



WARREN
GOLF & COUNTRY CLUB

May/
Jun
2022

WARREN TIDINGS

A publication of Warren Golf & Country Club

e-AGM 2022
Friday 06 May, 7.00pm SGT

WARREN TIDINGS - MAY / JUNE

e-AGM 2022
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MESSAGE FROM HONORARY SECRETARY

Catherine Kwek

A recent research has shown that a quarter of Singapore employees intend to quit their jobs in the first half of 2022. Employees nowadays are facing increasingly blurred lines between their professional and personal space - almost living at work, instead of working from home. This phenomenon is spreading and has affected so many that it has become a notable topic.

While it seems that employees in Singapore may not be resigning at a similar rate as our counterpart in the USA, it does not mean that organisations should be taking attrition lightly. With low engagement levels and a high risk of burnout, we can never be too sure of Singapore employees' tipping point.

Although our Club has had a very stable and sustainable workforce over the last year with a very low turnover of 2.1%, this does not absolve from the "Great Resignation Phenomenon" that is likely to sweep across many sectors in Singapore.

One key element to ensure that our employees are not affected by this phenomenon is having more effective employee engagement initiatives to promote their physical and mental well-being in order to enhance their work life harmony in the Club.

Employee engagement will always remain a priority for the Club through better employee benefits, reskilling and upskilling of our employees as well as team bonding activities. Therefore, our first employee engagement initiative of 2022 was our annual Chinese New Year celebration with the giving out of bento lunches, pineapple tarts and mandarin oranges for every employee including extending an abundant "e-ang pow" to top our celebration.

On the learning and development front, we had just conducted a programme on "Strategic Thinking and Planning" for our leadership team in February, which was a timely intervention for our team as they continue to fine tune their plans for the year.

We will also continue with our Driving Service Excellence Journey with several training programmes being lined up, such as, "Influencing with Finesse", "Scaling Greater Heights Together" and "Building Enduring Relationships with T.R.U.S.T." for all our front-line employees. These training programmes are aimed at enhancing the level of customer experience for our members and guests and will be conducted over the whole of 2022 and 2023.

On employee engagement, we have just concluded a "Work Life Harmony (WLH)" survey for all our employees with the objective of gathering feedback on their views of work life balance and with this feedback, it will assist us in developing a strategy for the improvement of our employees work life balance in the Club.

The Staff Welfare Committee (SWC) has also lined up a series of activities, both indoor and outdoor including the annual Staff Day. We have since organised weekly football games for the ardent football players in the afternoons of every Mondays and have also conducted an exploration walk for our employees to the Central Rail Corridor (CRC) on 30 March to allow them to experience the heritage, biodiversity and greenery of the old Bukit Timah Railway.

Some of the activities in the pipeline are futsal, bowling, carrom and darts competitions. Besides all these, we also planning to host our annual Staff Day in October promising lots of good entertainment, great lucky draw prizes, fantastic ambience and a sumptuous dinner.

Thus, with all these employee engagement initiatives, it is our hope that our employees will actively participate to enable us to build a culture of mutual connection and bonding.





GM SPEAKS...

Jinder Aujla

With the Annual General Meeting (AGM) convening in a week's time, I hope members have registered for the virtual AGM (e-AGM) at <https://wgccagm2022.com> so that you could log in on 06 May 2022 at 7.00pm. Members who have yet to register for the e-AGM, please do so by 04 May 2022, 5.00pm and if you need any support do contact our Membership Team at 65861219/223/238 or email membership@warren.org.sg and they will be delighted to assist.

With the announcement on the resumption of nightlife businesses by the multi-ministry task force, the Water Hazard has since re-opened on 19 April 2022. I am pleased to see members returning and enjoying their drinks with friends and associates again. Members can also look forward to Live Band Performance resuming from 07 May 2022 on every Saturday, 8.00pm. Members please be reminded to observe the new safe management measures that are in place at Water Hazard especially mask should be worn at all times during singing. With the cooperation of all members, we can keep Water Hazard open for members' safe enjoyment and entertainment.

In May and June school holidays, our Sports Team has planned a series of programmes, sports meet and camps for members to register for their children to keep them physically fit and well. Under our Warren Kids' Club, we have in the pipeline the Mother's Day Giant Heart Cookie Making Workshop, Weekend Surprise Challenge and also Kids' Birthday Party exclusively for our Warren Kids' Club Members. Do help your little ones to register and be part of this family.

Under Warren Cares, the Club will be planning the third goodie bags distribution to another 40 needy families under Lakeside Family Services in June. The success of our last two goodie bags distributions will not be possible without the active participation of members volunteering their valuable time. We will be calling out for volunteers nearer to date and we look forward to your continued support.

I would like to take this opportunity to wish our Muslim members, Selamat Hari Raya Aidilfitri! Not forgetting all mummies and daddies, have a Happy Mother's and Father's Day too.

MONTHLY MEDAL RESULTS

March

Men (Format - Strokeplay)

| Division | Name | H.I. | Result |
|--------------------|------------------------|------|----------------|
| Overall Best Gross | Sean Pang Cheng Ee (J) | 1.8 | 72 gross |
| Best Gross A | Samir Bedi | 1.4 | 75 gross |
| Best Nett A | Quah Siew Huat | 6.8 | 69 nett |
| Best Gross B | Lem Kean Su | 11.7 | 81 gross |
| Best Nett B | Chia Chin Lye | 13.6 | 66 nett (ocb) |
| Best Gross C | Lee Chee Siong Akeem | 16.3 | 85 gross (ocb) |
| Best Nett C | Chua Sue Hong | 21.7 | 66 nett (ocb) |

April

Men (Format - Strokeplay)

| Division | Name | H.I. | Result |
|--------------------|------------------------|------|----------------|
| Overall Best Gross | Lem Kean Su | 9.3 | 75 gross (ocb) |
| Best Gross A | Sean Pang Cheng Ee (J) | 0.4 | 75 gross |
| Best Nett A | Alvin Sim Thiam Fatt | 9.3 | 66 nett |
| Best Gross B | Ong Eng Loke | 12.1 | 78 gross |
| Best Nett B | Quek Chiau Beng | 11.3 | 66 nett (ocb) |
| Best Gross C | Swee Tai Nam | 17.3 | 81 gross |
| Best Nett C | Wong Soon Huat | 17.4 | 63 nett (ocb) |

Ladies (Format - Strokeplay/Stableford)

| Division | Name | H.I. | Result |
|--------------------|-------------------------|------|--------------|
| Overall Best Gross | Chen Xingtong (J) | +0.5 | 72 gross |
| Best Gross A | Asara Sawhney (J) | 5.8 | 84 gross |
| Best Nett A | Neo Choon Sian Erin | 14.2 | 68 nett |
| Best Gross B | Tan Kheng Tee | 18.5 | 84 gross |
| Best Nett B | Katherine Kua Lay Tin | 20.8 | 68 nett |
| Winner C | Chua Cheng Hiang Yvonne | 29.4 | 41 pts (ocb) |
| Runner-Up C | Ong Lay Khuan Susan | 28.6 | 41 pts (ocb) |

Ladies (Format - Strokeplay/Stableford)

| Division | Name | H.I. | Result |
|--------------------|--------------------------|------|----------------|
| Overall Best Gross | Kwek Chia Ling Catherine | 9.1 | 82 gross (ocb) |
| Best Gross A | Jeon Mee Ae | 10.5 | 82 gross |
| Best Nett A | Yoo Seong Sook | 13.4 | 67 nett |
| Best Gross B | Chen Liang Yi | 18.6 | 85 gross |
| Best Nett B | Kan Oi Yen Esther | 21.5 | 68 nett (ocb) |
| Winner C | Ng Lee Peng | 25.2 | 42 pts |
| Runner-Up C | Lim Mong Kin Alicia | 25.3 | 41 pts |

HOLE-IN-ONE ACHIEVERS



Lim Siak Khuang
13/2/2022
Hole 16



Zhang Xue Hai
16/2/2022
Hole 14



**Lau Yew Ginn
Stewart**
16/2/2022
Hole 4



**Goh Lye Poh
Jeffrey**
18/2/2022
Hole 11

Chai Seong Choy
11/2/2022
Hole 4



Kang Yong Chiang
19/2/2022
Hole 11



Tey Yoke Moy
1/3/2022
Hole 14



Shin Yun Jung
1/3/2022
Hole 14



Pang Weng Fai
4/3/2022
Hole 7

**Fernandez De
Gamboa
Olabarri Daniel**
19/3/2022
Hole 7



Wong Kai Wai Jacky
18/3/2022
Hole 14

SGA Inter-Club League 2022

Hosted by the Singapore Golf Association (SGA), the League will be held from 13 March to 08 May 2022. Our Club participated in the event alongside with eight other Clubs including Singapore Island Country Club, Keppel Club, Sentosa Golf Club, Changi Golf Club, Seletar Country Club, National Service Resort & Country Club, Tanah Merah Country Club and Sembawang Country Club.

| Leg | Date | SES | Host Club | Division |
|-----|---------------------|-----|-----------------------------------|---------------------------|
| 1st | Sunday, 13 March | PM | SICC, Island Course | Premier, A, B (Men) |
| | | PM | NSRCC, Kranji Course | Men's Senior & All Ladies |
| 2nd | Wednesday, 23 March | PM | Warren Golf & Country Club | Premier, A, B (Men) |
| | | PM | Seletar Country Club | Men's Senior & All Ladies |
| 3rd | Wednesday, 06 April | PM | Keppel Club | Premier, A, B (Men) |
| | | PM | Sembawang Country Club | Men's Senior & All Ladies |
| 4th | Wednesday, 20 April | PM | SICC, Island Course | Men's Senior & All Ladies |
| | | PM | TMCC, Tampines Course | Premier, A, B (Men) |
| 5th | Sunday, 08 May | PM | Changi Golf Club | Premier, A, B (Men) |
| | | PM | Sentosa Golf Club, Tanjong Course | Men's Senior & All Ladies |

We are pleased to share that Warren is currently ranked 1st with great achievement from our Teams in their respective Divisions in the 1st and 3rd Leg. Congratulations to our players and keep up the good performance till end of the League!



Club Captain, Mr Charles Teo present at SGA League to support our Ladies Team.

| Rank by Total Points | Teams | Total Points |
|----------------------|--|--------------|
| 1 | Warren Golf & Country Club | 64.00 |
| 2 | Singapore Island Country Club | 47.00 |
| 3 | Tenah Merah Country Club | 46.00 |
| 4 | Sembawang Country Club | 42.00 |
| 5 | National Service Resort & Country Club | 39.00 |
| 6 | Seletar Country Club | 36.00 |
| 7 | Keppel Club | 35.00 |
| 8 | Sentosa Golf Club | 27.00 |
| 9 | Changi Golf Club | 21.00 |





1st Leg (Sun, 13 March) – Warren Golf & Country Club

| Division | Points |
|---------------------|--------------|
| Premier | 6.00 |
| A (Men) | 6.00 |
| Senior (Men) | 10.00 |
| A (Ladies) | 11.00 |
| B (Ladies) | 11.00 |
| Senior (Ladies) | 9.00 |
| Total Points | 53.00 |



3rd Leg (Wed, 06 April) – Warren Golf & Country Club

| Division | Points |
|---------------------|--------------|
| A (Men) | 11.00 |
| Total Points | 11.00 |



Remarkable Achievements From Aloysa Atienza In Australia Golf Tournaments

golf

Our Lady Golfer, Aloysa had a fulfilling March 2022 as she competed in several tournaments in various parts of Australia. She participated in the Riversdale Cup, held from 10 - 13 March at Riversdale Golf Club in Melbourne, Rene Erichsen Salver, held from 22 - 25 March at Royal Adelaide Golf Club in Adelaide and Australian Women's Amateur Championship, held from 29 March - 01 April at Cranbourne Golf Club in Melbourne. We are pleased to share that she finished 7th, 8th and 9th position in these tournaments respectively.

She is excited to share her experiences and thoughts on the recent tournaments as follows: -

"It was my first time competing over a stretch of 4 weeks whilst living out of a suitcase. It was definitely a great experience because I would think that is how professionals do it, travelling and competing week in and week out. Over the weeks, I felt myself feeling more confident about my game and setting higher goals for myself. I would see myself winning the tournaments rather than just finishing in the top 10 or making the cut. I think that alone helped me to play better because I had the self-belief. One of my biggest takeaways from playing these events is making sure that I acknowledged the "small wins" even if I did not win the tournament. Some of these small wins were making the most birdies on day one of the Rene Erichsen Salver and having the low round of the day on the third round of the Australian Women's Amateur Championship. Finishing Top 10 for 3 consecutive events in foreign soil is definitely a remarkable achievement for me. My goal is to continue building up the momentum leading up to the SEA Games and hopefully take home a medal."

Congratulations on her splendid performances!



Photos credit to Golf Australia

Do you know as a Golfer?

1. It takes a few extra seconds to repair a ball mark to keep the putting greens looking and playing their best.
2. Failing to repair a ball mark may seem like a minor oversight, but there are lasting consequences. Unrepaired ball marks can take weeks to heal, during which they can cause balls to bounce off line. The damage to the putting surface is also an entry point for weeds to go and this can cause serious problems.
3. With the correct technique, almost any pointed tool can be used to successfully repair a ball mark.

How To Repair a Ball Mark

A few extra seconds is all it takes to keep the putting greens looking and playing their best.

USGA



CHOOSE WISELY

A ball mark repair tool is recommended, but other pointed devices can be used.



PUSH DON'T PRY

Starting from the back and sides, gently push & stretch the turf to the center of the mark.



WORK AROUND

Work around the ball mark until it's filled in. Avoid lifting & twisting the turf harshly.

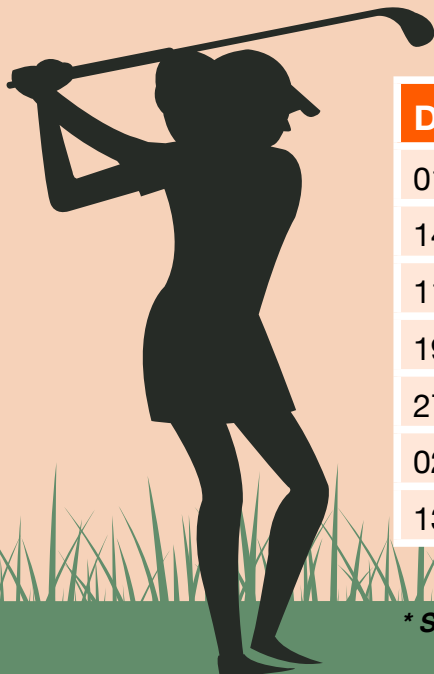


FINAL TOUCH

Use your putter to lightly tap down the mark. Fix other marks in addition to yours.

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UPCOMING GOLF EVENTS



| DATE | EVENT* |
|-------------------|-----------------------------------|
| 01 May 2022 | Founder's Day |
| 14 - 15 May 2022 | May Warren Mixed Monthly Medal |
| 11 - 12 June 2022 | June Warren Mixed Monthly Medal |
| 19 June 2022 | Lady Captain's Cup |
| 27 June 2022 | June Warren Junior Medal (9-hole) |
| 02 - 03 July 2022 | July Warren Mixed Monthly Medal |
| 13 - 15 July 2022 | 11th Warren-Uniforce Amateur Open |

* Subject to changes

WARREN JUNIOR MEMBERS EMERGED AS CHAMPIONS IN THE SGA HSBC YOUTH GOLF CHALLENGE (2ND LEG)

The annual SGA HSBC Youth Golf Challenge returned this year at Warren from 15 to 17 March 2022. We are delighted to see the young golfers excelling in the game and building camaraderie on the fairway. Two of our Junior members, Sean Pang and Chen Xingtong participated in this event and emerged as champion in their respective division.

For the Boys B Division, Sean clinched the champion title after recording a total gross of 218. Meanwhile, in the Girls B Division, Xingtong ended the challenge and emerged as champion with a spectacular result of 214. Heartiest congratulations to our Juniors for the splendid performance.



Girls B Division Champion, Xingtong (L), with Vice Captain, Bryan Ong and Boys B Division Champion, Sean Pang (R)

After the event, the Club had invited them to share their game plan and experience as well as the winning thoughts too. We are pleased to share the following interview coverage with our champions: -

Chen Xingtong

What was your game plan to play at SGA HSBC Youth Golf Challenge at Warren?

Since Warren is my home Club, I am very familiar with the course so I do not really need to have a game plan. I guess if I must, the game plan would probably be 'relax and don't panic'.

How would you describe your game?

Since last year, I have participated in golf tournaments in almost every month and I have gained experience in dealing with the stress of the game, the good days and the bad. Honestly, it was the same as any other tournament, but looking back now, I still cannot believe it. I just try not to focus on my scores and play my own game. The putting on day 3 was great and I think that was the main factor in my win.

What is your winning thoughts and is there anyone you would like to show your appreciation to?

Honestly, I am glad that I won. Sometimes it is like a dream. I really appreciate my coach, Uncle Sam who has been teaching and guiding me through my little 'slumps'. I would like to thank my parents for always supporting me in pursuing golf and who have always pushed me to greater limits. I will continue to work hard. And I would also like to thank Warren Golf Team for arranging the special 9-hole practise rounds for my preparation.



Sean Pang**What was your game plan to play at SGA HSBC Youth Golf Challenge at Warren?**

Leading up to this event, I was finding as much time as possible to get onto the course to practice, as I developed my game plan by deciding which holes to attack, my club selection and knowing where to place my ball. Thank you to Warren for being supportive and offering the practice tee times, I really appreciate it. During the event, my mental goal each day was simple - to play as well as I can for that day, regardless of what had happened just take 1 shot at a time and not to overthink. This freed me up and helped me stay in the present.

How would you describe your game?

I was quite happy with my game throughout the event. I was driving the ball well, which proved to be a big advantage as all par 5s became reachable in two. My ball striking was decent, and I felt like I was in control of where the ball went. The greens were rolling pure and fast, which made putting a challenge on the first day, but course familiarity helped me to adapt fast on the next two days. Something I can improve on is my short game and the touch around the greens. On reflection, this was where I could have improved my up-and-down percentage and saved more pars.

What is your winning thoughts and is there anyone you would like to show your appreciation to?

Feels great to win an event wire-to-wire! Definitely a bonus to win by a comfortable margin as well. I would like to thank SGA for organising, HSBC for sponsoring, and Warren Golf & Country Club for hosting this event. A huge thank you to all the volunteers, referees and marshals for making this event a success. I would like to thank my coaches for their guidance and advice leading up to this event. Grateful to have peers whom I can practise with in the weeks leading up to this event as well. Most importantly, this result would not have been possible without the unwavering support and encouragement from my family.



Photo credit to SGA





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NOTICE OF VIRTUAL ANNUAL GENERAL MEETING (E-AGM) 2022

Dear Members

In view of the COVID Omicron wave and the changing Safe Management Measures, the Committee has assessed that it would not be possible to hold an onsite Annual General Meeting for all its members this year. Pursuant to the COVID-19 (Temporary Measures) (Alternative Arrangements for Meetings) Orders which are extended beyond the original expiry date of 30 June 2021, the Annual General Meeting this year will continue to be held via a virtual platform. For more information on this Covid-19 Order, you may visit the Registry of Societies' website at <https://www.ros.mha.gov.sg>.

Notice is hereby given that the Club's Annual General Meeting ("e-AGM") 2022 will be held by way of electronic means on:

| | |
|-----------|---|
| Day/Date: | Friday 06 May 2022 |
| Time: | 7.00pm SGT |
| Venue: | Virtual Platform at https://wgccagm2022.com |

Members may only attend the Annual General Meeting by observing and listening to the proceedings of the meeting via a "live" webcast. The Club has engaged service provider, Imavox Asia Pte Ltd, to facilitate the e-AGM process.

AGENDA OF THE E-AGM

1. To confirm the minutes of the Annual General Meeting of 14 May 2021.
2. To receive the President's Report. *(please refer to Annual Report 2021)*
3. To receive the Captain's Report. *(please refer to Annual Report 2021)*
4. To receive the Honorary Treasurer's Report, approve the Auditor's Report and Audited Financial Statements for the financial year ended 31 December 2021 and adopt the Club Budget for Year 2022. *(please refer to Annual Report 2021)*
5. To appoint auditors for the financial year ending 31 December 2022.
6. To transact any business raised by Management Committee.
 - (a) To consider, and if thought fit, approve amendments to the voting procedures to Article 12.2.6 (Please refer to **Appendix 1** for proposed amendments to the Club Constitution).
 - (b) To consider, and if thought fit, approve replacing "Editor" with "Marketing Communications Convenor" in Article 13.1.2(b) (Please refer to **Appendix 2** for proposed amendments to the Club Constitution). Please click [here](#) for Appendix 1 and 2.
7. To transact any business raised by any member who has given 10 clear days written notice to the Honorary Secretary of an intention to raise such business.

DOCUMENTS

Please click on the links below to view the documents relating to the e-AGM:

1. [Annual Report for 2021](#)
2. [Minutes of the AGM held on 14 May 2021](#)

PRE-REGISTRATION FOR E-AGM

Members who wish to participate in the e-AGM are required to pre-register to create an account at the e-AGM portal at <https://wgccagm2022.com>. Using the account created, members will be able, upon authentication of the status of such member, to:

- submit questions; and
- access the "live" webcast of the e-AGM proceedings on 06 May 2022 at 7.00pm SGT.

Please note that **only Principal Members** may register and participate in the e-AGM.

Deadline for Pre-registration: 04 May 2022, 5.00pm SGT

QUESTION SUBMISSION

Members may submit questions to the Club via the e-AGM portal at <https://wgccagm2022.com> or email to gmo@warren.org.sg.

The questions will be addressed by the Management Committee and answers will be posted on the e-AGM portal at <https://wgccagm2022.com> prior to the e-AGM latest by 25 April 2022.

Deadline for Question Submission: 18 April 2022, 5.00pm SGT

BUSINESS RAISED BY ANY MEMBER WHO HAS GIVEN 10 CLEAR DAYS WRITTEN NOTICE TO THE HONORARY SECRETARY OF AN INTENTION TO RAISE SUCH BUSINESS

Members who wish to raise any business may write in to the Honorary Secretary and submit it by hand to the Main Reception or via email to gmo@warren.org.sg.

Deadline for Raising Any Business: 26 April 2022, 5.00pm SGT

VOTING

There will be no voting on the day of the e-AGM. Eligible members may only vote prior to the e-AGM, by appointing the Chairman of the meeting as the member's proxy to vote at the meeting. The appointment of any other proxy will not be accepted. The appointment of the Chairman as the default proxy is in accordance with measures provided under the COVID-19 Order. Members who wish to vote shall attend **in person** at the Club to collect an instrument of appointment (also known as the "proxy form"). In appointing the Chairman of the meeting as a proxy, a member must indicate on the proxy form his/her specific instructions with regard to voting, or abstentions from voting in respect of each of the items on the agenda, failing which the appointment may be treated as invalid.

Voting will be carried out for the following items on the agenda:

- 1. (A) To approve the Auditor's Report and Audited Financial Statements for the financial year ended 31 December 2021**
(B) To adopt the Club Budget for Year 2022
(C) To appoint auditors for the financial year ending 31 December 2022
- 2. To transact any business raised by Management Committee**
- 3. To transact any business raised by any member who has given 10 clear days written notice to the Honorary Secretary of an intention to raise such business**
 (Voting will be carried out for resolutions proposed by members, if any)

Collection and deposit of proxy forms will be carried out over 3 days prior to the e-AGM with details as follows:

Mode: **In Person**

Dates/Time: **01 to 03 May 2022 (Sunday – Tuesday), 8.00am – 8.00pm daily**

Venue: **Main Clubhouse Level 2 Foyer**

Please bring along your membership card for verification before receiving the proxy form. Members are to drop completed proxy forms into the box provided. No proxy forms are to be brought out of the voting area.

In accordance with the Constitution, only the Principal Member is eligible to vote. Members on Absent Membership or whose accounts are in arrears will not be permitted to vote.

For the purpose of counting votes at General Meetings, seven votes from Social Transferable or three votes from Lady Transferable Members shall be equivalent to one vote from an Ordinary (Men), Golfing Transferable or Corporate Member.

The Club has engaged Foo Kon Tan LLP to count and verify the votes.

Voting results will be announced during the "live" webcast of the e-AGM on 06 May 2022.

VOTING (CONT'D)**REGISTRATION AND USER GUIDE**

The Registration and User Guide may be found on the main page of the e-AGM portal at <https://wgccagm2022.com>.

NOTE

Members are reminded that the e-AGM proceedings are private. Instructions on access to the “live” webcast of the e-AGM proceedings should therefore not be shared with anyone who is not authorised to attend the e-AGM. Recording of the “live” webcast of the e-AGM proceedings in whatever form is also strictly prohibited.

The Club seeks members’ patience and understanding during the e-AGM proceedings, in the event of any technical disruptions.

For optimal experience, it is recommended that members use the following browser versions:
Chrome version 74 and above / Safari 12.1.2 and above / Microsoft Edge Chromium 80 and above

Members requiring registration support may contact the Membership Department by Email: membership@warren.org.sg or Tel: 6586 1219/223/238.

A warm WELCOME to our new members...**Golfing Transferable Members**

Liew Hee Cheong
Paul Hallam
Liu Mingfa
Ng Boon Yew
Lim Kok Yeow
Daisuke Koreanaga
Gwee Sin Siew
Hwang Insu
Tan Toh Tee Martin

Social Transferable Members

Wong Shu Jie Andy

Woon Jia Li
Toh Hui Shan Alicia
Jo Lae Seok
Yew Kim Hong @Joe Khim
Hian
Cheng Soo Teck
Ng Eng Yeow
Chan Yok Ling
Ng Sze Wei
Jimmy Chua Teck Leong
Mohd Noh Bin Idris
Tan Mei Seak
Tai Kwang Kit
Koh Chwee Hock

Sim Sheng Jin Edwin
Wong King Chiong
Jeremy Toh Min Kwo
Soo Yew Weng
Ong Soon Kong
Ong Sock Chen
Woo Weilun Zacharie
Wang Sheng
Wong Hoong Khit
Chau Hock Chang
Kok Yoke Hing
Lim Cheng Wei
Wu Chenghak
Patrick Tony D'Cruz

Soe Tin
Thanggaraju S/O Virachami
Appavu
Corporate Members
Suzuki Yasushi
Christopher Robert Robblee

... and a fond FAREWELL to these members for their past support**Golfing Transferable Members**

Bhat Naveen Venkataraman
Goh Yong Keng
Ang Lian Chye
Nakamura Kunio
Tan Tian Huat Danny
Zhou Zhi Dong
Tai Kwang Kit
Baek Seung Ho
Tay Eng Thuan

Social Transferable Members

Roslan Bin Saydeh

Ong Bee Theng Adeline
Ho Chee Weng
Pay Weiwen
Lau Swee Meng Andy
Zhao Bo
S Harree Anand Babu
Corporate Members
Hashiguchi Yoshifumi
Gilsing Michael Everhardus
Gerhadus

Long Service Award

Over the years, our valued employees have played an important part in the successful growth of our Club. The dedication and commitment shown by all our staff serve as a vital link in our chain of delivering the ACE experience through our service interactions with our members, guests and customers.

In recognition of our staff who had reached a significant milestone in their service with the Club, we are proud and happy to present the five years Long Service Award to the following recipients from our Golf Course Maintenance (GCM) team in February 2022.



From left to right:
Jinder Aujla (GM), Aman Bin Ibrahim (GCM)



From left to right:
Jinder Aujla (GM), Hussein Bin Saman Buang (GCM)

RECOGNITION

We are very happy that NTUC U Women and Family has recognized our Club as a Better and Progressive workplace for women through the provision of flexible work arrangements and the adoption of work-life harmony practices.

With this recognition, we will be rewarded with a fitted Wellness Corner for our staff which will be located within our Staff Lounge.



*Picture for illustration purposes

Warren Cares

2nd Distribution of Goodie Bags and FairPrice Vouchers to 40 Needy Families

On 22 March 2022, Warren Cares organised our 2nd distribution and delivered groceries and FairPrice vouchers to another 40 needy families under Lakeside Family Services. A big thank you to all the staff volunteers who had assisted to pack the 80 goodie bags as well as the 10 teams of Club members who had volunteered their valuable time to deliver the items to these needy families. Let's continue to spread the love and we hope to have your continued support for Warren Cares!



Our staff volunteers assisted to pack the goodie bags before the distribution day.



Our member volunteers collecting the goodie bags and vouchers from the Club before delivering to the beneficiaries.



Our members distributing the goodie bags and vouchers to the beneficiaries!

"Ask Our Trainer"

What is Metabolism?

Metabolism is the chemical process in the body that changes food into energy.

What is the difference between Basal Metabolic Rate (BMR) and Resting Metabolic Rate (RMR)?

BMR is the number of calories your body needs to accomplish its most basic life-sustaining functions such as breathing. RMR refers to the number of calories that your body burns while it is at rest.

Why is metabolic rate important?

A slight increase in RMR can aid in weight loss over time. Increasing your RMR by 75 calories per day will result in an additional 525 calories burn each week.

How do I estimate my BMR?

Women:

$BMR = 655 + (9.6 \times \text{weight in kg}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in years})$

Men:

$BMR = 66 + (13.7 \times \text{weight in kg}) + (5 \times \text{height in cm}) - (6.8 \times \text{age in years})$

How do I improve my BMR/RMR?

It can be achieved through strength training, High Intensity Interval Training (HIIT) and consuming the correct amount of calories.



What are some strength training exercises that I can do?

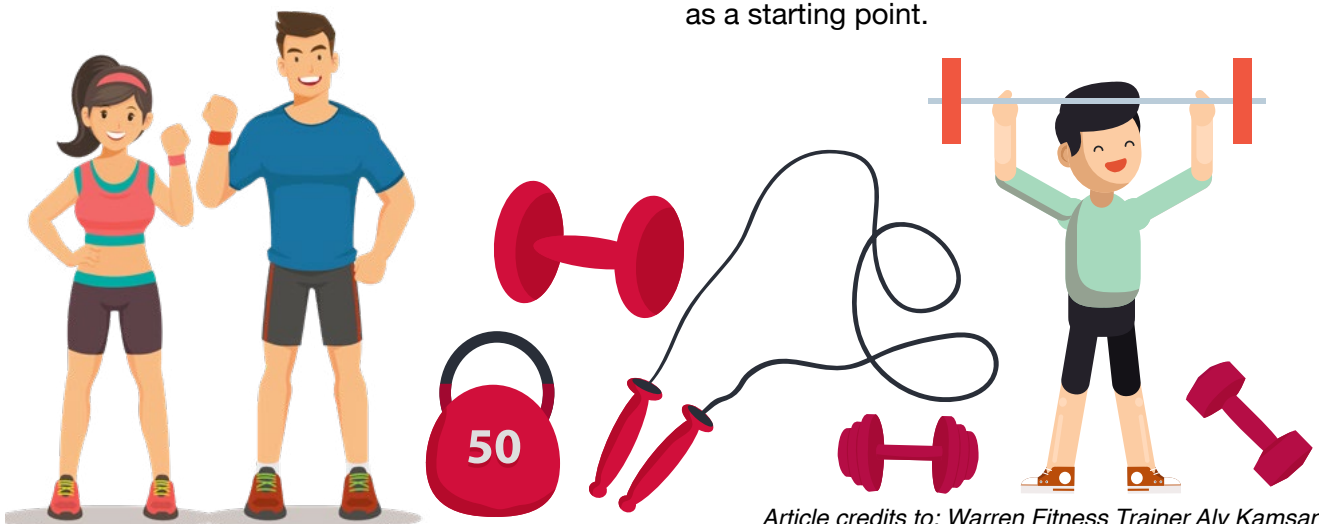
Focus on heavy weights, compound exercises and precise forms.

What is HIIT?

HIIT is a form of interval training. It consists of short bursts of great exertion followed by periods of rest or recovery. It is typically brief but more intense.

How much should I eat to improve my metabolic rate?

Since the goal is to grow muscles in order to lose fat, begin with consuming 250 extra calories per day and work your way up from there. Aim for 1.6-2.2 grams of protein per kg of body weight per day as a starting point.



Article credits to: Warren Fitness Trainer Aly Kamsani

If you have any burning questions about fitness or healthy living, please direct them to our trainers at sports@warren.org.sg.

June Holiday Programmes



Badminton Boot Camp

Date/Time : **Every Monday to Friday, commencing from 30 May 2022**

10am - 12pm and 2pm - 4pm (Each session is 2 hours)

Age : **7 to 16 years old**

Closing Date : **21 May 2022, 12pm**

*Package Price:

| Number of Sessions | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|----------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| Member's Rates | \$137.22 | \$158.57 | \$177.88 | \$195.16 | \$210.41 | \$232.77 | \$255.14 | \$277.50 | \$297.83 | \$318.16 | \$338.49 | \$356.79 | \$375.08 |
| Member's Guest Rates | \$151.67 | \$175.26 | \$196.61 | \$215.71 | \$232.56 | \$257.28 | \$281.99 | \$306.71 | \$329.18 | \$351.65 | \$374.12 | \$394.34 | \$414.57 |
| Number of Sessions | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30+2 |
| Member's Rates | \$393.38 | \$409.64 | \$425.91 | \$442.17 | \$456.40 | \$470.63 | \$484.87 | \$497.06 | \$509.26 | \$521.46 | \$533.66 | \$545.86 | \$558.05 |
| Member's Guest Rates | \$434.79 | \$452.77 | \$470.74 | \$488.72 | \$504.45 | \$520.18 | \$535.90 | \$549.39 | \$562.87 | \$576.35 | \$589.83 | \$603.31 | \$616.80 |

* Minimum 5 sessions and maximum 30 sessions during the school holidays

* Complimentary 2 sessions for purchase of 30 sessions package

For more information, please contact the Sports Department at
Tel: **6586 1268** or email: **sports@warren.org.sg**.

June Holiday Programmes

SQUASH CAMP

Date: **13, 15 & 17 June 2022**
 Time: **1pm - 2pm or 2pm - 3pm** (1 hour each day)
 Fees: **Member - \$160.50 nett/ Member's Guest - \$176.55 nett**
(Rates are inclusive of GST)
 Age: **7 - 11 years old**
 Closing Date: **27 May 2022**
 Note: Appropriate shoes to be worn.

For more information, please contact the Sports Department at Tel: 6586 1268 or email: sports@warren.org.sg

Strengthening Mind, Body and Soul with Martial Arts

Choose from any of the following martial arts and embark on a 6-lesson program over 2 weeks.



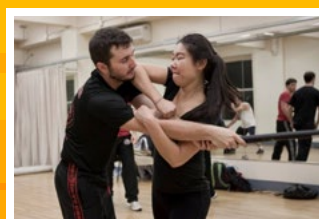
TAEKWONDO
\$150 nett



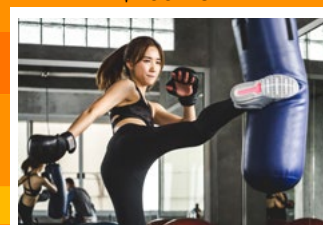
Karate
\$150 nett



Kickboxing
\$200 nett



Self Defence
\$200 nett



MMA
\$200 nett

Choose from the following schedules:

Schedule 1 (Mon, Wed, Fri - 8.00am to 9.00am):

06, 08, 10, 13, 15, 17 June

Schedule 2 (Mon, Wed, Fri - 9.00am to 10.00am):

06, 08, 10, 13, 15, 17 June

Schedule 3 (Tue, Thu - 9.00am to 10.00am/ Sun 6.00pm to 7.00pm):

07, 09, 12, 14, 16, 19 June

For more information, please contact the Sports Department at Tel: 6586 1268 or email: sports@warren.org.sg.

JOIN US FOR AN AQUATIC ADVENTURE

WEEKENDS

- Learn to Swim Programmes
- For Age 3 and above

WEEKDAYS

- Total Immersion Programmes
- Adult Swimming
- Tri-Kids & Pre-Squad
- For 10 years old & above

Contact Us
To Arrange for a
Free Swim
Assessment



Torpedo

Torpedo Swim School

Scan to find out more





Annual Age Group Swim Meet 2022

Date: **Sunday, 31 July 2022**

Location: **Warren Olympic Pool**

Distance for all events: **50m**

Categories for Boys/Girls:

- Age groups: **7 years & under**
 - Styles: Freestyle, Breaststroke, Floatation (Junior swimmers)
- Age groups: **8 to 9, 10 to 12, 13 to 15 and 16 & above**
 - Styles: Freestyle, Backstroke, Butterfly, Breaststroke

Registration details to be annouced in June.



To sign up or for more information, please contact the **Sports Department**
at Tel: **6586 1268** or email: **sports@warren.org.sg**.

Perk up your Mornings!

TAI CHI

by the Pool



Day / Time : **Weekdays / 8.00am - 9.00am**
 Venue : **Warren Fun Pool**
 Fees: **Member \$21.40 nett / Member's Guest \$26.75 nett**
(Rates are inclusive of GST)

For more information, please contact the Sports Department at
 Tel: 6586 1268 or email: sports@warren.org.sg.



Morning Wellness Workout

Morning Wellness workout provides an avenue for busy individuals to slot in an hour of daily exercise to maintain a healthy lifestyle. The programme is conducted in the morning to cater to working adults, housewives and students. This exercise is meticulously orchestrated to include cardio training for the heart and lungs performances, strength and conditioning for stronger muscle and joints. It is also a good form of relaxing stretching exercise for muscle and tendon augmentation.

Day : **Weekdays**
 Time: **7.00am - 8.00am**
 Venue: **Events Room (Level 1, Main Clubhouse)**
 Fees / Per Session: **Member \$21.40 nett**
Member's Guest \$26.75 nett *(Rates are inclusive of GST)*

For more information, please contact the Sports Department at
 Tel: 6586 1268 or email: sports@warren.org.sg.



Kids' Club Fun-tastic June

Weekend Surprise Challenge!

With the resumption of Warren Kids' Club, we are excited to introduce the Kids' Weekend Surprise Challenge!

On random Saturdays, a challenge will be held in the Playground Room for kids where they can have a try at the challenge and stand a chance to win some prizes! Simply flash your membership card to our staff to participate.

Also, for the month of June, we will be having the different challenges to commemorate the official resumption of Kids' Club on all Saturdays!

Exclusively for Warren Kids' Club Members only.



To sign up or for more information, please contact the Sports Department at
Tel: 6586 1268 or email: sports@warren.org.sg.



Kids' Birthday Party Is Back! ***Saturday, 18 June 2022***

We are having a birthday cake cutting for June babies. Feel free to come and have a blast!

Warren Kids' Club members who are June babies will also receive a birthday goodie bag each!

LET'S CELEBRATE!



To RSVP, please contact the Sports Department at
Tel: 6586 1268 or email: sports@warren.org.sg.



Warren Snooker Open 2022

Event Date : **2nd & 3rd week July 2022**

Venue : **Billard Room**

Closing Date : **04 July 2022**

Fees: **\$21.40 nett**

Open to all Warren Members only

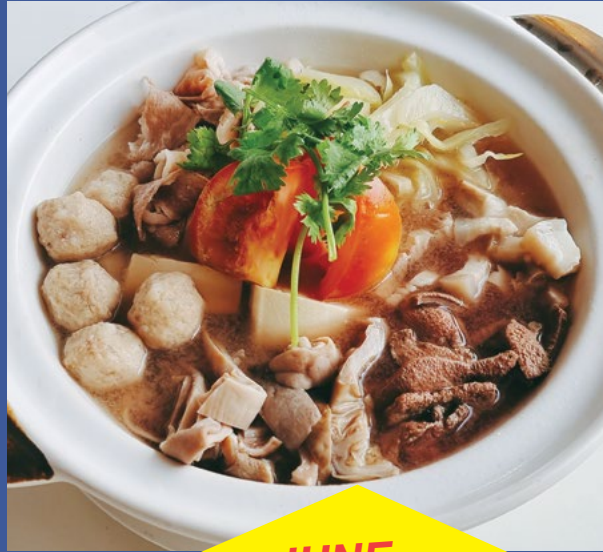
For more information, please contact the Sports Department at
Tel: 6586 1268 or email: sports@warren.org.sg.

GOLFERS' TERRACE



MAY

**Pan-Fried Kurobuta
Pork with Truffle
Mushroom Sauce**
\$22.00+



JUNE

Mixed Pork Organ Soup
Served with Rice (For 2 Person)
\$23.80+

BEVERAGE PROMOTIONS

Available in May & June 2022
(Golfers' Terrace, T Bar & Water Hazard)



The Glenlivet 15 Years
\$118.00+ per bottle



The Glenlivet 18 Years
\$168.00+ per bottle

YAN PALACE @ WARREN PROMOTION



MAY PROMOTION

砂煲海上鲜
**Fried Fish in
Claypot**
\$38.00+

Terms & Conditions:

- Valid for the month of May 2022 from Mondays to Fridays
- Not valid on Saturdays, Sundays, Public Holidays and eve of Public Holidays
- Valid for dine-in only
- No further discount
- Not valid with other promotions



JUNE PROMOTION

栗子荷包鸭 (半只)
**Braised Duck with
Chestnuts (Half)**
\$16.80+

Terms & Conditions:

- Valid for the month of June 2022 from Mondays to Fridays
- Not valid on Saturdays, Sundays, Public Holidays and eve of Public Holidays
- Valid for dine-in only
- No further discount
- Not valid with other promotions

POWER



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THE ALL NEW
TOUR
ALPHA

