 players each and 2 groups of 5 players each, with the ten '0' handicappers being pre-drawn into 4 tables in order to achieve a more level playing field. The format of play was best of 3 frames to play for the preliminary rounds and best of 5 frames to play for all the finals. The 2 top winners of each group during preliminary rounds on Saturday, May 26 then progressed to the Quarter Final which was held on Sunday, May 27. Trophies and prize money were also awarded to the Champion and Runner-Up, and medals were presented to the 2nd and 3rd Runners-Up.

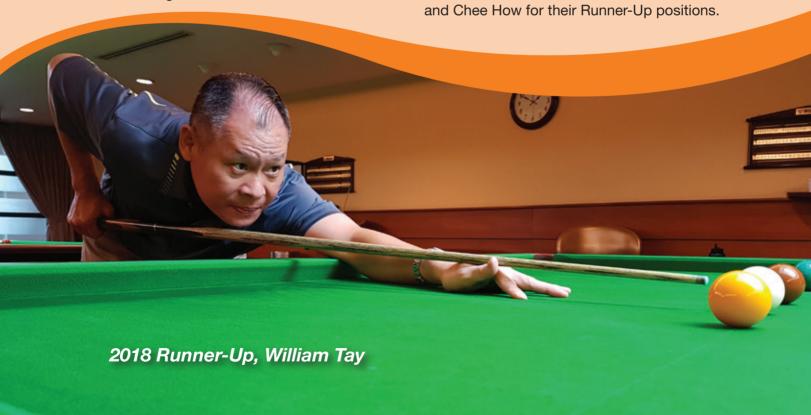
The highlight of Saturday's preliminary rounds was the match between Sean Fu and Tan Jun Wei, in which Sean's break building hit a high of 68, which nearly could have maximised to 93 had he cut in the green ball with the rest. That was unfortunately denied by the jaw of the pocket. It was a great feat that was applauded by an appreciative crowd.

Sunday's highlight had to be the semi-final between Tan Chee How and Sean Fu. Chee How was leading 2 frames with the 3rd frame almost 'in his pocket'; remaining blue, pink and black balls on the table and the blue ball was his frame-ball. Expectations were high that the defending champion was about to be booted out of this tournament. Alas, Chee How, the 2016 Champion, missed the challengingly placed blue with the pink just behind it at the left end pocket, and the black tucked on the right at the (1/3) side of the end cushion! Sean potted the blue with little hesitation, but had to ponder over the pink as he had to position his cue ball for the very difficult black. He thought about it for a while and the

spectators were silent with anticipation of what is going to be Sean's next move.

He took out the rest and potted the pink leaving his cue ball slightly closer to the black ball but with an angle, albeit a very tight one at that and the black was about 3.8 feet away from the pocket. He must have known that it was a "do or die" situation as this single ball would end his tournament or avail him of another shot at the title. Expectations were that Sean was going to play safe and send the black ball away to the other end of the cushion. Instead, he went for broke and decisively potted the black into the right pocket. Deservedly, a burst of applause rang out in reaction to the significance of the shot. Chee How was left to rue his misjudgement at the 3rd frame, which could have cost him the game and an opportunity to challenge for the title.

Congratulations to Sean for his 2nd Championship title, and to the Runner-up, William, 6-time Champion and current NSRCC Snooker all-time record holder. Congratulations also to Michael and Chee How for their Runner-Up positions.



Results of the 19th Youth Inter-Club Bowling Mixed League

he 19th Youth Inter-Club Bowling Mixed League 2018 started off with new cycles of hosting from Mar 24 to Aug 11. Our Club started hosting this year, followed by Singapore Recreation Club (SRC), Seletar Country Club (SCC), Chinese Swimming Club (CSC) and Serangoon Garden Country Club (SGCC). The league is played over 3 rounds of 5 weeks each and held on Saturdays. The venues were rotated at the bowling alleys of all participating clubs.

OVERALL LEAGUE WINNERS







Champion: Serangoon Garden Country Club

1st Runner Up: Singapore Recreation Club

2nd Runner Up: NSRCC

High Game (Scratch) Boys	Nikhil Gangaram (SRC)
High Games (Scratch) Girls	Joey Yeo (NSRCC)
High Series (Scratch) Boys	Xavier Teo (NSRCC)
High Series (Scratch) Girls	Joey Yeo (NSRCC)
Perfect Game	Joey Yeo (NSRCC)
League Team (High Game) Scratch	Seletar Country Club
League Team (High Series) Scratch	Singapore Recreation Club

MASTERS FINALS WINNERS (Held on Aug 11) Masters Top Bowler (Boys)



Champion: Nikhil Gangaram (SRC)



1st Runner Up: Marcus Lian (SCC)



2nd Runner Up: Chan Chin Lim (SGCC)

Masters Top Bowler (Girls)



Champion: Natalene Yuen (SRC)



1st Runner Up: Joslyn Ho (NSRCC)



2nd Runner Up: Arielle Tay (SGCC)

YOUTH DAY CHALLENGE WINNERS (Held on Jun 16) Overall Standing



Champion: Singapore Recreation Club



1st Runner Up: NSRCC



2nd Runner Up: Seletar Country Club

Singles Event (Boys) Prizes presented by Bowling Convenor, Derek Chan



Champion: Xavier Teo (NSRCC)



1st Runner Up: Isaac Yap (NSRCC)



2nd Runner Up: Ryan Kwok (SRC)

Singles Event (Girls) Prizes presented by Bowling Convenor, Derek Chan



Champion: Natalene Yuen (SRC)



1st Runner Up: Joslyn Ho (NSRCC)



2nd Runner Up: Sabrina Chia (CSC)

Xavier Strikes Again!

SRCC Youth Bowler, Xavier Teo has once again done the Club and our country proud! He participated in the 18th Kaohsiung International Open Bowling Championships and emerged victoriously as the champion of Youth Open Masters division – for the second consecutive year!

Xavier clinched the title with a total of 1,401 pinfalls over six games, an excellent score of 112 pinfalls more than his Taiwanese counterpart who took second place.

The win has motivated him to achieve even more and Xavier has been busy in various competitions since then. But, we got a chance to catch up with him recently.

How does it feel to be winning the Kaohsiung International Open for two consecutive years?

It was an amazing experience as I did not expect to do it again.

Now that this marks your second international title, what does it mean to you?

It marks as an achievement for me and it also shows that my years of hard work really paid off.

What do you think contributed to your win this time round?

Experience contributed to my win as through experience, I was able to handle the stress I was facing during the Masters and also through experience, I was able to make correct adjustments. Being familiar with the lanes also play a part as after three years of competing there, I understood how the lanes would play out.

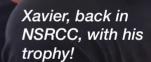
Who is your main inspiration/idol in bowling, and why?

My idol in bowling is Tommy Jones as I really like the way he bowls and the way he carries himself.

What is next for you?

Currently, I am waiting for the Asian Schools Championship Team listing to be out, as I hope to make it to the team to go to Asian Schools in Taiwan.

Well, all the best to you and continue to make us proud, Xavier!



Mid-Lantern Walk In the Golf Course



22 September 2013 7.00pm - 8.20pm NSRCC Changi



Child* - \$6.00 Adult^ - \$10.00

All fees are subjected to 7% GST
"Below 18 years old
"Free for accompanying senior citizen
aged 60 & above

Registration closes on 9 September 2018



Programme Highlights:

- Pomelo Peeling Competition
- Walk in the Course**
- Mooncake Sampling
- Sparklers playing

Package includes :

- 1 Goodie Bag
- Light Refreshment after walk
- ** Subject to weather condition
- **Child below 12 years old must be accompanied by an adult

Ticketing Hotline please call 6540 8563 or email S&R@nsrcc.com.sg



Greenside Matters

SEPT/OCT 2018

ellow members of NSRCC, I have mentioned here earlier this year that our club places utmost importance on the well-being of our members and guests when they are at our facilities. A concern that is also very close to my heart.

To start off with some good news, Team NSRCC emerged victorious against the team representing Seletar Country Club, at the final of SGA Interclub League held at Sentosa. A lot of dedication and training have contributed to their remarkable performance, and I would like to extend big congratulations to the team. Well done, Team NSRCC!

On safety issue, the Singapore weather has been sweltering, and while for some it may be just a feeling of unpleasant golfing, but for others who are not properly hydrated, it can lead to heatstroke. It is a serious matter and I urge all my fellow golfers to drink sufficient water, before, during and sometimes even after your game. Please also try to look after your fellow flight mates and any one of them don't feel well, do seek stop the game and seek medical assistance. If such an event occurs, the Golfing team will be able to provide assistance through the Emergency Contact number labelled on all our buggies.

On the same subject of safety, we mentioned in our March/April 2018 edition of Greenside Matters that golfers should slow down their buggies, drive safely, observe on-coming traffic around corners and "Look Out" especially near tee boxes such as at Hole #16" (new temporary Par 3). Though no mishap has occurred, we would still like to remind

our golfers to be cautious for their own safety and the safety of other golfers. Our Course Maintenance will install additional road humps to slow down traffic and also a larger notice of caution to forewarn the golfers.



Club's Upcoming Golf Event

- We recently concluded our SAF & NS Day 2018 event at Changi NSRCC with a good turnout by our members. The club is organising the year's final event Captain's Cup, and it is scheduled at our NSRCC Kranji on Saturday, Sep 22. Notice for participations has already been posted, and to avoid getting yourselves disappointed, I urge our members to sign up quickly at our Golf Reception. Being the final event for the year, I would also like to thank our members for their support at our club's golf events and that we look forward to seeing you continue to support our Club's golfing events.

Here's Wishing you all Happy and Safe Golfing!

Tan Kah Han Club Captain

Special Specia

new green speed indicator was installed at the end of June at NSRCC Changi. The addition of the indicator which is measured by a stimpmeter will let golfers know the speed of the putting surfaces before tee off.

Each of the courses at both the 1st and 10th tees have their special breed of putting grass, which account for the different green speeds. The stimpmeter will help ensure that golfers are able to adjust the pace of the putting according to the indicated green speed.

The installation of the green speed indicator was a suggestion made by one of our members, and the practicality of the green speed indicator will contribute to our members' enjoyment of their game at our 18-hole course.

NSRCC aspires in providing a memorable experience at both our Clubhouses, and values the feedback we receive to help us improve our myriad of services.

© NSRCC Changi



Green Speed 9.2

Inaugural Club Event for Our New Club President



Big smiles from our Club President, Club Management and Committee Members

eld on Jul 14, SAF & NS Day 2018 marked the first Club event graced by our new Club President, LG Melvyn Ong. Golfers, including General Ong and his flightmates, were treated to lovely weather to accompany their 18-hole game that afternoon.

Participants were then served with dinner at Jumbo Restaurant. The evening was made even more special when dinner guests were serenaded with a duet by our Club President and General Manager! Prior to that, the pair visited every table to mingle with guests.

We would like to thank everyone who supported NSRCC's SAF & NS Day, and we look forward to seeing you again at our next Club event, Captain's Cup on Sep 22 at NSRCC Kranji!



Our Club President in full concentration to give his best swing



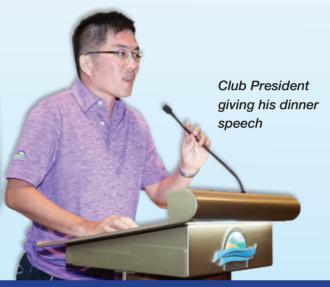
A special duet by our Club President and GM during dinner!



VIPs taking a group shot before going on their buggies



A warm introduction to Club Management



CONGRATULATIONS!

Prizes presented by Club Vice-Captain, David Tay



Overall Winner, Ho Kee Sin



Winner of Nearest The Pin Hole 9, Daniel Liew



Winner of Nearest
The Pin Hole 6,
Wong Kiong Ping
(prize collected by Michael Goh)

Battle of the Best © NSRCC Junior Open

uring the June school holidays, the Club organised its very own NSRCC Junior Open. Held over three days, the competition saw many up and coming junior golfers trying to prove their mettle on the greens of NSRCC Kranii.

Several NSRCC junior members did well during the event. Trevor Ng won the B Boys Best Gross title while Yap Zhe Rong was Runner-Up. Meanwhile, Ryan Ng emerged as the winner for B Boys Best Nett and Joseph Lim clinched the A Boys Best Nett Runner-Up title. Our junior girls performed well too, with Tatiana Ang winning the Girls Best Nett and Jaclyn Choo finishing behind her as Runner-Up in the same category.

The Overall Best Gross Titles were won by SICC golfers, with John Ho as the Boys' champion and Margaret Leyi Fernandez taking home the Girls' champion trophy.

Overall Best Gross



John Ho, SICC Champion (Boys)



Margaret Fernandez, SICC Champion (Girls)

B Boys Best Gross



Trevor Ng, NSRCC Champion



Yap Zhe Rong, NSRCC Runner-Up

B Boys Best Nett



Ryan Ng, NSRCC Champion

A Boys Best Nett



Joseph Lim, NSRCC Runner-Up

Girls Best Nett

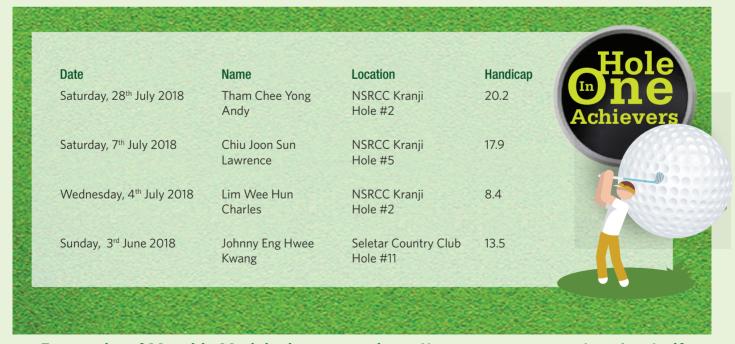


Tatiana Ang, NSRCC Champion



Jaclyn Choo, NSRCC Runner-Up





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

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 contributing balls to NSRCC's water hazards.



Drop Zones

This installment of Golf 101 was prompted by feedback from members that there was potential ambiguity with regard to when a golfer is allowed to use a drop zone.

Under the current Rules of Golf, there is no rule that refers to drop zones. Drop zones can be created by Committees to provide players with an additional relief option to options that are already available. In NSRCC, drop zones are only used around Water Hazards.

A question that is often asked in a dispute is whether a player may use a drop zone that is nearer to the hole than where their ball entered the Water Hazard. The answer is that they can, as there is nothing in the wording of the Local Rules of NSRCC stating otherwise.

For example, on Hole 5 of the new 9 holes, there is a Lateral Water Hazard along most of the left side of the fairway, and around where the Lateral Water Hazard becomes a Water Hazard as the pond comes across the fairway before the green, there is a drop zone.



According to the current Local Rules, if a player hits a ball of the tee and it went straight left into the Lateral Water Hazard about 200m away from the hole, that player could, in theory, go all the way to the drop zone (which is less than 100m away from the hole) and use that drop zone. However, in the spirit of the game, players should only use the drop zone if it is not nearer the hole than the point where their ball last entered the water hazard.

If a player's ball entered the Lateral Water Hazard, the drop zone would be in front of where the ball entered, thus the player should not use the drop zone. If the ball entered the Water Hazard, then the last point of entry is nearer the hole than the drop zone, so players should have the use of the drop zone if they so wish.

To add further complication, sometimes there are multiple drop zones available in one hole, like around the green of Hole 13 where there is one drop zone on the left of the Water Hazard that rings the front of the green, and 2 drop zones at the back of the green. A player can choose to use any of the 3 drop zones, thus gaining an advantage depending on which part of the green the flag is placed and how much green the player wants to have between them and the drop zone.

To avoid any future confusion and disputes, the Local Rules of NSRCC will be reviewed to take into account the option of using a drop zone only if the drop zone is not nearer the hole than where a player's ball last entered the Water Hazard and that players should only have the option to use the nearest eligible drop zone. The changes will also take into account the new Rules of Golf in 2019. Meanwhile, please use drop zones in accordance with the spirit of the game.



Coach and Student

MIZUNO GOLF SCHOOL

Relationship

By Bernie Tan. Certified Instructor, Mizuno Golf School

he relationship between a coach and a student, is it important? I would like to share my perspective as a coach.

I started playing golf at a young age and I think I did my part in practising hard and really giving this sport a go. I have been playing golf for 22 years. Growing up, I have met many good coaches but due to my shy nature, I struggled with forming a bond with my coach. I dared not raise questions though mentally, I had many questions about my game and how I could hit different shots. As I look back, I feel that it did affect my growth in the game and that it would have made a difference if I had a coach who I could be honest and outspoken with about my progress.

As I went through these experiences, I realised that it is very important that a student and coach have a strong bond and that a coach is able to create that space and environment for his students to feel that it is safe to ask questions. A good relationship formed between a coach and a student will be able to accelerate the student's game because I feel that trust will be created and that is an important key to unlock. As we all know, we need to have trust

> in our coaches before we are able to follow with through

working on our swing and our game. If a coach has so much knowledge, but we aren't able to get along well and have no trust, nothing much will be transferred.





Here are some pointers on choosing a coach:

- 1. Look for a coach your kid and you can get along well with in golf and life.
- Observe and ask your child or yourself whether you could openly communicate with or ask any questions to your potential
- 3. You trust and believe in the coach's abilities
- You are able to work on maintaining good communication with each other

My mentor Joe Thiel always tells me that if a student is progressing well with his coach, don't change the coach that you feel you could get along with, who is also willing to really help you with your game, do stay with the coach. Sometimes,, when progress is slow, we may feel that we need to change coach but that may not always be the solution. Continue to communicate well with your coach and work together as a team to identify areas you can improve on.



NSRCC Champions of the

2018 SGA Inter-Club League!

The 2018 SGA Inter-Club League saw the participation of 12 clubs, divided into two groups: Red and White. NSRCC was drawn into the White Group with Changi Golf Club, Keppel Club, Sembawang Country Club, Tanah Merah Country Club (TMCC), and Warren Golf and Country Club (WGCC).

The league began on Mar 25 with NSRCC playing against Changi Golf Club. The game, which took place at Raffles Country Club, was a great start for our NSRCC golfers who won with a score of 9.5-5.5.

The 4th leg saw our team being soundly beaten by Tanah Merah Country Club, 10.5- 4.5. But once again, the NSRCC team got back up and beat Keppel Club 12.5- 2.5 during the final leg at Orchid Country Club.

The next leg was a tough one for our players; the

NSRCC team met with players from WGCC and lost 9

to 6. But that did not dampen the NSRCC team spirit.

In fact, it spurred on the team and NSRCC won the 3rd

leg, 8.5- 6.5 against Sembawang Country Club.



Don't worry bro, we will win the next hole!



All thumbs up from our lady golfers!



By finishing 3rd in the White Group, the NSRCC team qualified for the quarter finals in which we beat Singapore Island Country Club 8-7. We maintained the same score and defeated TMCC 8-7 in the semi-finals.

Sentosa Golf Club hosted the Finals on Jul 8. Our team players were accompanied by proud supporters, made up of non-playing team members and family members, who were exuberant with their loud cheers throughout the game. After an exhilarating game, NSRCC emerged victorious with a score of 8.5 to 6.5 against Seletar Country Club! Our players were ecstatic as they celebrated victory after finishing as Runner-Up to Seletar in the Finals last year.

In the Overall Division Champion's Final on July 15, our NSRCC Ladies Premier team conquered the ladies from Orchid Country Club 1-0 to emerge Overall Division Champions! Our Club's Senior Division team

finished as Runner-Up, having lost to Singapore Island Country Club 1-2.

We would like to thank all our players for their dedication, team effort and hard work! Special mention goes out to the supporters, Mr Andrew Cher (League Convenor), as well as Mr David Huang and Mr. Nigel Liew (League Advisors), for all their assistance and advice. We would also like to thank Mizuno for sponsoring the NSRCC 2018 Inter-Club League Team.

Once again, huge congratulations to Team NSRCC!



Team NSRCC during Prize Presentation on Aug 23



Ladies' Division





Mid-term Refurbishment of 40 Bungalows

Our 40 bungalows were last renovated 10 years ago, and have since endured fair wear and tear due to high utilisation over the years. Therefore, the Club is currently conducting a mid-term refurbishment to freshen-up the look and feel of our bungalows. The refurbishment process commenced in early May 18, and will be carried out in 4 phases till end October 18. We will enhance the bungalows' interior and functionalities in the following areas:

- a. Living room furnishing and fixtures;
- b. Kitchen furnishing and fixtures;
- c. Bedroom aesthetics;
- d. Air-conditioning and ventilating functions;
- e. Wifi access in every bungalow unit.





Revision of Off-Peak Bungalow Rental Rates

Given the rising operating cost of the bungalows, we will need to revise rental rates upward. The Club is conscious of our mission to provide affordable facilities to members, and hence will only revise the off-peak rate upwards by \$15, which is currently priced significantly below operating costs (in fact, members' off peak rate continues to remain below operating cost even after this revision). Also, to highlight the priority of the Club's mission, non-members and non-NSmen users will see their rates increased by \$25.

The revision will take effect from 1st February 2019.

Categories	Off-peak		Peak	Super-peak
Outegones	Before	After	i can	Зирет-реак -
NSRCC Member	\$100	\$115	No change	No change
SAFRA member	\$130	\$145		
NSmen	\$144	\$159		
Citizen	\$187	\$212		
Non-citizen	\$259	\$284		

^{*}All rates are subjected to prevailing GST

^{**}No change to peak, school holidays and special public holiday rental rates.







A family poses at the Safari display

In & Around NSRCC





Safari-themed balloons at the Membershiop counters

Visitors checking out the exclusive membership deals!

he Club had its Open House over the weekend of Jul 28-29 at NSRCC Changi. A Safari display greeted members as they entered the Clubhouse, with a themed buggy parked right at the entrance! To live up even more to the theme, our membership team was clad in safari-themed t-shirts as well!

Many members took the opportunity to renew their membership, while others brought their friends to sign up as new members, to enjoy the exclusive deals offered during the 2-day event. They were also treated to a variety of local delicacies, including kueh tutu and durian pancakes.





Our Assistant Manager (Membership) explaining membership deals

Long queue for Kueh Tutu

Upcoming Events



MID-LANTERN WALK IN THE GOLF COURSE

Date : 22 September 2018

Dav : Saturday

Time : 7.00pm - 8.30pm Venue :The Leaders Room

Fees:

\$6.42 Nett (Child) \$10.70 Nett (Adults)

Limited to Members & Signed-in Guests only.

Minimum number of participants: 50 Closing Date: 10 September 2018,

Monday

Mid-autumn lantern walking in the golf course is back! Join us for an evening filled with fun and laughter with your loved ones in this joyous event.



GOLFTOBERFEST 2018

Date : 5 October 2018

Dav : Friday

Venue : Leaders Room

Fees.

Golf + Dinner:

\$115.56 Nett (Member)

\$201.16 Nett (Signed-in Guest)

Dinner Only:

\$62.06 Nett (Members)

\$72.76 Nett (Signed-in Guest)

Closing Date: 21 September 2018.

Friday



DIY NECK & SHOULDER - THERAPEUTIC TUI NA (MASSAGE COURSE)

Date : 13 October 2018

Dav : Saturday

: 4.00pm - 6.00pm **Time** Venue : NSRCC Changi, Falcon Room

Minimum number of participants: 10 Closing Date: 1 October 2018, Monday

This course is a relaxing, easy and practical session for members to have fun in experiencing therapeutic tui na. You will get to perform simple and effective method in relieving ailments in the neck and shoulder regions such as stiffness and pain.



INLINE SKATING (BEGINNER)

Date :24 November 2018

: Saturday Day : 5.00pm - 6.00pm Time Venue : NSRCC Changi,

Multi-purpose court

Fees (4 Lessons)

\$160.50 (Members)

\$171.20 (Signed-in Guest)

Minimum number of participants: 4 Closing Date: 12 November 2018,

Monday

Inline Skating is a kind of sports that can be enjoy by both adults and child. Over these 4 weeks of workshop, the child can learn the basic of inline skating.



3-DAY BASIC HORSE RIDING WORKSHOP

Date : 11 - 13 December 2018 : Tuesday - Thursday Day : 9.00am - 12.00pm Time Venue : Gallop Stable, Horsecity

Fees

\$160.50 Nett (Members)

\$171.20 Nett (Signed-in Guest)

Minimum number of participants: 5

Closing Date: 27 November 2018,

Tuesday

3-Day Basic Horse Riding workshop is back! Let your kids join us during this holiday to learn the basic of horse riding!



PRE-CHRISTMAS FLEA **MARKET**

Date : 15 & 16 December 2018 : Saturday & Sunday Day : 9.00am - 5.00pm Time Venue : NSRCC Changi, Main

Lobby

Minimum number of participants: 6 Closing Date: 3 December, Monday

Join us to start your entrepreneur journey during the festive season.



MIXED MARTIAL ARTS **CLASS**

Date : 22 September 2018

Dav : Saturday

Time : 3.00pm - 4.00pm Venue : NSRCC Changi, Oriole 3

Fees (per 10 sessions)

\$267.50 Nett (Members)

\$278.20 Nett (Signed-in Guests)

Minimum number of participants: 4

Age Group: 16 years old and above



PILATES CLASS

Date : 6 October 2018

: Saturday Dav

Time : 2.00pm - 3.00pm

Venue : NSRCC Changi, Oriole 3

Fees (per 10 weeks term)

\$267.50 Nett (Members)

\$278.20 Nett (Signed-in Guests)

Minimum number of participants: 4

Age Group: 16 years old and above



AQUA AEROBIC

Date : 11 October 2018

Day : Thursday

Time 6.30pm - 7.30pm

NSRCC Changi, Swimming Venue

Fees (per 10 sessions)

\$192.60 Nett(Members)

\$214.00 Nett (Signed-in Guests)

Minimum number of participants: 10

Age Group: 15 years old and above



AIKIDO

Date : 14 October 2018

Day : Sunday

Time : 3.00pm - 4.15pm

: NSRCC Changi, Oriole 3

Fees (per 10 sessions)

\$160.50 Nett (Members)

\$171.20 Nett (Signed-in Guests)

Minimum number of participants: 10

Age Group: 5 years old and above



SWIMMING (BEGINNERS)

: 12 January 2019

Dav : Saturday

Time : 4.00pm - 5.00pm or

5.00pm - 6.00pm

Venue : NSRCC Changi, Swimming

Pool

Fees (per 10 weeks term)

\$277.15 Nett (Members)

\$298.55 Nett (Signed-in Guests)

Minimum number of participants: 3

Age Group: 5 years old and above



SWIMMING (BEGINNERS)

: 13 January 2019 **Date**

Day : Sunday

Time : 3.30pm - 4.30pm or

4.30pm - 5..30pm

Venue : NSRCC Changi, Swimming

Pool

Fees (per 10 weeks term)

\$277.15 Nett (Members)

\$298.55 Nett (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 for more details!



10 Ways to Energize your Retirement

You have looked forward to it. It's your retirement day! You are finally free to wake up at any time and spend your time as you wish.

Now that work is out of your life, it is the best time to reorganise your priorities and do stuff that you never had time for. As a matter of fact, you can be more active than before.

1. Go on a trip with your old pals

Perhaps a relaxing fishing trip at a kelong or go for a road trip up north, or book a golf holiday in a neighbouring country. It's time to create new memories as you revisit old ones

2. Be a tourist in Singapore

Join a heritage tour or take the MRT and stop at random stations to explore the vicinity. Draw up an itinerary to visit museums, places of interest or parks. You may discover gems or interesting shops and buildings you have never known before.

3. Get in Shape!

Now that you have free time, it's time to reach your exercise goals. If you are unsure of your fitness level or which sport is suitable for you, you can get your assessment from Fit for FUNction fitness test conducted by ActiveSG.

4. Rekindle the romance

It's time to strengthen your relationship with your spouse and age well together. By going for daily walks around the neighbourhood after meals, shopping for groceries or running errands together, you can help each other stay active.

5. Time for DIY

Now will be a good time to start on the home improvement project that you have always wanted to do. For example, giving one of your rooms a new coat of paint and changing the arrangement of your furniture.

6. Learn something new

Learn something new such as a new language, ballroom dancing, photography. If you have been neglecting your hobbies, it is time to pick them up again!

7. Having green fingers

Start growing edible plants at your corridor or your balcony, or join a community garden. The satisfaction of eating your own harvest will spur you to keep growing them.

8. Be a sporting grandparent

Offer to take your grandchildren for outings to the zoo or parks which will keep you energized. While you are out with them, you can share your stories and get to know them better. Talk about spending quality time!

9. Revisit your memories

Start a special project to revisit and document all the important landmarks in your life. Include old schools, neighbourhood and locations that hold a special significance for you. Take photos and pen down your thoughts in a journal. Your creation will be a treasured life story that you can share with your family and friends.

10. Make time for others

Volunteer your time to help out in a organization that shares your values and suit your personality. This is a good way to stay socially active while making meaningful contributions to society.

Source: https://www.healthhub.sg/live-healthy/1382/rewire-after-you-retire



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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.



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

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*Bali National Golf Club

Tel: 62-361-771 791 Fax: 62-36-771 797

Email: reservations@balinationalgolf.com Website: www.balinationalgolf.com

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*SouthLinks Country Club

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Fax: 62-778-323 288
Singapore Office:
Tel: (65) 6270 0062 / 6278 7079
Email: sales@southlinksgolf.com
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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

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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/

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*Penang Golf Club Tel: 02-04-644 2255 Fax: 02-04-644 9345

Email: reception@penanggolfclub.com.my Website: www.penanggolfclub.com.my

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*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

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 FACILITIESS

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 Kranii

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 LabTel: 9752 9297 / 9276 0038
8.00am - 10.00pm (Mon-Sun)

GOLF PRO-SHOP

Transview

Tel: 6543 2051 7am to 7pm, (Mon-Sun)

OTHERS

Sundry Shop

12.00pm to 8.00pm (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.sq

NSRCC Kranji

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

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 (Mon-Sun) Last orders @ 7.30pm

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)

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

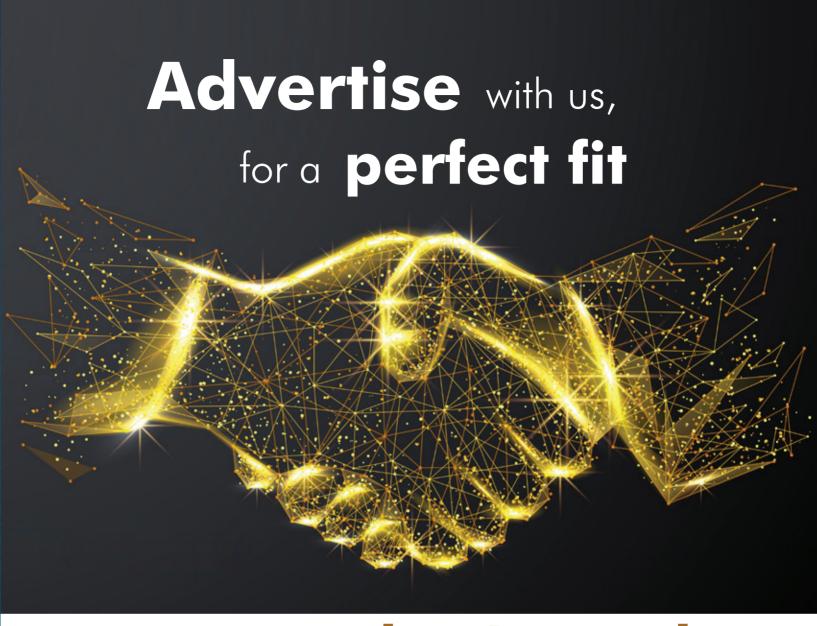
12.00pm to 12.00am (Mon-Sun)

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

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



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