

KEPPEL
CLUB
FOUNDED 1904

Keppel *Links* 2021 APRIL



Photography by Adeline Leow

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PHASE 3 RE-OPENING OF CLUB FACILITIES

Facilities	Status	Operation Hours
GENERAL OFFICE		
Main Reception	Open	7am – 8pm
Admin Office/Membership & Finance Services	Open	8.30am – 6pm (Mon to Fri)
GOLFING		
Golfing Office	Open	7am – 8pm (Tue to Sun)
Golf Course	Members only	7.15am – 8pm (Tue to Sun)
Driving Range	Open	11am – 10pm (Mon) 7am – 10pm (Tue to Sun)
Golf Practice areas	Members only	7am – 10pm (Tue to Sun)
SPORTS & RECREATION		
Tennis Courts	Members only	7am – 9pm
Main Swimming and Children’s Pool	Open	7am – 9pm
Jacuzzi	Closed	–
Gym / Gym steam room	Members only	7am – 9pm
Badminton Hall	Open	9am – 9pm
Seminar (Bridge) Room	Open	Please call for booking
Mahjong Room	Open	11am – 11pm (Daily)
Jackpot	Open	10am – 10.30pm (Daily)
F&B		
Tee Top	Open	7am – 9pm (last order 8.30pm) (Tue to Sun & PH)
Fauziah’s Eatery	Open	9am – 8pm (Tue to Sun & PH)
Peony Jade	Open	11am – 2.30pm (last order 2.15pm) 6pm – 10pm (last order 9.30pm) (Mon to Fri) 10.30am – 2.30pm (last order 2.15pm) 6pm – 10pm (last order 9.30pm) (Sat, Sun & PH)
Sea Scent	Open	11.30am – 10.30pm
Fukuya	Open	11.30am – 3pm (last order 2.30pm) 5.30pm – 10pm (last order 9.30pm) Closed on Wednesday
ACADEMY/ CLASSES		
Pro shop	Open	9am – 7pm
Golf Line School	Open	12pm-9pm
SITA Academy	Open	Please call for booking
WaterJoy	Open	Please call for booking
FACILITIES		
Little Harry’s Pub	Open	3pm – 10pm
Reading room / TV room	Open	7am – 10pm
Children’s playground	Open	7am – 10pm
Karaoke theatre	Closed	–
Billiards / Snooker	Closed	–
Aerobics room	Open	7am – 9pm
TV lounge / Heritage room	Closed	–

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SINGAPOREDISCOVERS^{SG}

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Deputy Chairman

Tan Chong Meng
Ong Kim Pong

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President
Vice-President
Secretary
Treasurer
Captain
Vice-Captain
Member (Billiards & Bowling)
Member (House & Bar)
Member (Newsletter)
Member (Swimming & Entertainment)
Member (Tennis)

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Eric Tan
Eddy Ng
Lim Chin Chuan
Ng Luo Yi
Anthony Stacy Maniam
Michael Goo
Derrick Lee
Peter Teo

Ricky Aw
Kamal Ehsan

Newsletter Sub-Committee

Convenor
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Helen Neo (Observer)

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Generations Coming Together

Keppel Links is published by:
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Bukit Chermin Road
Singapore 109918

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Editor's note



The Annual General Meeting will be taking place this month, on April 26. This year, the AGM will be in a hybrid format, held primarily via electronic means with limited physical attendance. Kindly refer to the notice of this meeting (pg 4) for details of the agenda. This notice has also been posted to all principal members and uploaded on News and Announcements in our website.

Aside from this, work has been continuing in earnest as we prepare for Keppel Club to manage Sime. Our General Manager, newly-engaged Project Director, and Golf Superintendents had a fruitful visit to Sime Course, where they reviewed ways to make play safer, and examined the greens at Sime to better understand the course condition and the extent of work that is needed to make sure golf at Sime is a delightful experience for our members in the future.

Best regards,

Adeline Leow

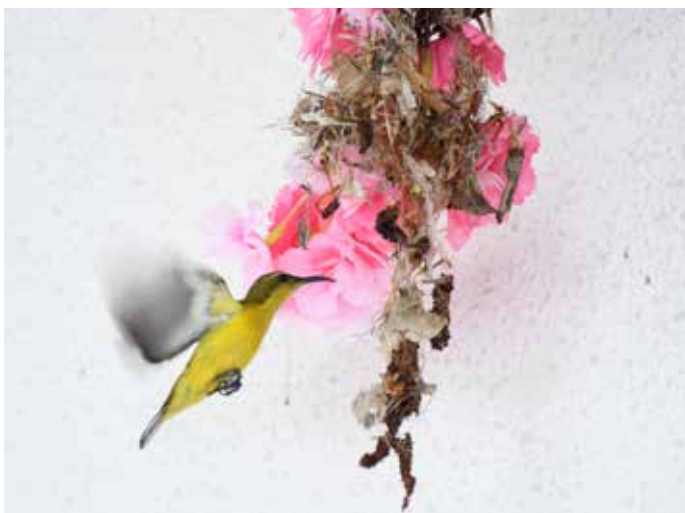
Corporate Communications Executive

Follow us!



Please submit your comments and feedback to us using this link – <https://www.keppelclub.com.sg/Contact-Us-Feedback>

New life blossoming at Keppel Club



A picturesque moment as the mother bird was hard at work building her nest.



Two hungry babies waiting for food.

Story and photos by Adeline Leow

Keppel Club's beauty lies also in the plentiful number of animal and bird visitors we have. For the past few years, we have had the wonderful opportunity to see the cycle of life unfold before us, thanks to one of our regulars; a pair of olive-backed sunbirds who have decided to make our main lobby their nesting ground.

Each year, around the time our Chinese New Year decorations go up, so too will their nest, nestled carefully amidst the festive flowers. This year, to our

surprise and delight, the mother bird decided to build their nest on a low hanging garland, giving us a clear view of the family, as you can see from our cover picture!

From watching the mother bird hard at work building her nest back in February, to hearing the chirps of the newly hatched baby sunbirds growing in strength, it has been a rare and irreplaceable experience to watch life begin anew right here at Keppel Club. Soon, they will take flight and begin a new chapter of their lives; a poignant parallel to Keppel Club's own future at Sime.

Notice of the Annual General Meeting

Date: Monday, April 26, 2021
Time: 6.30pm
Venue: Keppel Hall, Keppel Club
Bukit Chermin Road
Singapore 109918

While the Government has recently announced more relaxed restrictions for events like weddings and funerals, the restrictions for meetings such as the Annual General Meeting still apply. Under the guidelines, the Club can conduct the AGM to a maximum of 50 attendees (including MC members). All safe management measures will be in place including safe distancing seating arrangement to ensure smooth and safe conduct of the AGM.

Due to the limited number, the Club will open the registration to a maximum of 35 members (first come first served basis) to attend the AGM physically at Keppel Hall. Members who are unable to attend physically can choose to join the "live" e-AGM online, similar to how it was conducted in 2020.

The registration for participation in the e-AGM 2021 via service provider (AGM @ Convene) would be open from Thursday, April 1, 2021 and close on Saturday, April 24, 2021 at 5pm.

Please note that only 35 prior registered Principal Members will be admitted to attend the e-AGM at Keppel Hall and kindly bring along your membership card. Registration for attendance at Keppel Hall will open on Monday, April 5, 2021 at 5pm, via the Keppel Club Event Calendar.

The members could read the Annual Report 2020 from the members' portal of the Club's website on Monday, April 5, 2021. A printed copy of the Audited Annual Accounts 2020 can be collected from the General Office during working hours.

AGENDA

1. To receive the Annual Report and pass the Accounts for the year ended Dec 31, 2020.
2. To elect members of the Management Committee in accordance with Rule 27(c) of the Club's Constitution for the ensuing term 2021/2022. Nomination forms for the following posts are available at the Club's General Office from Thursday, **April 1, 2021** during office hours.
 - a) **Vice-President**
 - b) **Vice-Captain**
 - c) **Member (Billiards & Bowling Convenor)**
 - d) **Member (House & Bar Convenor)**
 - e) **Member (Newsletter Convenor)**
 - f) **Member (Swimming & Entertainment Convenor)**
 - g) **Member (Tennis Convenor)**

The closing date for submission of nominations is on Monday, April 12, 2021 at **12 noon**. The *eVoting* for the nominations of the above Management Committee posts would be held online from Tuesday, April 20, 2021 at 9am onwards and close on Friday, April 23, 2021 at 5pm.

3. To appoint Auditors for the ensuing year.
4. To transact any other business for which seven clear days' notice must be given in writing to the Secretary. The closing date for the submission of letters is on Sunday, April 18, 2021 at 5pm.

Yours sincerely



Eddy Ng
 Secretary
 Keppel Club

e-Annual General Meeting 2021: Important dates and steps to note

In line with the current Phase 3 restrictions and COVID-19 safe management measures, The Keppel Club (“the Club”) wishes to inform members that its Annual General Meeting (AGM) will be held in a hybrid format, with attendance primarily by electronic means, and limited physical attendance on **Monday, April 26, 2021, at 6.30pm.**

Online Portal: <https://conveneagm.com/sg/keppelclubagm2021>

Due to the limited number, the Club will open the registration to a maximum of 35 members (first come first served basis) to attend the AGM physically at Keppel Hall. Members who are unable to attend physically can choose to join the “live” e-AGM online, similar to how it was conducted in 2020.

Members will be notified of the e-AGM by post and email, and are strongly encouraged to read the instructions carefully and take note of the following important steps and dates:



Steps	Opening Date & Time	Closing Date & Time
Registration <ul style="list-style-type: none"> • Create an Account • Check for Acknowledgement Email • Verify your Email and create your Password 	Thursday, April 1, 2021 at 5pm	Saturday, April 24, 2021 at 5pm
Access AGM Online Portal <ul style="list-style-type: none"> • Sign in with verified Email/Phone and Password • View AGM information and updates • Submission of Questions • Submission of Proxy Voting Form • Watch webcast of e-AGM 	Upon successful registration	Monday, April 26, 2021
Registration for on-site attendance <ul style="list-style-type: none"> • Register via Event Calendar on Keppel Club website 	Monday, April 5, 2021 at 5pm	Once slots are filled on a first-come-first-served basis
Submission of Questions <ul style="list-style-type: none"> • Option 1 – Online Portal • Option 2 – By Post 	Thursday, April 1, 2021 at 5pm	Sunday, April 18, 2021 at 5pm
Submission of Proxy Voting Form Via Online Portal	Tuesday, April 20, 2021 at 5pm	Friday, April 23, 2021 at 5pm
Nomination of Management Committee posts <ul style="list-style-type: none"> • Request for Nomination Form via email to enice@keppelclub.com.sg • Return original completed hardcopy Nomination Form to Keppel Club 	Thursday, April 1, 2021 at 5pm	Monday, April 12, 2021 at 12 noon

An experienced hand for Sime Course's redevelopment



We are excited to welcome on board Colonel (Retired) Gurcharan Singh as the Project Director for the renovation of Sime Course.

Col. (Retired) Guru brings with him a wealth of experience, with 29 years of golf course management experience. He has worked with multiple country clubs both locally and abroad, including Singapore Island Country Club, Tanah Merah Country Club, and Grand Phnom Penh Golf Club. He has also lent his experience and advice to many golf clubs which have embarked on course redevelopment. This depth of experience and his background as a civil engineer definitely make him an asset to the team.

As the Project Director, Col. (Retired) Guru will help Keppel Club to oversee the golf course renovation works, including liaising with the golf course contractors and ensuring that the renovation project is completed in a timely manner and within our budget.

His preliminary proposal includes many new cost-saving techniques and materials which are also sustainable in practice, which will go a long way in helping us renovate Sime Course on a tight budget. He has also made many suggestions as to the turf, sand, and other materials which will make the experience of playing at Sime a delightful one, while ensuring that it can withstand local weather conditions and high playing traffic.

Profile of greens at Sime Course

In order to get a more in-depth understanding of the work that needs to be done at Sime Course, our General Manager, Desmond Chua, Colonel (Retired) Gurcharan Singh, our newly-engaged Project Director for the renovation of Sime Golf Course, and our Golf Course Superintendents, Krishnan and Elangovan, made an on-site visit to Sime Course on March 15, 2021.

The purpose of this visit was to profile the greens at Sime Course to get insight into the existing green condition from the agronomy perspective.

Over the years, the greens have developed a mixture of turf species, which affected the quality of golfers' putting experience. The roots of the greens are on the shallow side, making them less tolerant to stress from high playing traffic and bad weather.

The site green assessment also showed that the greens have about 100mm of sand without any proper drainage, meaning it is not constructed to United States Golf Association (USGA) specifications.

The plan moving forward is to look into a full reconstruction of the greens to meet USGA specifications, which our current greens at Bukit Chermin and a majority of other golf courses have adopted.

This will make the new greens at Sime more enjoyable to play on, and improve the drainage effectiveness. We will also be resizing and reconfiguring the tee boxes to allow for more tee placement positions for our play. These changes are necessary as the tee boxes are currently very small in size, and will become bald after a period of high player traffic.

The planned upgrading of the greens and tees will also look to enhancing the sustainability of the golf course.



A mixture of turf species can be observed from the different shades on the green. This can affect the quality of golfers' putting experience, and is one of the key components to be addressed.



The greens at Sime (left) show a shallow root zone. The plan is to improve the greens, achieving a deeper root zone similar to the greens at Bukit Chermin. This will help to ensure that our greens remain healthier over an extended period of bad weather and stress from high playing traffic, and also improve green sustainability.



The site green assessment revealed that the green has 100mm of sand without any proper drainage, which we will improve to meet USGA specifications.

This will be one of the key items to be addressed as part of the renovation of Sime to make the course more enjoyable to play on.

Keppel Juniors have strong showing at local tournaments



Keppel Junior Sean Lee had a strong showing at the recent HSBC Youth Golf Challenge, clinching the top spot. Photo by Singapore Golf Association.

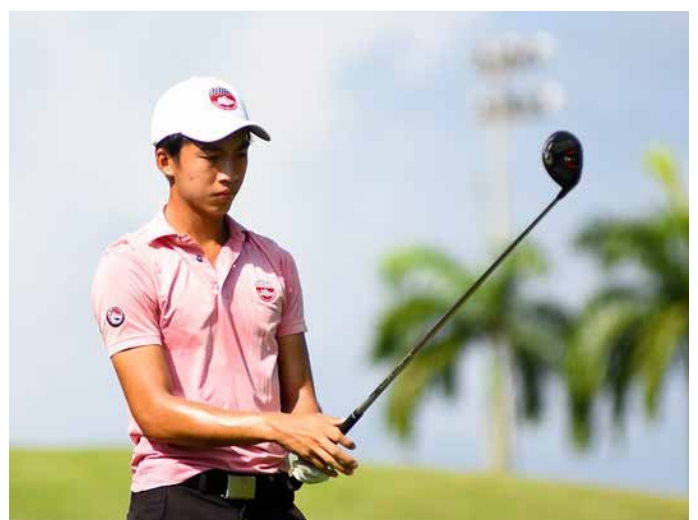
The month of March was an exciting one for some of our Keppel Juniors, who have had a strong showing at our local tournaments.

Keppel Junior Sean Lee clinched the top spot for the Boys A Division at the HSBC Youth Golf Challenge, which ran from March 16-18, 2021.

Sean kept his strong form throughout the tournament, leading his division by one stroke with an opening round of even par 72 on day one of the tournament. The second leg of the tournament saw Sean maintaining his stellar form, firing a 5 under par 67 to maintain his lead, and he kept a solid performance on day three, finishing 7 over par 79.

"I am grateful, thankful, and happy that I was able to shoot some good rounds. I will learn from it and this experience will be useful in future tournaments," Sean told the SGA team after the tournament.

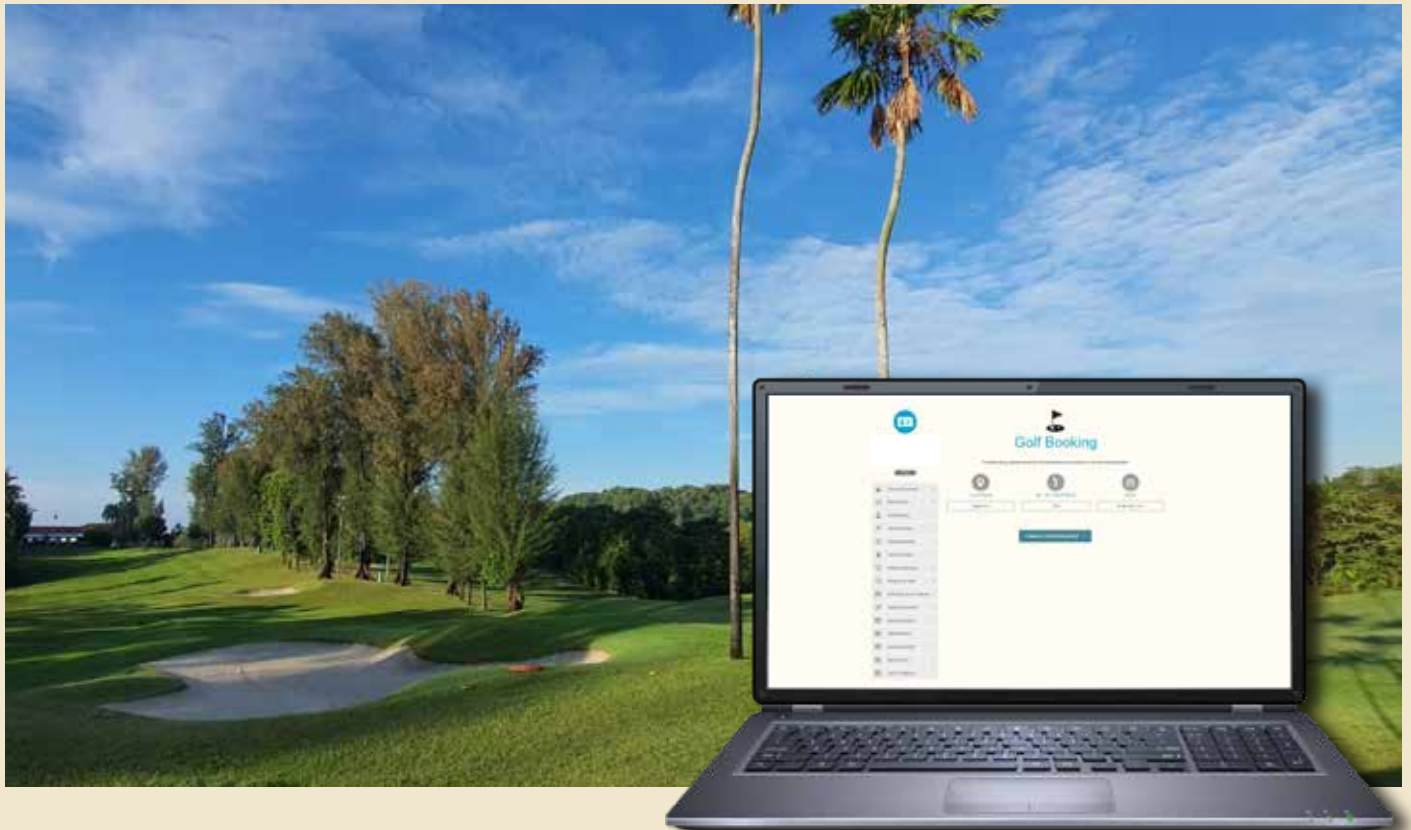
Other Keppel Juniors participated in the Singapore Junior Masters Spring Tournament 2021, which ran from March 15-17, 2021. In the Open Division, Keppel



Club Juniors dominated the podium, with Shannon Tan finishing the winner, while Antonia Wehner clinched the 2nd runner-up position.

Keppel Junior Guo Junxi also continued her strong performance over the past few months, finishing top of the Girls Under-14 Division.

Recent updates to golf booking system



In order to allow fair play for booking of golf flights, the Green Committee and golf team are continuously reviewing the current system and your feedback. Here are the recent changes that have been made over the past few months.

Golf Online Booking

The online booking will only allow either the principal or spouse member of each member account to access the booking page and make a booking at any one time.

Members are only allowed to book one round of golf per day. This applies to both 9-hole and 18-hole games.

(ie. If you have booked a 9-hole game, you will not be able to book an 18-hole game for the same day, and vice versa)

New Penalties

Weekday - A penalty of \$20 plus GST for any member who does not complete the full 18-holes. This applies to both walkers and buggy users.*

**Unless valid reasons are given with documentation. This will be reviewed case-by-case at the discretion of the golfing manager.*

Balloting flights -

Changing of players to a different flight on the same day:

- Members are allowed to swap only once without penalty
- \$10 plus GST for the second change onward

Online registration for club events

Registration for Monthly Medal and other golf events will open on the 1st of every month, at 9am, and the closing date will be one week before the actual play date.

Note: Club events such as Keppel Charity and Fun Games, etc do not count towards the 'two 18-hole games per week limit'.

Online registration for member guest

Moving forward, members who wish to bring guests are to make their booking alongside all other members when booking opens two weeks before. For example, for flights from the week of April 27 - 30, 2021 members can book on April 18, 2021, at 10pm.

There will be a limit of 64 guests per week from Tuesday to Friday, and guests will still not be allowed on weekends and Public Holidays. (Golf office will continue to monitor and regulate the number of guests internally). Do note that your account will be charged as soon as the booking is made, and the guest rate applies even if you change the name of the guest to a member's name later.

Disclaimer: Golf office reserves the right to change the date of booking if the booking is made after the guest quota for the week is reached.



We invite members to share their anecdotes by sending their stories to:
The Editor at <http://keppelclub.com.sg/contact-us-feedback>

Rediscovering Singapore



Photo credit: <https://singaporediscovers.life.gov.sg/>

singaporediscovers ^{SG}

With overseas travel all but grinding to a halt due to COVID-19, many of us have been unable to scratch that travel itch. On the flip side, this has led to some of us rediscovering some gems that you can experience right here in Singapore, whether they are well-known places that we have not considered visiting as locals, or hidden gems that have fallen under the radar.

With the Government distributing \$100 worth of SingapoRediscovers Vouchers to all Singapore Citizens

18 years and above, valid up until June 30, 2021, there's added incentive to head out and support local tourism businesses, all while discovering a side of Singapore that we might not have taken the time of day with otherwise.

With the deadline fast approaching, here are some fun activities you can consider using your SingapoRediscovers Vouchers on. If you would rather opt for a more relaxing staycation, you can also consider redeeming your vouchers at any of the eligible hotels in Singapore.



Chinatown Murders Game Tour

Chinatown MRT Exit C,
Level 2 Garden Bridge (Meeting Place)
Friday to Sunday:
10am – 12pm

Put on your detective hat and some comfy shoes for the Chinatown Murders Game Tour. The meticulously put-together experience will have you and your family roam through Chinatown's streets, solving puzzles as you help to nab a wanted serial killer.

A cast of quirky characters such as Raj the moneylender, shopowner Ah Kee, and Auntie Geok, a Samsui woman will bring the scenario to life as you interview them for clues. This activity is recommended for groups of two to five people, and is only available in the mornings on Fridays to Sundays, so add it to your family's weekend plan and book in advance!

Photo credit: © Klook.com



Photo credit: © HydroDash

HydroDash

Sentosa (Palawan Beach)

Weekdays:

12pm – 6pm

Weekends, PH, & School Holidays:

10am – 7pm

If you or your little ones have ever wondered what it feels like to be a contestant on Wipeout, getting knocked off giant inflatable pillars into the water below, you've got your chance to experience a splashing good time at HydroDash, Singapore's first floating aqua park.

Located right in the heart of Sentosa, the family-friendly inflatable playground offers four exciting zones that cater to all ages.

The inflatable obstacle may look like child's play, but you can look forward to getting quite a workout; be prepared to slip and slide your way through the course, with lots of laughs and fun for the family. Challenge yourself to navigate the obstacle courses and reach the end with your clothes still dry, leap off a three-metre high springboard, or slide off the action tower after making your way up the knotted ropes.



Photo credit: © Skyline Luge

Skyline Luge Singapore

Sentosa (between Imiah Lookout and Siloso Beach)

Thursday, Sunday, and Monday:

11am – 7.30pm

Friday and Saturday:

11am – 9.30pm

Experience Sentosa in a different light with Skyline Luge; enjoy two to four rounds of thrilling go-kart rounds as you descend down various slopes, turning corners and going through tunnels on the way. The Skyline Luge packages come with a ticket for the Sentosa Skyride, a 4-seater chairlift that will take you up the slope and offer you a stunning view of Sentosa Island and Singapore while you make your way to the starting point.

If you're feeling even more adventurous, you could opt for the Luge night-time experience, and experience the same tracks sporting vibrant colours! As this attraction is very popular, you might wish to make a reservation at off-peak timings to reduce your wait time in the sun.



Photo credit: © HeadRock VR

HeadRock VR

Sentosa (Resorts World Sentosa)
 Thursday to Tuesday:
 11am – 7pm (Last entry 6pm)

Looking for a good time while escaping the heat? Experience the wonders of Virtual Reality at HeadRock VR in Sentosa. Offering a selection of different themes with 11 extreme attractions to participate in, the VR Theme Park has something for everyone, whether you're new to the world of VR, familiar and looking for a new experience, or down for a challenging time.

What sets HeadRock VR apart from the VR experience you can have in your home is the props and spaces that really sets the mood, allowing you to feel the cold as you adventure through a blizzard, or the spray of water as you catapult down waterfalls alongside friendly dinosaurs.

As a word of warning, some of the games available at HeadRock VR do feature some gun action, and thus might not be entirely suitable for the especially young ones. Teens are sure to have a good time, and it provides a great bonding opportunity while enjoying what VR technology can offer currently.



Photo credit: © Klook.com

Snorkeling Experience and Island Exploration in Southern Island

Marina South Pier Terminal
 Saturday and Sunday:
 8.30am-4.30pm

You might be as surprised as I am to discover that there's a beautiful snorkeling spot so close to home. If you miss going on your snorkeling trips, or want the little ones to experience marine life from a different perspective, this experience is a great option that you can use your SingapoRediscover Vouchers for!

Explore the southern islands, from Sister Island, St. John Island, and Kusu Island, and have a chance to snorkel in Sister Island's Lagoon with its clear waters. Along the tour, you'll learn about Singapore marine life, which is surprisingly diverse! It's a great opportunity to make incredible memories with the family.

Singapore Food Culture

Chendol

With the sweltering temperatures that we experience in Singapore, it is of little surprise that one of the best loved desserts is a sweet treat that is guaranteed to cool you down on a sunny day. Cue chendol, a dessert that while not uniquely Singapore, is beloved by many and can be easily found all over the island.

Generously topped with coconut milk and gula melaka syrup, the addition of bright green jelly worms and red beans add a splash of colour to the dessert. As with all local delights, you can find plenty of variations depending on where you're indulging in a bowl or glass of chendol from, with some places adding black jelly or attap chee for a more chewy texture.

If you're feeling a hankering for some chendol after your next meal at Tee Top, why not order a glass of chendol from the menu? It's sure to be a delightful note on which to end your meal.





Changing the course of Keppel Club golf

As the oldest club in its original location, Keppel Club naturally has gone through many periods of growth and development over the years. In this regard, the golf course is no exception.



Mr Ralph Buttar golfing at Keppel Golf Club between 1904 and 1908.



Keppel Golf Club in the early years.



Caddies in the early 1900s.

It is believed that the Keppel Club course began as a 3-hole layout in a nutmeg planation, possibly created some time around 1900, even before the Club's official founding! It then grew to five, then seven holes, in the next five years, before becoming a 9-hole course around 1908.

Our existing golf course still stands on the same land, making Keppel Club the oldest club in its original location, although the course has since expanded to 18 holes.



A new 7th hole in 1984.



The Senior Minister Goh Chok Tong (third from left) officially opened this upgraded 100-year-old golf course for the enjoyment of all golfers in 2004.



The growth to a full 18-hole golf course happened in 1977, when Keppel Club leased more land from the PSA. In order to double the number of holes, the PSA had to first resettle the villagers at Kampong Agas. However, this was still insufficient.

What followed was negotiations with the Port Authority Recreation Club (PARC) for about 25 per cent of the area of the PARC's field which was needed to complete the 18th hole. In return for PARC land, Keppel Club agreed

to upgrade the PARC field, re-site and reconstruct the basketball court, and provide a high chain link fence between the soccer pitch and the golf link.

It was also agreed that PARC members who were employees of the PSA would be allowed to use two of Keppel Club's tennis courts and the swimming pool on certain days. With the agreement made, work began as scheduled on Nov 3, 1976, and was completed nine months later on Aug 15, 1977.

The new 18-hole course was again upgraded less than a decade later in order to meet international specifications. The Club decided on this in 1980, with then Club President Goon Kok Loon breaking ground on Nov 3, 1981, for a new 6,000m 18-hole competition course. Earthworks began in January 1982 for the course that our members have since learned, played, and competed on in the decades since.

Flashback

Over the years, Keppel Club's newsletter has gone through many name and design changes before becoming the Keppel Links we know today. However, the aim of the newsletter has always been the same—to keep members updated about events and changes in and around the Club.

Newsletters

Keppel Club's newsletters have been keeping members updated about events and changes for over 30 years. A treasure trove of the Club's recent history, these newsletters capture the mood of the seventies, eighties, nineties and the first years of the new millennium. They chronicle the years of service of men like Lim Kim San, the longest serving Chairman, and Goon Kok Loon, the longest serving

President. They capture the passion for the game, of men like Ng Chee Keong, who was Club Captain for 13 years and introduced Night Golfing, the Monocart and the driving range and organised the Maruman Classic, Keppel Club's grandest golfing event to date. They are a storehouse of snapshots and records, a far more detailed memory of a grand old club than any single volume can hope to be.



Staying fit while working from home



As contributed by Keil Vin our fitness instructor.

While some restrictions are being relaxed, many of us are still working from home part of the time. If you've got a few moments of free time throughout the day, why not do these simple workouts that you don't need any special equipment for?

As with all exercise, if you experience unusual discomfort or pain, avoid repeating the exercise. Consult a doctor if you are injured, or check with our trainers if your form needs correcting.



Decline push-ups

The decline push-up is a variation of the basic push-up. By placing your feet on an elevated surface and putting your body at a downward angle, you can work more of your upper pectoral muscles and front shoulders.

Step 1

Kneel down with your back to a chair or stool with a sufficiently wide surface. Put your hands on the floor, shoulders over your wrists and elbows at 45 degrees and place your feet on top of the chair. If you find the angle puts too much of a strain on your body, start with a lower surface.

Step 2

Bend your elbows and lower your chest to the floor, keeping your back and neck straight.

Step 3

Push into the floor to return to starting position, extending your elbows.

Step 4

Repeat for your desired number of repetitions. Try for two to four sets of eight to twenty reps, or as many push ups as you can, but do not overstrain yourself!



Leg lifts

Leg lifts are a basic but effective core exercise that will help to strengthen and tone your glutes while building stability in your core.

Step 1

Lie on your back with your legs stretched out in front of you and your arms at your sides. Make sure to press your lower back into the floor.

Step 2

Keeping your legs together and inner thighs engaged, lift your legs straight up without bending your knee, exhaling as you do so.

Step 3

Lower your legs, again keeping your legs together. Do not allow your lower back to arch off the floor and inhale on the way down.

Step 4

Repeat for your desired number of repetitions. Try for three sets of 10 reps, or as many raises as you can, but do not overstrain yourself!

Tee Top

Golfers' Terrace

CHEF'S RECOMMENDATION 5 April to 2 May

Steamed Golden Pomfret with Superior Sauce \$22



Stir-Fried La La with Garlic \$13.50



Images are for illustration purposes only.

Opening Hours: 7am - 9pm Tuesday to Sunday & public holidays

• Last order at 8.30pm • Closed on Mondays

All prices subject to 7% GST for members and 7% GST + 10% service charge for non-members.

Seafood Ee-Fu Noodles \$9.50



Stir-Fried Hong Kong Kai Lan with Sliced Beef \$11



Steamed Sliced Pork Belly with Garlic Hoi Sin Sauce \$11



Images are for illustration purposes only.

Opening Hours: 7am - 9pm Tuesday to Sunday & public holidays

• Last order at 8.30pm • Closed on Mondays

All prices subject to 7% GST for members and 7% GST + 10% service charge for non-members.

Tee Top

Golfers' Terrace

WEEKEND SPECIAL

FISH HEAD CURRY

\$28+

For 2 to 4 persons



For weekends & public holidays (from 11.30am to 8.30pm)

Opening Hours • 7am - 9pm Tuesday to Sunday & eve of public holidays

• Last order at 8.30pm • Closed on Monday

Non-members subject to additional 10% service charge

Images are for illustrative purposes only.

Tee Top

Golfers' Terrace

Unwind at Tee Top with 6 cans of Heineken @ \$30



Images are for illustration purposes only.

Opening Hours: 7am - 9pm Tuesday to Sunday & public holidays • Last order at 8.30pm • Closed on Mondays

All prices subject to 7% GST for members and 7% GST + 10% service charge for non-members.

Tee Top

Golfers' Terrace

WHITE WINE



CHATEAU LE GAY
Bordeaux Blanc 2016

\$30



ASTORIA
Alisia Pinot Grigio 2016

\$29



CORA
Chardonnay 2017

\$28



SAINT CLAIR
Vicar's Choice
Sauvignon Blanc 2019

\$30

RED WINE



CHATEAU LE GAY
Bordeaux Superieur 2016

\$30



CORA
Shiraz-Viognier 2017

\$28



MT MONSTER
Cabernet Sauvignon 2015

\$29



ASTORIA
Caranto Pinot Noir 2017

\$28

Images are for illustration purposes only.

Opening Hours: 7am - 9pm Tuesday to Sunday & public holidays • Last order at 8.30pm • Closed on Mondays

All prices subject to 7% GST for members and 7% GST + 10% service charge for non-members.

オマール海老と

霜降牛ステーキ丼定食

Lobster & Marbled Sirloin Donburi Set

\$128⁺⁺ 1-FOR-1

ピータン豆腐

Pitan Tofu

ホタテガイのカルパッチョ

Hotate Carpaccio
with Truffle Oil

いくら茶碗蒸し

Ikura Chawanmushi

刺身三点盛り

Assorted Sashimi

オマール海老

明太マヨ焼き

Lobster Mentai Mayoyaki

みそ汁

Miso Soup

霜降牛ステーキ丼(小)

Premium Marbled Sirloin
Teppanyaki Donburi (small)

甘味

Dessert



アワビのカルパッチョ Abalone Carpaccio

\$12⁺⁺

- * Promotion Period: 1 to 30 April, 2021
- * Strictly for dine-in only.
- * All prices subjected to 7% GST for Keppel Club Members, and 10% Service Charge & 7% GST for Non-Members.
- * Not valid in tandem with any other promotion, special offer, discount, voucher and/or coupon.
- * Photos are meant for reference only.
- * Passion Group reserves the rights for final decision.



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CHILD* \$26.80++

(Excluding eve of public holidays, public holidays and special occasions)

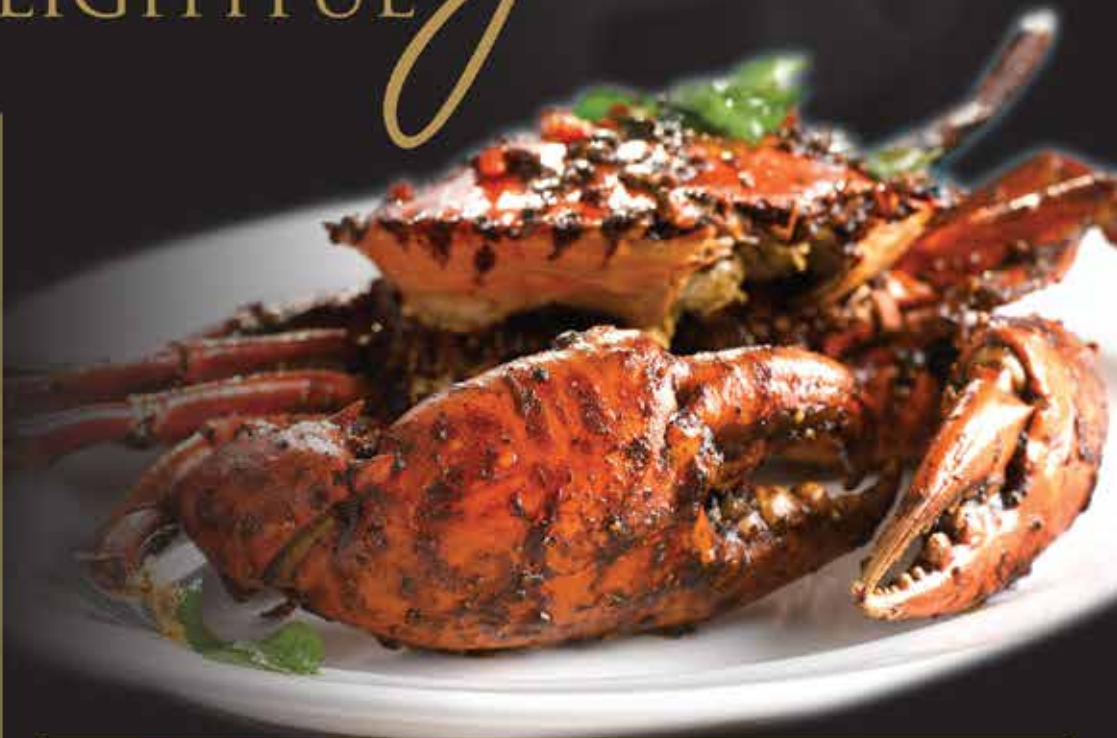
WEEKENDS (Fri to Sun)

ADULT \$48.80++

CHILD* \$26.80++

(including eve of public holidays, public holidays and special occasions)

*CHILD (Below 10 years old)



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- STEAMED FRESH SCALLOP ON SHELL WITH VERMICELLI & MINCED GARLIC

Your preferred premium dish will be served once per table

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DIM SUM BRUNCH**



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ONLY \$6.50



WEEKDAYS ONLY

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ONLY \$3/-

Images are for illustration purposes only.

Opening Hours:
9am - 8pm Tuesday to Sunday & public holidays.
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Bakery • Kaffee Club

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TEL (61) 29982 3088
FAX (61) 29981 3782
EMAIL admin@cronergolfclub.com.au

KOORINGAL GOLF CLUB
Wilga Avenue, Altona, Victoria 3018
SITE <http://www.kooringalgolf.com.au>
TEL (61) 39315 0855
FAX (61) 39315 9145
EMAIL jjustin@kooringalgolf.com.au

MOUNT OSMOND GOLF CLUB
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SITE <http://www.mogc.com.au/>
TEL (61) 88379 1673
FAX (61) 88379 0434
EMAIL info@mogc.com.au

PACIFIC GOLF CLUB
430 Pine Mountain Road, Carindale, Queensland 4152
SITE <http://www.pacificgolf.com.au>
TEL (61) 73343 0888
FAX (61) 73343 0899
EMAIL admin@pacificgolf.com.au

THE VINES RESORT & COUNTRY CLUB
Verdelho Drive, The Vines, Western Australia 6069
SITE <http://www.vines.com.au>
TEL (61) 89297 3000
FAX (61) 89297 3333
EMAIL memberships@vines.com.au

THE WESTERN AUSTRALIAN GOLF CLUB
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SITE <http://www.wagolfclub.com.au>
TEL (61) 89349 1988
FAX (61) 89344 4424
EMAIL reception@wagolfclub.com.au

WANNEROO GOLF CLUB
44 Flynn Dr, Neerabup Western Australia 6031
SITE <http://wgcc.net.au/>
TEL (61) 89405 3677
FAX (61) 89306 3677
EMAIL admin@wgcc.net.au

WEST LAKES GOLF CLUB
26 Lochside Dr, West Lakes, South Australia 5021
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TEL (61) 88268 3850
FAX (61) 88268 5451
EMAIL office@westlakesgolfclub.com.au

YOWANI COUNTRY CLUB
455 Northbourne Avenue, Lyneham, Australian Capital Territory 2602
SITE <http://www.yowani.com.au>
TEL (61) 26241 3377
FAX (61) 26241 8561
EMAIL club@yowani.com.au

BRUNEI

PANAGA GOLF CLUB
Panaga Club, E5, Simpang 464, Jalan Utara, Seria KB3534, Negara Brunei Darussalam
SITE <http://www.panagacub.com/>
TEL (673) 337 3142
FAX (673) 337 4056
EMAIL info@panagacub.com

CHINA

MISSION HILLS GOLF CLUB
No. 1 Mission Hills Road
Shenzhen, China 518110
SITE <http://www.missionhillsgroup.com/>
TEL (86 755) 2802 0888
FAX (86 755) 2802 4868
EMAIL julianlau@missionhillschina.com

ZHAOQING RESORT & GOLF CLUB
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SITE <http://www.zhaoqinggolf.com>
TEL 0758-8162168
EMAIL zqgolf@zhaoqinggolf.com

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FAX (852) 2987 5900

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EMAIL managingmember@tollygungeclub.org
gauravpundir@tollygungeclub.org

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FAX (62) 361 771 797
EMAIL reservations@balinational.com

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Jalan Bukit Golf Indah No. 1, Karawang Barat 41361, Indonesia
SITE <https://www.lotuslakesgolf.com>
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FAX (62) 267 405 890
EMAIL marketing@lotuslakes.com

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FAX (62) 21 552 9187

PALM SPRINGS GOLF & COUNTRY CLUB
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FAX (62) 778-76122
EMAIL booking@palmsprings.com.sg

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TEL 0267 644730
EMAIL Marketing.karawang@palmspringsgolf.co

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FAX (62) 21 588 2391
EMAIL club@damaiindah-golf.com

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FAX (60) 6232 3578
EMAIL info@akcc.com.my

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FAX (60) 7434 2221

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FAX (60) 7428 6801

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SITE <http://www.bukitjawi.com.my>
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EMAIL kde@berjayaclubs.com

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FAX (60) 6497 9888
EMAIL rsmgccc@yahoo.com

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SITE <http://www.subanggolf.com>
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FAX (60) 37875 5267 (General) / (60) 37874 9796 (Golf)
EMAIL kgns@subanggolf.com

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SITE <http://www.kgswak.com/>
TEL (60) 8244 4791
FAX (60) 8244 1733
EMAIL info@kgswak.com

KELAB RAHMAN PUTRA MALAYSIA
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SITE <http://www.krpm.com.my/>
TEL (60) 36156 6870
FAX (60) 36156 0280
EMAIL krpm@krpm.com.my

KELAB REKREASI TENTERA UDARA (KRTU)
Pangkalan Udara Subang, 40000 Shah Alam, Selangor
SITE <http://www.krtu.net/contact-us>
TEL: (60) 3773 45535
FAX:(60) 3784 64415
EMAIL inquiries@krtu.net

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TEL (60) 9748 2102
FAX (60) 9747 2918

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FAX (60) 8824 0166
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TEL (60) 4238 5226
FAX (60) 4226 6535

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FAX (60) 9566 7042

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FAX (60) 5545 5046
EMAIL info@royalperak.com.my

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TEL (60) 39206 3333
EMAIL rsgc@rsgc.com.my

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FAX (60) 8822 5243
EMAIL sgcc@sgccsabah.com

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FAX (60) 7943 2301

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SITE <http://sigc.com.my/home/>
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FAX (60) 6678 8376 / 2309

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EMAIL reservations@suteraharbour.com.my

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FAX (60) 6231 4122
EMAIL tmgcc1@gmail.com

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FAX (63) 2723 8554 / 58
EMAIL inquiry@wackwack.com

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FAX 6545 2531

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SITE <http://www.orchidclub.com>
TEL 6755 9811
FAX 6752 7147

SELETAR COUNTRY CLUB **
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SITE <http://www.seletarclub.com.sg>
TEL 6481 4812
FAX 6481 3000

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249 Sembawang Road, Singapore 758352
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FAX 6752 0446
EMAIL golf.admin@sembawanggolf.org.sg

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SITE <http://warren.org.sg>
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FAX 6586 1235

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SITE <http://www.rcgcs.lk>
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FAX (94) 1126 87592

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FAX (66) 02516 8685 / 2010

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