





# Going Green





### **FACILITIES OPERATING HOURS**

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)	
Deliving Demon	Open	11am – 10pm (Mon)	
Driving Range	·	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 Main Reception for booking	
Mahjong Room	Open	11am – 10pm	
Jackpot	Open	10am – 10.30pm (Daily)	
F&B			
Tee Top	Open	7am – 9pm (last order 8.30pm)	
<u> </u>	Орен	(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 8129 5381 for booking	
WaterJoy	Open	Please call 9126 7203 for booking	
FACILITIES			
Little Harry's Pub	Closed	_	
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	_	

Updated 24/11/2020



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### **COMMITTEE & STAFF**

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Deputy Chairman	Ong Kim Pong	<b>Executive Staff</b>		
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Vice-President	Eric Tan	Leong Chee Kheong	Senior Manager	6933-3993
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		Golf Operations	0 1 14	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
		Edmund Chun	Senior Manager	6933-3966
		Fortuna Tan	Head, Golf Admin Project	6933-3953
		Yeo Chook Yuen Muhammad Izan	Senior Executive Senior Executive	6933 3951 6933-3951
		Jiang Cha	Senior Executive	6933-3998
		Kevin Chia	Golf Operations Specialist	6933-3951
		Membership	Con Operations operations	0,00 0,01
		Eunice Tan	Manager	6933-3963
KEPPE	:	Rochelle Wong	Executive	6933-3970
CLUB	· <del>-</del>	Social & Sports	5	2.000,70
FOUNDED 1904		Raziman Rahman	Operations Manager	6933-3981
Generations Coming	Together	Ashok Kumar	Assistant Manager (Tennis)	6933-3946

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## Dear members,

In the blink of an eye, we once again find ourselves at the end of another year. This year has been a tumultuous one, with the constant changes to the COVID-19 measures that we have had to observe.

With your cooperation, we have managed to keep the Club running without any issues with the authorities. Thank you for your help in keeping abreast of the measures and donning your masks as needed.

This month, we also find Singapore opening up a little more. Dining in larger groups is now allowed, and while Christmas celebrations will no doubt be on a smaller scale, being able to savour a meal with our loved ones is still a blessing. One that is no doubt hard earned, with all the sacrifices we have had to make due to COVID-19 measures.

Let us not get complacent, and continue to strictly follow the safe management measures that are laid out by the authorities. Through our combined efforts, we will hopefully be a few steps closer to more activities opening up to us.

For now, have a safe and very merry Christmas, and enjoy the festivities as we welcome the New Year.

Best regards,

### **Adeline Leow**

Corporate Communications Executive

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

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### e-MAGAZINE RATES

### Keppel Links (monthly publication)

AD POSITION	RATES
Outside Back Cover	\$1,600
Inside Front Cover	\$1,400
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## Beyond 2021

# Update on the main tender for Sime golf course



On Nov 3, 2021, the team met the tenderers and discussed the items that would need to be revised.



Tenderers provided sand and pipe samples to give us a better feel of the materials to be used.

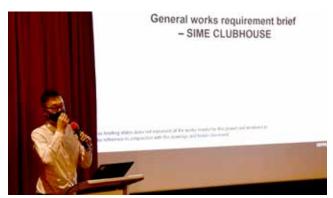
On Tuesday, Sept 30, 2021, we closed the public tender for the proposed renovations of the greens, green surrounds, greenside bunkers, tees, storm drainage, bridges and ancillary works.

There were two submissions for this tender, both from companies which have more than 20 years of golf course construction experience. However, the team felt that the submitted tenders had very high prices for certain materials, which was unacceptable.

Therefore, on Nov 3, 2021, both tenderers were interviewed and informed of their high-priced items, items to be omitted, and two new items to be included. Both tenderers agreed to review their high prices, as well as the omissions and additions, and re-submit their revised tenders by 12pm on Thursday, Nov 11, 2021.

The team has since been assessing the two tender proposals and is preparing to award the tender. We will have more updates for you once the tender has been awarded.

# **Opening of tender for the Sime Clubhouse renovation project**





Facilities Manager Mr Steven Loh conducting a briefing on the tender requirements, and taking them on a site walk-around at Sime Clubhouse.

On Nov 17, 2021, we held our first briefing for the tender exercise for the renovations to be done at Sime Clubhouse. This was followed up with a site walk-around for the potential tenderers in order to allow them to better understand the scope of work which is required.

In total, 13 parties have been confirmed to continue with the tender exercise. These 13 parties will need to

submit their tender proposals to us by the closing date on Dec 3, 2021.

The project team is aiming to proceed with the award of the tender by January, after which work is targeted to begin at the end of January. Renovations are estimated to take a period of six months.

We will bring you further updates once the tender exercise has come to a close and we have awarded the tender.







### Eligibility

- Aged 16 years old and under as of Jan 1, 2021
- . Boys: Handicap Index 14.0 and under, USGA Handicap as of Dec 1, 2021
- . Girls: Handicap Index 16.0 and under, USGA Handicap as of Dec 1, 2021

### Entry fees

- S\$50 w/GST for Keppel Junior members
- S\$90 w/GST for non-Keppel SGA ordinary, Associate or Affiliate

### Format of Play

- Strokeplay
- Boys from the Blue tees

Girls from the Red tees.

### Closing date

Dec 6, 2021

(Late entries may be accepted at the sole discretion of the OC)

### Term & Conditions

The Organising Committee reserves the right to make changes to the terms of competition and to accept or reject any application for participation in the competition

### The entry form, along with the entry fee must be submitted by Dec 6, 2021, 12pm to:

The Tournament Committee (c/o Mr. Izan) Keppel Junior Invitational 2021 10 Bukit Chermin Road, Singapore 109918 Email: izan@keppelclub.com.sq



## **Keppel Club team wins top spot at SGA Golf Day 2021**





Mr Jeremy Poon gives the team two thumbs up.

Mr Alson Ng holding the team trophy as well as his men's second place trophy.

Our Keppel Golfers recently received their trophies for their strong showing at Singapore Golf Association's (SGA) Golf Day 2021 on Sept 24, 2021, during which they clinched the top spot as a team representing Keppel Club.

Held in a Stableford format, the competition was held on Keppel Club's own Bukit Chermin course. Each participating Club sent their selected male and female golfers to represent the Club. To get the team's scores, the highest three scores from each Club's male golfers and highest score from the Club's female golfer was then added together.

The golfers representing Keppel Club for this competition game were selected based on their specified handicap bracket given by SGA. They are: Mr Alson Ng, Mr Jeremy Poon, Mr Khairul Sufian Junid, and Mr Wong Cheng Ho, as well as Mdm Ang Ah Tiew and Mdm Elise Foo.

The highest scores came from Mr Ng, who also scored second amongst the men, Mr Poon, Mr Khairul, as well as Mdm Ang, who also scored second amongst the women. They scored a total of 149 points—12 points higher than the second highest score from Sentosa Golf Club.

Keppel Links caught up with some of these golfers, who shared their experience on the day of the competition,

as well as their strategy to make sure they played their best on our home course.

### **Representing Keppel Club**

The Keppel Club golfers were certainly representing the Club in more ways than one. Besides wanting to score well to take the win, our golfers also had to don the mantles of being good hosts.

For many of the golfers from other Clubs, it was their first time playing on our golf course, which can be challenging with its undulating terrain. In the spirit of a fairer completion, our golfers were sporting enough to guide their flight mates on certain blind holes, as well as look out for their balls.

The social aspect was in fact an enjoyable aspect for many of Keppel's Golfers. Mr Ng said that one of the aspects that stood out from the event was the opportunity to meet golfers from other clubs in Singapore. Mr Khairul concurred. "Based on my flight, the atmosphere seemed more like a friendly social tournament, similar to that of a charity game."

### Playing well on home ground

Between the pressure of being a good host and playing well on a course which they were familiar with, the golfers managed to keep a cool head and play well. Each had their own strategy to try and make sure they were playing well during the tournament. For Mdm Ang, this meant visiting



Mdm Elise Foo smiling for the camera.



Mr Khairul Sufian Junid posing with the team trophy.



Mr Wong Cheng Ho takes a short.

the driving range to practise her short game a day before the tournament, and making sure she had a good sleep the night before.

To try and score as many points as he could, Mr Khairul played strategically. "My general strategy was to make par on every hole, and play for bogeys on some difficult. A good example is Hole 2. It is a relatively easy hole to play for bogey, but very risky to play for par."

At the end of the day, their individual strategies helped them to clinch enough points to secure the top position for the Club on the day of the competition. Congratulations on the stellar performance!



Mdm Ang Ah Tiew walks home with the team trophy as well as the women's second place trophy.

## Leaving Bukit Chermin

# **Bukit Chermin's abundance of festive joy**



Keppel Club's Annual Dinner and Dance in 1995.



Secret Agent themed party back in 1997.



To first-time visitors, Bukit Chermin's tranquility is striking. Those part of the Keppel family know, however, that when the time comes to celebrate, the Club has no shortage of festive cheer. With each celebration planned to a different theme, there's always something different happening, with the only constant being our Club's tradition of a love for celebrations.

In this community with a strong zest for life, festivities are not occasions, but a lifestyle. It can even be said that celebrations are a strong part of the Keppel Club tradition throughout the Club's long history. Everyone – young, old, male, and female – can join in the fun, and the parties don't end when the year's done.

### Fun all year round

Those who have attended one of Keppel Club's year-end parties will have experienced for themselves an electrifying atmosphere, abuzz with an abundance of excitement. Members celebrate the end of another year and ramp up to welcome the new year.

As the clock ticks closer to midnight, the excitement reaches its peak. The numbers count down and one year ends, and the air comes alive with excited well wishes for



Welcoming the new year in a line back in 2017.



Movie themed countdown event back in 2017.



Trump meets Kim – the cheeky theme of the year end countdown party in 2019.

the coming year. Members fall into step into a conga line that snakes its way through the dance floor amidst the cheer and jubilation.

The year-end parties can be considered both a celebration of the year that has passed and an opening of the new year with some festive fun, and boy is Keppel Club known for knowing how to celebrate.

In fact, the Club is especially well known for our themed parties, partly because of the attention to detail and effort that the staff put towards making sure everything comes together just right. Whether we're kicking the doors down to the New Year Kung Fu style, or partying chic to a Summer in Paris, our

decorations and costumes are always Instagram worthy.

The celebrations are of course elevated by members of the Keppel Club family, who sportingly dress to theme and glam up our photo booths with their wonderful costumes.

Our festivities are not just about style either—there's plenty of substance that goes into making sure our members enjoy themselves thoroughly during the festivities. Hundreds of Keppelites have been treated to a variety of performances at these festive celebrations—comedy skits by local celebrities, photo opportunities with exotic critters, magic shows, and even live concerts evocative enough to get guests dancing throughout the night.



Impersonation of Michael Jackson's dance performance, 2017.



Beautiful Christmas Lights on our towering Christmas tree, 2017.



The little ones with Santa at the Children's Christmas Party in 2001.



Photo session with Santa at the Children's Christmas Party in 2008.



Of course, when talking about Christmas, we must not neglect to mention the towering Christmas tree which is erected at the carpark in front of Keppel Club's clubhouse. Decorated with colourful baubles in the day, the tree is adorned with lights at night, as if bathed in jewels, and has over the past several years become a part of the Keppel Club tradition, well-known both inside and outside of the Club. Beautiful Christmas decorations such as our reindeer made from wooden logs accompany the Christmas tree, adding to the festive mood in the air.



Annual tennis dinner & prize presentation, 2018.



Masquerade night 2010.



Santa delivers presents by helicopter in 1983!

These are but a few of the fun and interesting programmes and decorations which help to set the mood of celebrations at Keppel Club. Each programme aims to delight and enchant Keppel Club members, and have all who leave the festivities do so with a jovial heart.

### Fun for members, by members

Keppel Club celebrations are more than the heart and soul that the staff pour into planning and executing events for the Keppel Family. Many events see members who step forward and give ideas, and even help to prepare for the events so that other members can have a good time.

Members who have served on the committee through the years have also shown their own spirit of celebration at our many parties. Committee members are always game to accede to members' requests, whether it be asking them to go on stage to sing or take part in the activities, and they have always done so wholeheartedly and without reservation.

### Something for everyone

Another common theme that you will find in the Club's many festivities at Bukit Chermin – every celebration always has something fun for everyone.

A deep-rooted tradition, Keppel Club's annual Children's Christmas Party sees kids dressed as superheroes, princesses and other personas waiting their turn to snag a gift and sit beside Santa Claus.

Party organisers have also constantly gone the extra mile to put a smile on these children's faces. Beyond meticulously gift-wrapping every present, they also wowed their little guests when Santa and his bag of gifts arrived in a helicopter in 1981.



We Care Initiative, 2011.





Ve Care Initiative, 2014.



Heritage Night 2018.

While there hasn't been a dedicated Children's Christmas Party in recent years, Keppel Club's celebrations being ones where there is "Something for everyone" remains central to our ethos. After all, being a Club where generations come together, making sure that all from the little ones to the young-at-heart have something to celebrate is key to ensuring that everyone has a jolly good time.

As club membership has grown over time, so too has the tastes and preferences of members that shaped the Club's many festivities.

Celebrations are not restricted to just golf or golf-themed events. To add a refreshing spin to regular fixtures, Keppel Club has hosted parties inspired by popular culture. The annual We Care initiative, held between 2005 and 2014, saw the Club welcome iconic characters from the Star Wars

franchise and even play host to rugged pirates and Zorroinspired bandits.

No effort was spared to bring these different themes to life. Keppel Club transformed into a makeshift museum as part of Heritage Day celebrations, with staff dressed as samsui women, schoolgirls from the 60s and 70s, and other nostalgic characters. Staying true to the jungle theme for one Dinner and Dance, the Club brought in live parrots for guests to admire and take photos with.

### Keeping the festive spirit alive

Even as Keppel Club's time at Bukit Chermin comes to a close, the community's love for celebrations and occasions will surely define Keppel Club's next chapter.

It is not a matter of scale, but of community. Despite COVID-19 restrictions, no effort was spared to keep the





Earth Week, 2018.





Keppel Ladies Open, 2019.



Inter-club friendly, 2018.



Keppel Charity 2019.

Club's passion for festive cheer alive at the recent Keppel Charity Golf and National Day Golf events. The success of those events was only possible thanks to the shared commitment of the organisers and members.

Indeed, Keppel Club's tradition of celebration is one that is deeply rooted in a heart of commitment that leads to members and staff alike putting forth every effort to make the festivities enjoyable for the Keppel Club family as a whole. And as Keppel Club charts a new path at Sime Course, this commitment certainly isn't going anywhere.

From the attention to detail and thoughtfulness that goes into the planning, to the extra effort that goes towards making our decorations the talk of the town, we hope to bring our spirit of celebration and our various traditions to our new home at Sime.

To more festive cheer ahead!



Ms Lauren Yeo (front) and Ms Lo Pui Sze putting up a superb performance at Keppel Charity gala dinner 2018.

## **Children's Christmas Party**

Shrieks of excitement and happy laughter were a constant at the Children's Christmas Party each year.









1981



## **Children's Christmas Party**











2009.





## **Christmas Fun Game**

Christmas Fun Games have always been a colourful event where golfers come decked out in their Christmas best. The warmth between Keppel Club's golfers was always apparent in this seasonal event.











2019.

## **Christmas Fun Game**





2018.









2018.

## **Year-end Dinner and Dance**

Another highlight of our Club's annual parties were the Year-end Dinner and Dance parties. Members dressed to a fresh new theme each year for a fun night out.



1980.









2014.

## **Year-end Dinner and Dance**





2014.





2017.



2015.

## **Year-end Dinner and Dance**



2015.



2013.





## Long Service Award 2021

## A second family in the workplace



From left to right: Ivy Ng, Raymond Heng, Jin Hao, Poh Seng Chek, Liu Ting, Anna Pereira, Ho Guan Poh



From left to right: Leong Chee Kheong, Trecia Pang, Ramlan Bin Jumani, Sapari Bin Ali.

Each year, Keppel Club recognises members of the staff celebrating multiple years of service to the Club. Their years of dedication and hard work are part of the reason why the Club feels like such a warm and familiar place.

This year, we are delighted to present the Long Service Award certificates and tokens of cash to 18 staff members of the Keppel family who have served members from their heart.

Hailing from different departments in the Club, one of the longest serving recipients has been with the Club for a whopping 30 years!

This year is a poignant one as we get ready to bid farewell to our home at Keppel Club. We hope that these 18 loyal staff have found this journey to be a worthwhile one, and look forward to their continuous service and support as we embark on a new chapter at Sime.



From left to right: Thangavel Sakthivel, Jonis Bin Majuda, Jumaat Bin Katri, Nasrom Bin Mansor, A Murugesan A/L Ayah Kanu, Zhang Qinghai.

Staff	Years	Department
Nasrom Bin Mansor	30 years	Golf Course Maintenance
Poh Seng Chek	20 years	Golf Operations
A Murugesan A/L Ayah Kanu	15 years	Golf Course Maintenance
Anna Pereira	15 years	Golf Operations
Jumaat Bin Katri	15 years	Golf Course Maintenance
Ramlan Bin Jumani	15 years	Golf Operations
Sapari Bin Ali	15 years	Golf Operations
Shaby Mohamed Sahrin Salleh	15 years	Sports
Leong Chee Kheong	10 years	HR & Admin
Zhang Qinghai	10 years	Golf Course Maintenance
Raymond Heng	5 years	Tee Top
Ho Guan Poh	5 years	Housekeeping
Jin Hao	5 years	Tee Top
Jonis Bin Majuda	5 years	Golf Course Maintenance
Liu Ting	5 years	Little Harry's Pub
Ivy Ng	5 years	Jackpot
Thangavel Sakthivel	5 years	Golf Course Maintenance
Trecia Pang	5 years	HR & Admin



## Leaving Bukit Chermin

## A legacy of service from the heart



Time to relax after the successful Keppel Charity Golf 2019.



Appreciation lunch for golf course staff 2008.



Staff day 2018.

In Keppel Club's long history, we have had many dedicated staff who have put their all into making the Club a comfortable and enjoyable place for members to come home to. In fact, when talking to Keppel Club members and staff alike, you get a sense of camaraderie—of a second home and family.

This is in part due to the warmth that can be found in the Keppel Club family, and of course our staff who go the extra mile to make members feel at home. Keppel Club would not be the same without our dedicated staff, especially the long serving staff who have made the Club feel as comfortable as home for many of our members.

"Coming to work here every day is like coming home to greet my family," says golf senior manager Edmund Chun. A far cry from the start of his career here in 2000, which started simply because he wanted to trade the humdrum of his dreary sales job for his love of golf.

Edmund is but one of the many stalwarts who has been with Keppel Club for many years. Many of his fellow veterans share the same quiet enthusiasm for their work.

As we look back on our stay at Bukit Chermin, we spent some time with a few of the staff who have been with the Keppel Family for a while, and talked about what Keppel Club has come to mean to them, their ethos when it comes to service, and their hopes for the Club as it opens a new chapter in its history.

### From strangers to family

Keppel Club's ranks are filled with employees of all walks of life.

Some, like Edmund, wanted to rekindle the love for golf they discovered in their younger days. For golf marshal Ibrahim, reliving his experiences as a part-time caddie gave him more joy than the technical rigors of being a maritime technician.



Group photo taken during Earth Week event 2018.



Our lovely ladies dressed as Samsui Women for Heritage Night 2018.

"I've enjoyed my work here for the past 24 years, and the pace and demands of my job are comfortable enough for me to carry on," says Ibrahim.

Golf caddie Poh Seng Chek also concurs. Another reason to stay, he adds, is the warmth of club members and his fellow teammates.

"Members often look out for me and ask about my day, and we check in with each other whenever we don't get to meet in a while," reflects Poh.

Other staff joined Keppel Club in the pursuit of opportunity. Take Tee Top captain Hu Hu, who joined simply as a means to living in a foreign country, and instead found comfort in a friendly



Mr Ian Kok Seng, Hard work goes into maintainin the Clubhouse from day to day.

community far away from home. Hu Hu shares that she initially found her work frustrating, but steadily grew accustomed to her role. She credits the relentless support that club members offered her for her optimism and drive.

There were also many heartfelt occasions that made her time at Keppel Club even more memorable. "Even though I'm not close to them, some members and staff actually remember my birthday," she recalls. "They also always remember to buy me treats when they travel abroad."



Lian Jie and Uncle William in their younger days back in 2009 – familiar faces to many of our longtime members.

Tee Top cashier Li Juan also values that closeness. Working at Keppel Club was her first job in Singapore, and she expected to be treated the same as she would have been in China. Today, she reciprocates the friendly gestures of club members by memorising each and every one of their dining preferences.

### **Those special little moments**

Friendly gestures are just one of many positive experiences that inspire the Club's veterans to do better every day. Some whom we spoke to also shared extra-special moments that made their time with Keppel Club even more fulfilling.



Group photo taken during Heritage event 2018.





Cleaning up the creek 2008.

For golf marshal Sapari, that feeling of genuine care convinced him that staying with Keppel Club was the right choice to make 15 years ago. "I was sick on several occasions, and to my surprise, some club members bought me meals and medicine!" He shares with a smile.

Sapari had worked at other golf courses before, but the warmth that touched him was uniquely Keppel Club's.

Hu Hu also discovered - and admired - that same genuineness. Unlike other F&B establishments she has worked at or patronised before, staff at Tee Top were free to express their individuality on the job. "It didn't feel like everyone was putting on a façade," she adds.

Being able to be themselves meant that staff and club members often mingled not as one might expect, but as one big family. For golf receptionist Anna, that meant catching up her beloved members over the occasional afternoon tea.

"Most members I've met over the years are friendly, and I love how we look out for each other like family," she says.

### **Catching up with the times**

Just like any organisation, Keppel Club has had to constantly innovate to stay relevant to new members. For stalwarts among the club's ranks, dealing with change is a challenge not all of them can surmount.

At Tee Top today, physical menus are nowhere to be found.

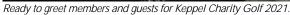
New machines quietly toil away on the floor, helping the team keep pace with customer orders. Li Juan also notes the regular promotions Tee Top has for drinks nowadays, and the improvements in service standards over the years.

"We often look for feedback from our customers when collecting dishes or receiving payment at the cashier," she adds. The occasional praise from customers about the quality of Tee Top's dishes reminds her that going the extra mile is worthwhile.

Golf receptionists have also had to keep up with the times. "Our systems were more straightforward to deal with in the past," shares golf receptionist Kamaria. "Today's systems are more thorough, and require a lot more effort on our part," she says.









Birthday celebration for Mr Leong Chee Keong in 2020. (Photo taken before COVID-19 restrictions kicked in.)

Still, changes in workflow often feel easier to manage compared to the changes in membership over the years.

Keppel Club counts more and more foreigners among its members, and communication can sometimes be a struggle for non-native speakers, highlights Ibrahim.

Unlike older members who are more flexible in their demands, golf senior manager Edmund says that the club's increasingly younger crowd often come with a higher set of expectations. "Older members often treat me like a friend, while younger ones might feel more distant," he adds.

As older members fade away, Tee Top's Hu Hu also feels a tinge of sadness. According to her, some of her closest customers are already in a better place. "I feel sad that I'm unable to say any parting words with them before they bid me goodbye for good," she says.

### Best wishes ahead

Despite these challenges, many veterans that we spoke to are optimistic that the values inculcated in them will drive the club's success at Sime Course.

For Ibrahim, that means readily identifying the problems that golfers face during their games and helping them in a friendly and fast manner. "New members are naturally less familiar with golfing rules, but they're also very active," he notes. Keeping a friendly face and being readily approachable can help grow their interest in the sport and draw new faces to the Club.

Solving problems for club members is already a daily exercise for Edmund. "When members have a request, I don't differentiate by department," he adds. "I simply do the best I can."

Indeed, this is an attitude that the warm and friendly atmosphere at the Club has perpetuated in many of our staff, who work hard to meet members' expectations with sincerity. They put effort into the little things that make Keppel Club feel like home, paying attention to regular member's preferences and needs.

In many ways, the veterans in the Club seem to agree—quality service is in the little things. Going above and beyond what's required from the job, and giving personalised service from the heart.



## Wrist and hand exercises you can do at your desk

Whether you're teeing off at Keppel Club or grabbing a cold one at the pub, your hands and wrists are needed to do the job. Unfortunately, many lifestyle choices we make today result in trauma or injury that can worsen into chronic health issues

Here's how to keep your hands and wrists in great shape with five quick exercises you can do at your desk.

A gentler reminder: If unsure whether these exercises are for you, please consult a doctor for advice. Check in with our trainers if you're unsure how to properly perform a stretch.

### **Desk press**

If you're working a deskbound job, chances are your biceps are often limp throughout most of the day. Desk presses can give your biceps a quick work out and build strength across multiple muscles, including those along your wrists to inner elbows.

### Step 1

While seated, place your palms facing up under a desk or table.

### Step 2

Press your arms upwards against the bottom of the desk. You should feel adequate tension.

### Step 3

Hold for 5 to 10 seconds. Repeat as many times as you can.

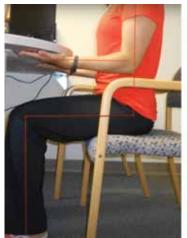




Photo credit: Cortney Nicholson

### Wrist rotations

Do your hands feel sore and tired after carrying groceries from the supermarket? Wrist rotations can give your hands and wrists a dexterity boost and build your grip strength.

### Step 1

Start by stretching your arms out in front of you.

### Step 2

Slowly point your fingers down until you feel a stretch. With your other hand, gently pull your raised hand towards your body. Hold for three to five seconds.

### Step 3

Point your fingers toward the ceiling. Use your other hand to gently pull your raised hand toward your body. Hold for three to give seconds.

### Step 4

Repeat this exercise about three times.



Photo credit: Medical News Today

### Figure eights

Wrist figure eights are a great exercise that primarily targets your wrist flexors. They're great for a quick stretch at your desk, or a warmup exercise before a more rigorous workout.

### Step 1

Interlace your hands in front of your body. Tuck your elbows into your sides.

### Step 2

Make a figure-of-eight motion with your hands. Rotate your wrists so that one is on top of the other.

### Step 3

Maintain this pattern for 10 to 15 seconds.



Photo credit: Healthline

### **Spiders-doing-pushups**

A great exercise that targets the median nerve, spiders-doingpushups are an easy stretch you can do anytime. This exercise also stretches your carpal tunnel structures, making it a great solution for alleviating symptoms of carpal tunnel syndrome.

### Step 1

Place your fingertips together. Point your hands down towards the ground.

### Step 2

Slowly spread your fingers apart as far as possible. Keep your fingers together.

### Step 3

Return to the original position and repeat it.



Photo credit: Healthline

### **Claw stretch**

Do you feel like your fingers are getting less flexible than they should be? A couple of claw stretches can widen the range of motions your digits can do.

### Step 1

Extend your hand in front of you. Your palm should be facing you.

### Step 2

Bend your fingertips so that they touch the base of each finger joint. Your hand should resemble a claw.

### Step 3

Hold for 30 seconds to a minute, and then release. Repeat up to 4 times with each hand.

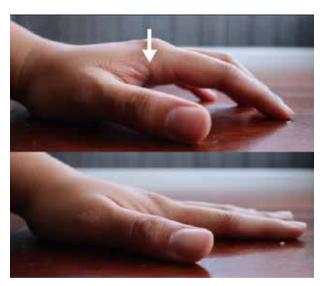
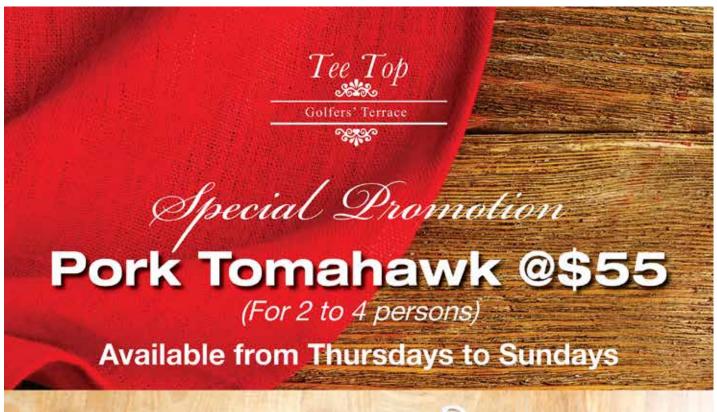
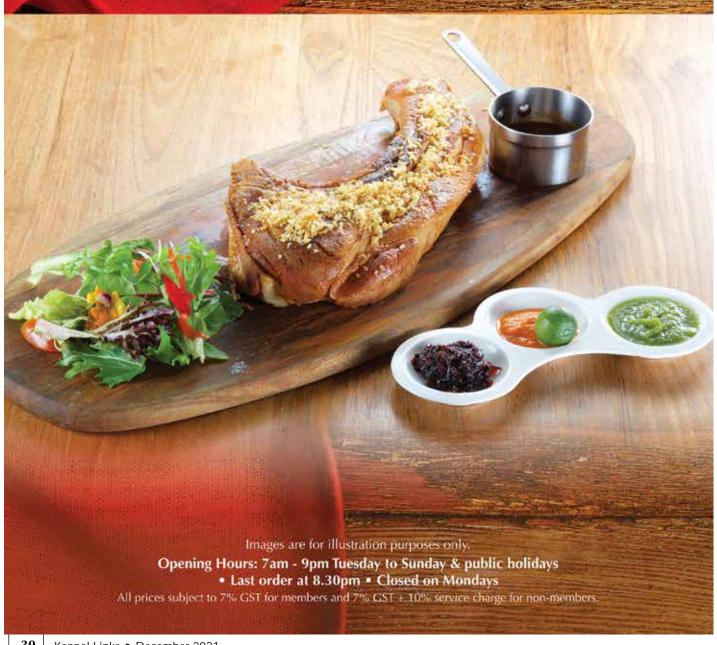


Photo credit: Stress Less













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- \* Promotion Period: 1st Dec 31st Dec 2021
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