



WARREN  
GOLF & COUNTRY CLUB

Jul/  
Aug  
2022

WARREN TIDINGS

A publication of Warren Golf & Country Club

Happy 57th National Day  
Singapore



[www.warren.org.sg](http://www.warren.org.sg)

# WARREN TIDINGS - JULY / AUG

*Happy 57th National Day  
Singapore*

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# MESSAGE FROM SPORTS CONVENOR

**Desmond Liew**

Two years ago, the World Health Organization (WHO) declared Covid-19 as a global pandemic. Following the announcement, the Ministry of Health (MOH) implemented various safety management measures and regulations which resulted in many of the Club's sports facilities operating either at a reduced capacity due to the need for safe distancing or temporarily closed. In addition, sports events like Members' Night and Warren Open have to be put to a halt during this period due to the restriction in inter-mingling for participants.

## **Returning to Normality with a Bam!**

With the pandemic evolving into an endemic, Singapore gradually moves into a phase where we return to normality. The Club has opened all its Sports facilities to members and their guests. We have also improved the sports facilities to cater to the increase in members' patronage. To mention a few such as the new treadmill, replacement of the padded flooring in the weights area of the Gym and the patching up of the walls and flooring of the Squash Courts as well as the Tennis Court respectively. Moving forward, we are looking at further enhancing member experience by improving on user experience of the sports facilities and also continue to ensure timely maintenance of these facilities.

## **Resumption of Members' Night and Warren Open**

Some of our regular members may have noticed that we have already commenced our weekly Members' Night sessions for all of our sports facilities. The sessions will once again allow members with the passion for certain sports to come together, play and build great bonds with one another. As we move into the second half of the year, we will be resuming Warren Open for all the sports. Warren Open will be for members to compete with one another in the sports they are competent in. Through this friendly competition, we hope to build camaraderie among members and also to spot new talents among our members.

## **Warren Kids' Club is back!**

For the past 2 years, our little juniors have been eagerly waiting for the Warren Kids' Club (WKC) to be back in action. I am glad to share that our kids' events had kick started in June with our monthly birthday parties. There will also be monthly enrichment classes and themed parties lined up for our juniors for the rest of the year. We have also brought in floats for our juniors who love to spend the day at our pools and for those who prefer indoor activities, we have board games for them to spend time with other juniors. By bringing our juniors together through the WKC programmes, we hope that the juniors would be able to share their learning experiences in school and grow together. Members who have yet to register your juniors for the WKC do register now by calling our Sports Team!

## **Growing the Warren Family**

With the easing of the restrictions, I would like to invite all members to continue to visit the Club and have a good workout at the various Sports facilities. Members could also spend quality time with family and build great friendship with fellow members while enjoying these sports facilities and activities at the Club.

Lastly, I would like to express my heartfelt thanks to all the staff of the Sports Department for tirelessly working their best under the leadership of Devan to provide the sports fraternities a happy and enjoyable time at the Club.





## GM SPEAKS...

**Jinder Aujla**

The Annual General Meeting (AGM) 2022 was successfully concluded on 06 May via electronic means. Thank you to all members for your active participation in the three days in-person voting and joining the “live” webcast of the meeting. We will be looking forward to hold an in-person AGM in 2023 if the COVID situation continues to improve and we don’t face any further tightening of safety management measures.

I am pleased to share that in the upcoming months, our Sports Team has lined up a series of exciting events and activities for you and your families. Do check out the Annual Age Group Swim Meet, Warren Kids’ Club monthly birthday party celebration, National Day Art Contest and Face Painting activity as well as programmes for the Mid-Autumn festival. For more information, please refer to Sports section of the magazine.

On 13 to 15 July 2022, the Club will be holding the 11th Warren-Uniforce Amateur Open which has been put to a hiatus in the past 3 years due to the pandemic. We are looking forward to welcoming both the local and overseas golfers to partake in this world ranking event.

As part of the “Go Green” initiative, staff from our Sports Changing Room and Golf Changing Room Towel Counters have been issuing the complimentary Warren reusable bags to members since March 2022. I would like to urge members who have yet to redeem your bag, please do so by 31 December 2022. The Club will also cease the issuance of plastic bags from these counters from 30 September 2022 as part of our efforts to reduce our carbon footprint.

Under Warren Cares, our 3rd groceries distribution to another 40 needy families under Lakeside Family Services has been rescheduled to 26 July 2022. Members who would like to volunteer your time to assist in the delivery and be part of the Warren Cares family in this meaningful cause, do contact our Membership Team today!

Lastly, with the return to normality I am sure everyone is looking forward to this year’s National Day celebration in August. Wishing all members, a joyous celebration with your loved ones and Happy 57th National Day Singapore!



# GO GREEN WITH US. SAY “**NO**” TO PLASTIC BAGS USE REUSABLE BAGS

As part of the “GO GREEN” initiative, the Club has been giving out complimentary Warren reusable bags since March 2022 and only about 50% of our general members had redeemed their reusable bags. The Club has extended the redemption period till **31 December 2022** and kindly note with effect from 01 January 2023, it will not be available for complimentary redemption.

The Club will also cease the issuance of plastic bags from **30 September 2022**, thus members who have yet to redeem the complimentary reusable bags (all members including spouse and junior members are entitled to the one-time redemption), please do so as soon as possible at either the Sports Changing Room or the Golf Changing Room Towel Counters. A nominal charge of \$2.00 will apply after 31 December 2022 for members who did not claim their one-time redemption and want to get the reusable bag. For additional bags they will be available at \$10.00 each.

We look forward to your active participation and support for “Going Green” by using our Warren reusable bag today!



Warren polyester waterproof  
reusable drawstring bag



# BECOME A PART OF OUR WARREN FAMILY

Join our Telegram Channel and get the latest Club news,  
Golf Course Closure, Events and Promotions on your phone!

Subscribe to the Club's Telegram channel by either:

1. Scanning this QR CODE



2. Through this Channel Link <https://t.me/warrengcc>

How to install Telegram on your phone if you do not have the App and subscribe to our channel?

1. Search for "Telegram" in your App Store (for iOS users) or Google Play Store (for Android users) and download the Telegram App.
2. Follow the instructions to set up your Telegram account.
3. Scan the above QR code or go to the Channel link and join the channel. You will receive notifications whenever the Club makes broadcast in the channel.

Note: Do not mute the channel otherwise you will not receive notifications.

Contact our Marcom Team at [marcom@warren.org.sg](mailto:marcom@warren.org.sg) if you need any assistance in subscribing to our Telegram channel.

Feel free to approach the Main/Golf Reception for help to  
install Telegram on your phone or subscribe to the Club's  
Telegram channel!

## MONTHLY MEDAL RESULTS

## May

## Men (Format - Strokeplay)



Medal was not completed due to inclement weather

## June

## Men (Format - Strokeplay)

Division	Name	H.I.	Result
Overall Best Gross	Sean Pang Cheng Ee (J)	+0.1	72 gross
Best Gross A	Samir Bedi	1.1	75 gross
Best Nett A	Toh Kai Tiong	9.3	69 nett (ocb)
Best Gross B	Hsu Shih-Hsun	15.6	81 gross
Best Nett B	Lee Chee Siong Akeem	13.3	65 nett
Best Gross C	Cheng Eng Guan Dennis	16.7	73 gross
Best Nett C	Lim Daw Ming Danny	16.2	64 nett

## Ladies (Format - Strokeplay/Stableford)



Medal was not completed due to inclement weather

## Ladies (Format - Strokeplay/Stableford)

Division	Name	H.I.	Result
Overall Best Gross	Chen Xingtong (J)	+1.1	73 gross
Best Gross A	Asara Sawhney	4.1	80 gross
Best Nett A	Sophia Tay Chuen Ning	16.3	69 nett
Best Gross B	Kim Tae Ryoung	16.5	87 gross
Best Nett B	Ng Choon Sim Jasmine	19.3	64 nett
Winner C	Tan Mui Eng Emellin	23.2	39 pts
Runner-Up C	Angelyn Lee Siew Cher	26.7	38 pts

## HOLE-IN-ONE ACHIEVERS



**James Er Chong Tea**  
19/3/2022  
Hole 16



**Wang YueChuan**  
31/3/2022  
Hole 7



**Chua Siok Meng**  
02/4/2022  
Hole 11



**Chan Sui Lin Michelle**  
02/4/2022  
Hole 4

**Soo Yih Jye**  
06/4/2022  
Hole 11



**James Er Chong Tea**  
07/4/2022  
Hole 7

**Ng Ching Ching**  
14/4/2022  
Hole 16



**Wu Xiang**  
15/4/2022  
Hole 14



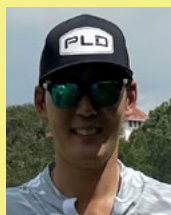
**Ng Boon Yew Richard**  
17/4/2022  
Hole 4



**Ong Tong Liong David**  
19/4/2022  
Hole 16



**Mong Wai Chue**  
06/5/2022  
Hole 11



**Shin William Jooyong**  
19/5/2022  
Hole 14



**Soh Jackie**  
31/5/2022  
Hole 14



**Yeap Chee Leong**  
31/5/2022  
Hole 14



**Kong Kee Fong**  
31/5/2022  
Hole 14



# Founder's Day Golf Tournament 2022

It had been three years since the Club last organised the Founder's Day event. This year, a total of 186 players gathered together on 01 May 2022 and supported the event with a meaningful cause to commemorate our late founder, Mr Brigadier Derek Warren.

On this special occasion, participants were blessed with great weather and also got to enjoy a sumptuous variety of on-course food and drinks like satay, oven-roasted beef striploin, lobster slippers salad, sake, red wine and many more! A shout-out to all the sponsors and a big thank you for your generous support in making the event a success.

Congratulations to Ms. Airin Yacup who emerged as the overall champion for Founder's Day Golf Tournament 2022 with a score of 41 points. Not forgetting all the participants who had contributed to the donation and raised a total of \$9,300 which the proceeds will go to Warren Cares. Thank you everyone for the participation!



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# SGA INTER-CLUB LEAGUE 2022

With the last completed league game held on 08 May 2022 at Changi Golf Club and Sentosa Golf Club, we are pleased to share that Warren emerged as 2nd runner-up based on the overall team results.



Photos credit to SGA



A prize presentation with dinner reception was organized by Singapore Golf Association and held at Tanah Merah Country Club, Tampines Banquet Room on 18 June 2022. The Club would like to express our utmost appreciation to all Warren league players who contributed their time and efforts for the league game. Kudos!





# Congratulations to Aloysa Atienza in Clinching The SEA Games Silver Medal!



Photos credit to SGA

We are proud to share that our Lady Member, Aloysa Atienza represented Singapore in the 31st SEA Games and had successfully clinched the silver medal in the Women's Individual Golf event and finished on seven-under 209. Aloysa is also Singapore's first female golfer to finish on the podium since Koh Sock Hwee's winning of bronze medal in 2015. Heartiest congratulations to Aloysa and we are very proud of you!

In the midst of her busy schedule, Aloysa had taken time to share with us her experience and the challenges she faced at this SEA Games as follows.

*It is always an honour to represent the country, especially playing the game I love. I think one of the biggest takeaway is the bond forged as a team. Golf is usually played as an individual sport and I think the format we played for the team event really brought everyone in the team together and it was really nice to see everyone supporting and being there for each other after the good and bad rounds. Winning the silver medal is a huge confidence booster for me, especially since I am looking to turn professional in the next year or so. It proves that I can compete against the best in the region and I hope that also inspires the younger girls to achieve what I have achieved and even bigger.*

*This is my first SEA Games and as much as I wanted to win the gold medal, the goal I set for myself was a medal of any colour. Knowing that the girls team has not brought home a medal since 2015 motivated me to work towards it and I think placing Top 10 in the couple of tournaments leading up to the SEA Games really gave me that assurance and confidence that a medal was well within reach.*

*There were countless curveballs thrown at us during the SEA Games, just to mention a few like losing two teammates to COVID-19, having to do ART after every single round and dealing with the bad breaks we had on the course. In addition, playing seven straight days with that intensity of competition was also definitely a mental challenge, especially the matchplay portion.*

*Going forward, I am going to take it one step at a time at this point. I have got quite a number of events lined up so I am just going to focus on those first. Hopefully I can continue this momentum and play well in these events in the next half of the year to secure a spot in the 2023 SEA Games team. By then, I hope to have gained more experience playing major amateur events and be mentally tougher going into the games.*



Photos credit to GolfNews.vn



Photos credit to Singapore National Olympic Council (SNOC)



## Defensive Golf

By Bryan Ong, Vice-Captain

Driving Range and Handicapping Sub-Committee

### Prelude

I am committed to write this article after hearing comment/feedback from the Club's Vice-President about a dangerous play arising from hole 9 from the 100m mark, a tee shot directly from the tee boxes on our beloved golf course.

Since the easing of the Safe Management Measures guidelines which allowed us to return to the golf course from June 2020, there have been a total of 26 dangerous play cases reported, that's an average of 1.1 case per month. Of these 26 cases, 19 disciplinary inquiries were convened.

Either members and golfers have forgotten about their own abilities after being lockdown for months, or they simply have lesser patience and no longer pay attention to safety while playing a round of golf.

While it is always easy to blame the perpetrator who made the errant shot, perhaps we (ourselves), being in the front flight could have prevented the errant shot.

### Defensive Golf

Let me explain...

In general, each flight either comprises of two carts of two golfers each navigating the golf course, or two – four walking golfers moving about independently with their pull-carts. Most of us as golfers are always eager to move to the next position where our golf balls went immediately after our shot. While that is not a bad practice to speed up play, pausing a moment to gain some situational awareness of where your other playing partners are, is so important to Defensive Golf.

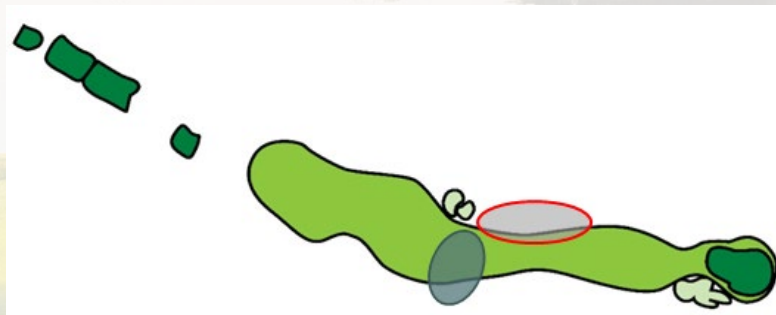
Sometimes your playing partners might have to take their next shot from a blind zone on the golf course, he or she will not be visible to the flight behind. By virtue of the other playing partners moving away and leaving him or her behind in a blind zone invites the back flight to hit their next shot. Thus, it is important that playing partners in a flight provide cover for one another to keep the entire flight safe from golf shots from the flight behind. By helping to remain in a visible zone even after you have played your shot, you are keeping your other playing partners safe from the flight behind.

Here are some examples,

#### Hole 1

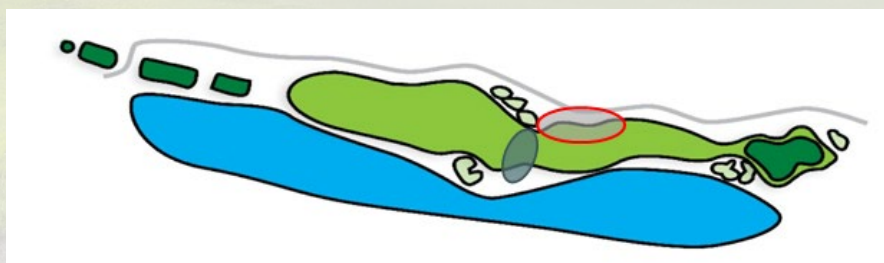
Blind zone is depicted by area marked by the **RED** zone. Which is immediately behind the left bunker face. The lower ground just after the bunker can hide a golfer from the flight behind. The hidden golfer will not be visible to long hitters that are on the tee boxes, regardless of the blue or white tee boxes.

By keeping yourself in the zone marked by **Dark Grey**, you remain visible to the golfers in the flight behind and keeping your playing partners safe.



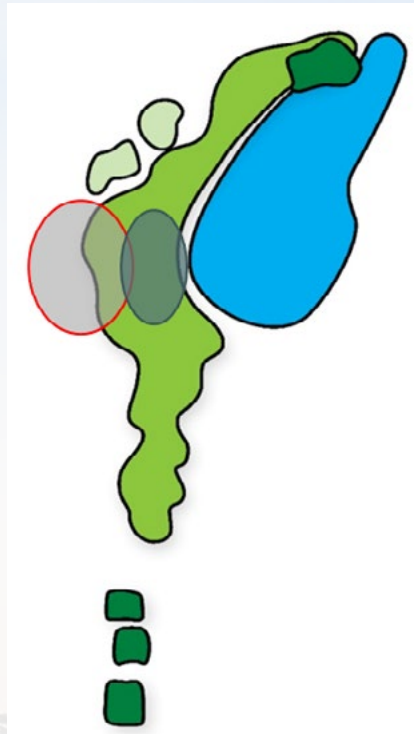
#### Hole 3

Similarly on Hole 3, the lower ground behind the bunker face potentially can hide a golfer from being visible from the rear flight.

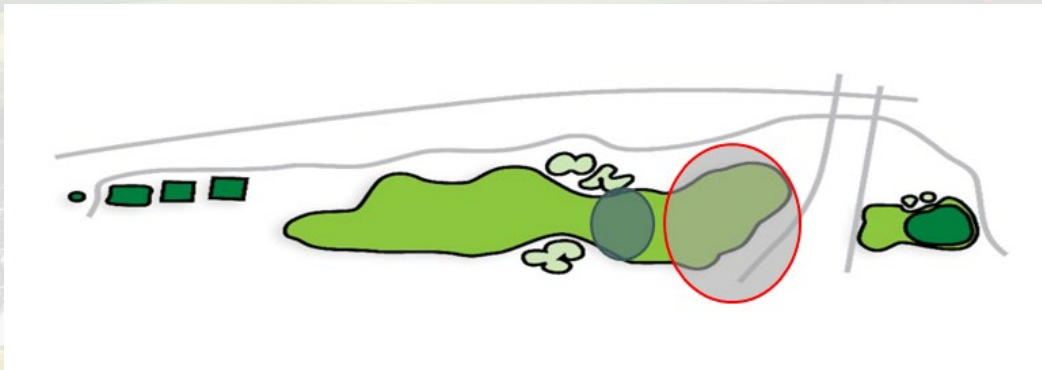


Hole 6

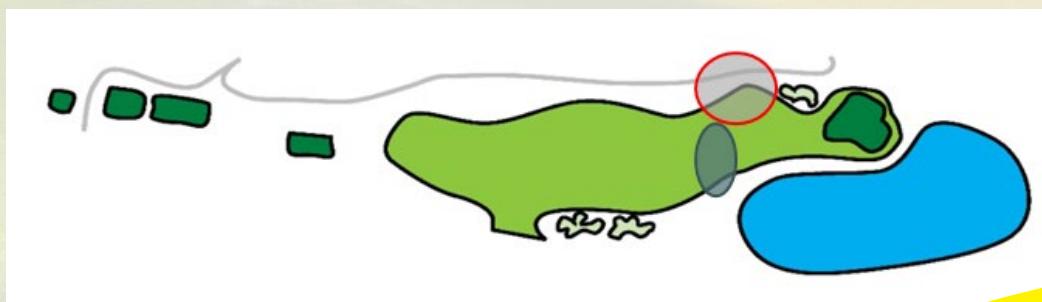
One of the holes where dangerous play is often committed, this is because players are very eager to drive down or start their walk towards the green right after playing their shot. Leaving players behind in the blind zone marked in **RED**.

Hole 9

Whether it is the tee shot from the various tee boxes, or a second shot to layout closer to the water; hole 9 is one of the crucial holes where playing partners play a vital role in keeping the entire flight safe in the blind zone.

Hole 10

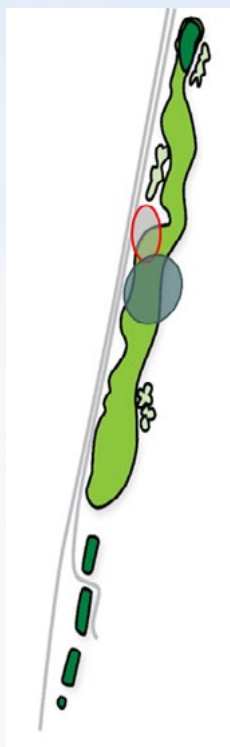
The blind zone is right between the small knoll next to the cart path, to the 2 large trees towards the bunkers.





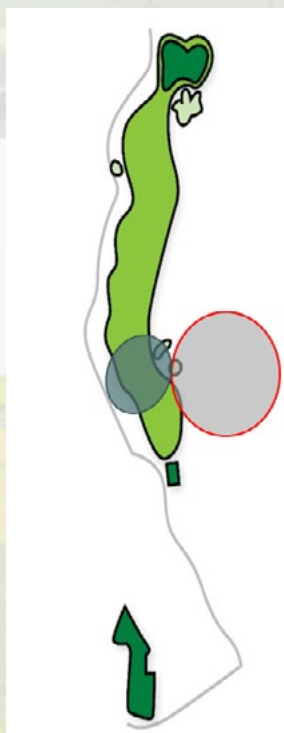
Hole 13

On hole 13, the blind zone resides in the lower ground just after the big rain tree.

Hole 18

Lastly on hole 18, golfers often spew their tee shots to the right, sometimes even in the middle of the hole 1's fairway. Most often they will take longer to recover their shots back to hole 18 as they will need to give way to those on hole 1.

Thus, it is vital that you allow ample time for your playing partners to complete their next shot and has moved out from the blind zone before you start driving/walking towards the green.

**Practice Makes Perfect**

I do believe some of our members are already exercising situational awareness and practice Defensive Golf. To you, I urge you to continue these good practices.

I do hope every member adopt this as a best practice whenever they are out on the golf course for a round; together, we can make a pleasant golfing experience for everyone.

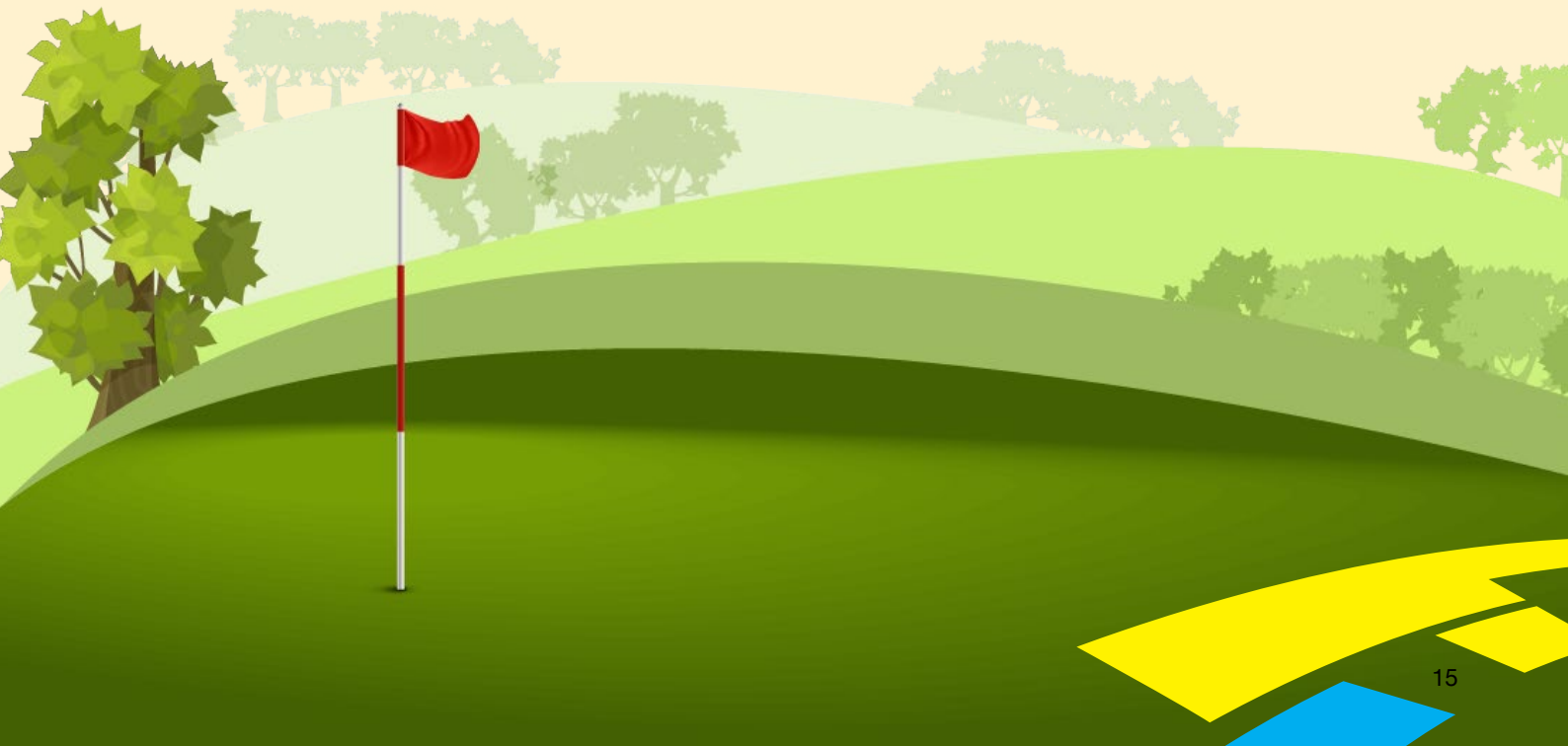
# Do you know as a Golfer?

1. With reference to the carried resolution in e-AGM 2021, which all golf flight cancellations must be made by Friday, 10.00am before the playing week.
2. Only the member who has made the booking can amend or cancel it via email to [golf@warren.org.sg](mailto:golf@warren.org.sg) before the cancellation deadline.
3. Members who fail to adhere to this cancellation procedure shall be subjected to a late cancellation or no-show fee of \$171.20 nett per flight.

## UPCOMING GOLF EVENTS

DATE	EVENT*
02 - 03 July 2022	July Warren Mixed Monthly Medal
13 - 15 July 2022	11th Warren-Uniforce Amateur Open 2022
24 July 2022	July Warren Junior Medal (9-hole)
09 August 2022	National Day Golf
13 - 14 August 2022	August Warren Mixed Monthly Medal
28 August 2022	August Warren Junior Medal (9-hole)
10 - 11 September 2022	September Warren Mixed Monthly Medal
25 September 2022	September Warren Junior Medal (9-hole)

*\* Subject to changes*





# POWER



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## VIRTUAL ANNUAL GENERAL MEETING (E-AGM) 2022

Dear Members,

Proxy Voting was carried out in-person for all voting items on the agenda over three days from 01 to 03 May 2022. A total of 334 members casted their votes.

The e-AGM was held on Friday, 06 May 2022, 7.00pm. As the 334 proxy votes count towards the quorum, a quorum was achieved and the e-AGM commenced at 7.00pm sharp.

During the e-AGM, the minutes of the last AGM (held on 14 May 2021) was adopted and the President's, Captain's and Honorary Treasurer's reports were presented to members. All voting results were also announced.

For a post-meeting report of the e-AGM, please click [here](#).

We thank members for participating in the meeting.

### A warm WELCOME to our new members...

#### Golfing Transferable Members

Wong Ming Keong  
Ker Ah Bee  
Lee Sang Ah  
Tanaka Shin  
Royston Tay Zhing Keak  
Ng Chow Tai  
Kentaro Watanabe  
Hwang Sun  
S Harree Anand Babu  
Park Ran Young

Lee Beong A  
Angeline Poon Leekhing  
Evelyn Chan-Tang Nun Tze  
Su GuoCheng  
Cheng Keng Siang  
Lau Chris Cheuk Wah  
Ong Su Kar Glenn Francis

#### Social Transferable Members

Foo Chee Jau  
Tan Sheah Fung  
Lim Kong Beng

Wei Lixia  
Ong Chin Shen  
Chua Kee Hin  
Ng Foo Wah  
Lim Leong  
Mah Kong Wai  
Tong Chin Ann  
Low Naip Han  
Xiao Qianyun

### ... and a fond FAREWELL to these members for their past support

#### Golfing Transferable Members

Woon Sze Ying Shirley  
Lee Min Ja Toshiko  
Son Woo Chang  
Lim Seck Mow  
Shi Hong Sheng  
Xing Weifeng  
Kwok Hon Hong Roger  
Seo Kiwon

Andreas Born  
Benat Onatibia Camara  
Arsad Hossain  
Sim Hwee Tiang  
Andrew Chan Kin Wah  
Goh Teow Khim Peter  
Ang Beng Koon  
Takeuchi Kazuhiro  
Chan Phang Fei

#### Social Transferable Members

Pankaj Shah  
Ng Swee Hiang  
Cheong Yew Kiong Peter  
Javier Hernandez Gonzalez  
Song Yik Chong

## “MAKING A DIFFERENCE!”

On 01 May 2022, our member, Mr Andrew Chan had unknowingly left behind a GPS watch in the Golfers Changing Room's locker. Our senior Club attendant, Liang Shuqing who is also affectionately known as Ah Liang by members, found the watch while cleaning the lockers.

Ah Liang immediately informed Mr Chan and returned it to him when he was dining at the Golfers' Terrace. Mr Chan had expressed his gratitude and commended Ah Liang for his act of honesty.

The Club Management is certainly proud of Ah Liang, who has shown that relentless attitude to go that extra mile for our members and their guests.



From left to right:  
Jinder Aujla (GM), Liang Shuqing (Housekeeping)

## Long Service Awards

It is said that, “if we take care of our people, they will take care of our business”. Therefore, we have endeavored to make the Club a great place to work where our people are appreciated, engaged and given the due recognition for their relentless support in making the Club a choice employer.

In recognition of our staff as they reach a significant milestone in their service with the Club, we are proud and happy to present the Long Service Awards to the following recipients from Food & Beverage (F&B) and Housekeeping teams in March and April 2022.

### 5-Year Award



From left to right:  
Jinder Aujla (GM), Low Ho Keng (F&B)



From left to right:  
Jinder Aujla (GM), Yau Ming Han (F&B)



From left to right:  
Jinder Aujla (GM), Eddie Hee Chir Hwui (F&B)



From left to right:  
Jinder Aujla (GM), Branson Wong Kok Weng (F&B)

### 10-Year Award



From left to right:  
Jinder Aujla (GM), Liang Shuqing (Housekeeping)

# Warren Cares

## Calling for Volunteers!

We are pleased to inform that Warren Cares will be organising our 3rd groceries distribution to another 40 needy families under Lakeside Family Services. We are calling out for volunteers (to pair up in a team of two persons) to participate in the distribution of the goodies to these families in the West.

Let's continue to play our part in giving back to the community, sign up for this meaningful cause today!

 **Volunteer:** *Drives and owns a vehicle*   
**Distribute date:** *Tuesday, 26 July 2022*  
 **Venue to pick up the goody bags:** *Events Room at WGCC*  
**Time:** *1.30 pm* 

Interested to volunteer?

Please email us at [membership@warren.org.sg](mailto:membership@warren.org.sg) by Monday, 18 July 2022.





# Warren Diving Princesses

## Tessa Lim

- Participated in 12th Singapore National Diving Championships 2022 (09-10 April 2022)
- Won 1 Gold & 1 Silver Medals



Tessa Lim is a first year student from Republic Polytechnic who studies Diploma in Business. In early April this year, she was given a great opportunity to represent Warren in the 12th Singapore National Diving Championship 2022 where she won one gold and one silver medals.

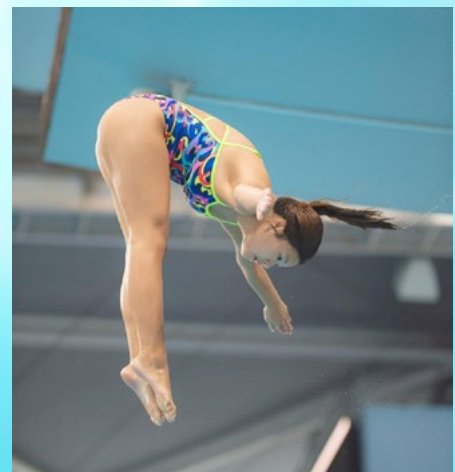
Tessa developed an interest in diving when she realised that it is very challenging for an individual to do flips in mid-air. As a person who enjoys challenges, Tessa enjoys new adventures and trying out things which not many people would do. She decided to propose her interest in diving to her dad who is a sportsman himself and hope that he will support her interest.

With the support from her parents, especially her dad, Tessa pursues her interest in diving and currently trains twice a week for a total of 5.5 hours and put in extra hours when there are competitions. She is unable to commit to too many days of training now as she needs to strike a balance between trainings, school and her CCA. She is also an Assistant Diving Coach who teaches young children the basic skills of diving once a week.

Tessa felt that diving is a sport that not many individuals will have the courage to take up and this motivates her to work harder. She hopes to represent Singapore in major competitions in future. Tessa also felt that being able to participate in the SEA games or any international major diving competitions would be an ultimate achievement for her.



Left to Right: National Diver Jonanthan Chan and Tessa Lim



# Warren Diving Princesses

## Rebecca Connah & Emily Connah

- Participated in 9th Singapore Diving Fiesta Competition 2022 (26-27 March 2022)
- Rebecca Connah Won 3 Gold Medals
- Emily Connah Won 3 Silver Medals



From left to right: Rebecca and Emily

The Connah sisters, Rebecca and Emily aged 12 and 10 respectively joined Warren as Junior Social Members just before the start of the pandemic.

They have been following this passion and training twice a week with the National Talent Identification (TID) and Skills Squad at either the OCBC Aquatic Centre or the Toa Payoh Swimming Complex for more than 4 years. On 26 and 27 March 2022, both of them participated in the 9th Singapore Diving Fiesta held at Toa Payoh Swimming Complex and they represented Warren in their respective age groups and skill levels. They competed in the 1m and 3m Springboard as well as the 5m Platform events. Rebecca received three gold medals for her efforts and Emily won three silver medals.

Neither of their parents has involved in diving prior to this and it was just via a "trial" day put on by the Singapore Swimming Association (SSA) that first attracted the sisters to this physically demanding sport. "Even though juggling their diving commitments with school and their other love of Taekwondo is a challenge," "It is just a question of making the time and prioritising the holistic development of the girls," shared by their mother.

The training sessions consist of a wide variety of aspects including strength and conditioning, flexibility and trampoline work in the dry diving space. Moreover, a significant amount of time will be spent in the pool perfecting the dives already learnt or pushing themselves to do more complex dives from higher boards and platforms. The health and safety of the divers are paramount to the SSA, so progression happens only when the coaches believe that the risks of injury or accident have been adequately assessed and mitigated.

When asked if the girls enjoyed training together and whether it was "support" from each other or "competition", both Emily and Rebecca enthusiastically answered "Competition!" with a huge smile on their faces, demonstrating that sibling rivalry is alive and well in the hearts of these two budding athletes.



# “Ask Our Trainer”

## What exactly are food cravings?

They are strong cravings for a particular food. This urge may appear uncontrollable and a person may believe that they will not be able to fulfil their hunger until they obtain that particular food. Carbohydrates are typically what we crave.

## Is it typical to have food cravings?

Cravings are normal and common occurrences in our body. While there is a psychological component to cravings, there is also a physiological component at work.

## What are some of factors that contribute to food cravings?

Stress can cause our bodies to produce more cortisol, a stress hormone that causes us to seek comfort food to help us relax. It could also be linked to high sugar level, which causes greater appetites for junk food.

## How do we deal with food cravings?

Watch out for the carbohydrates you consume and understand that not all carbohydrates are made equal. It is also critical to respect your eating cravings.

## How do we understand the various types of carbohydrates?

Look for food which are high in complex carbohydrates, such as beans, oats and whole-wheat bread. Simple carbohydrate food is typically processed and include refined sugars.

## How do we satisfy our food cravings?

Rather than dismissing your cravings entirely, satisfy them with a healthy substitute.

## What are some alternatives on days when you crave for something savoury?

Rather than reaching for a bag of potato chips or french fries, opt for a healthier option. For a crunchy and salty snack, try almonds, cashews, macadamia nuts, pecans, sunflower seeds or pumpkin seeds.

## Are there any decent pasta substitutes?

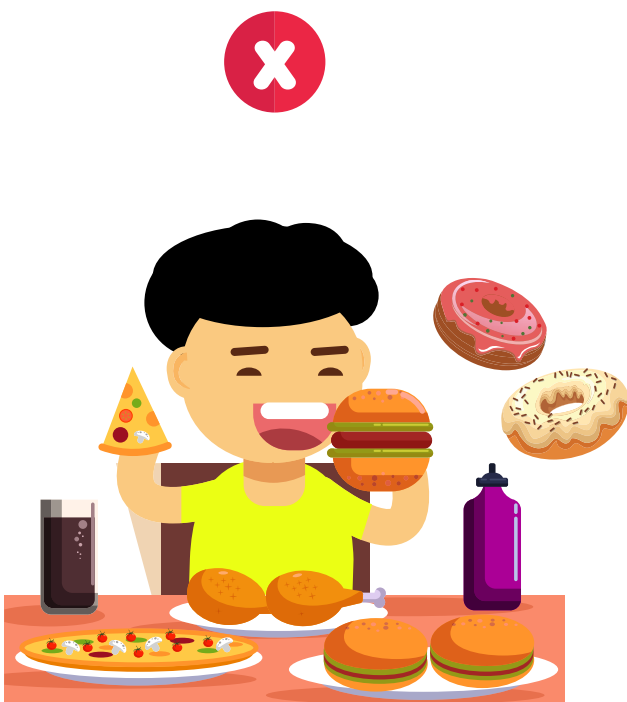
Whole wheat pasta is a great alternative as compared to the more processed version. Chickpea, black bean or quinoa noodles are fantastic protein-rich options. Zucchini noodles also known as zoodles are another option too.

## What if you are in the mood for something sweet?

When you want something sweet, dark chocolate is a terrific option.

## What should you keep in mind?

Allowing your body to seek carbohydrates will help you to avoid the feeling of deprivation and hunger. Seek out better alternatives rather than absolute abstinence. Carbohydrates cravings are almost unavoidable and it is perfectly normal and natural.



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](mailto:sports@warren.org.sg).



***Registration is now open. Pick up the forms at Sports Reception***

Date: **Sunday, 31 July 2022**  
Location: **Warren Olympic Pool**  
Distance for all events: **50m, 100m & 200m Medley**

**Maximum 5 events per swimmer**

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



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



# June School Holiday Highlights

## Badminton and Mixed Martial Arts (MMA) Boot Camps

We are pleased to share that our Warren Juniors participated in our Badminton and MMA Boot Camps which were introduced as part of our school holiday programmes. All of them had great fun and enjoyed the engaging activities and we are looking forward to have them back again in the near future!





# Annual Inter-Club Friendly Games with Singapore Swimming Club

On 21 May 2022, our Club participated in the Annual Inter-Club Friendly Games at Singapore Swimming Club (SSC) and the team was led by our Table Tennis Coordinator, Mr Koh Kim Tian. The players were excited to meet again after a hiatus of two years. Great camaraderie was built and Warren is looking forward to host SSC for a return friendly game in 2023.

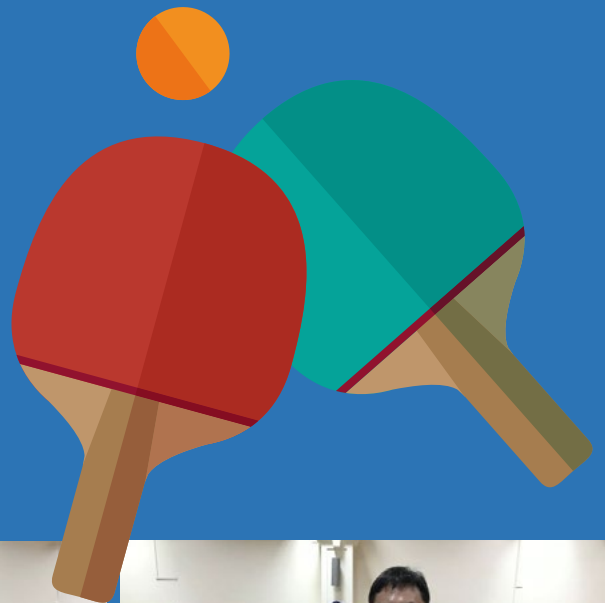


Photo credit to Singapore Swimming Club





# ***Warren Snooker Open 2022***

Date: **2nd & 3rd week August 2022**  
Venue: **Billard Room**  
Fee: **\$10.70 nett**  
Closing Date : **05 August 2022**

*Note: Open to all Warren Members only & minimum 8 participants.*

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



# Warren Tennis Open 2022

Date: **20 August 2022**  
Venue: **Tennis Court**  
Fee: **\$10.70 nett**  
Closing Date : **12 August 2022**



*Note: Open to all Warren Members only & minimum 8 participants.*

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





# **Warren Open Table Tennis 2022**

Date: **27 August 2022**  
Venue: **Table Tennis Court**  
Fee: **\$10.70 nett**  
Closing Date: **19 August 2022**

*Note: Open to all Warren Members only & minimum 8 participants.*

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





## Kids' Club Fun-tastic June Highlights

Warren Kids' Club activities had fully resumed in June 2022! We are excited to see the kids enjoying an array of newly added games and inflatable floats. We do see an increase in the sign-ups for the Kids' Club membership so don't wait further if you have yet to register your little one(s) to enjoy the perks!







## Kids' Birthday Party Is Back!

On 18 June 2022, Warren Kids' Club organised their first birthday party for the kids after a two year hiatus! The June birthday babies received a complimentary birthday goodie bag each and had a cake cutting session along with singing of birthday song. The kids also had lots of fun with games such as musical chairs, jenga challenge and twister with each winner bringing back a snack bag too!

Let's look forward to the next birthday party celebration in July!



## Upcoming Birthday Events

**16 July 2022 - 2.00pm to 4.00pm**  
**13 August 2022 - 2.00pm to 4.00pm**



# National Day Art Contest



Exclusively open to **Warren Kids' Club (WKC)** members.

Theme: **Merlion**  
First Prize: **\$80 Warren F&B Voucher**  
Second Prize: **\$50 Warren F&B Voucher**  
Third Prize: **\$30 Warren F&B Voucher**

Submit your artwork\* to Sports Reception by **07 August 2022**.

The winners will be chosen by Sports Convenor, Mr Desmond Liew.

**\* Drawing to be in A4 size using colour pencils or Crayons**

For more information or to sign up, please contact the Sports Department  
at Tel: 6586 1268 or email: [sports@warren.org.sg](mailto:sports@warren.org.sg).





# National Day

## FACE PAINTING BOOTH

Complimentary activity for all children! Drop by our booth and enjoy face painting of iconic Singapore theme images this National Day.

09 August 2022  
10.00am - 5.00pm

**WKC Lantern Making Workshop &  
Mid Autumn Festival Walkabout**  
**10 September 2022, Evening**



More details will be  
announced in August.

## GOLFERS' TERRACE



**JULY**

**Baked Spring Chicken with  
Glutinous Rice** (For 2 Person)  
**\$23.80+**



**AUGUST**

**Live Crab Promotion (2 crabs)**  
Cooked in your choice of sauce: Chilli,  
Black Pepper, Salted Egg Yolk Or Mala  
**\$108.00+**

## BEVERAGE PROMOTIONS

**Available in July & August 2022**  
(Golfers' Terrace, T Bar & Water Hazard)



**Auchentoshan Three Wood**  
**\$218+ for 2 Bottles**



**Auchentoshan 18 Years**  
**\$298+ for 2 Bottles**



## YAN PALACE @ WARREN PROMOTION



**JULY PROMOTION**

十头鲍炖竹丝鸡汤  
**Double Boiled Abalone  
 with Chicken Soup**  
**\$16.80++ per pax**

**Terms & Conditions:**

- Valid for the month of July 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



**AUGUST PROMOTION**

富贵人参鸡  
**Ginseng Chicken**  
**\$32.80+**

**Terms & Conditions:**

- Valid for the month of August 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

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