

# W

Sep/  
Oct  
2022



WARREN  
GOLF & COUNTRY CLUB

WARREN TIDINGS  
A publication of Warren Golf & Country Club



**Happy Mid-Autumn Festival  
& Deepavali**

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

# WARREN TIDINGS - SEPT / OCT



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# MESSAGE FROM HOUSE CONVENOR

Casey Tan

The Club's Mission Statement declares: "Our Mission is to provide members with a quality customer service experience, well maintained facilities and enjoyable golfing, social and sports activities".

The Mission Statement clarifies what the Club wants to achieve and it is interesting to note that "well maintained facilities" is encapsulated right within. It is as if the ability of the Club to deliver quality customer service and offering members and guests with enjoyable golfing, social and sporting activities are both dependent upon it - that is having a range of facilities that is operationally functional and well kept.

Most people think of maintenance as fixing equipment that is broken and keeping facilities in working order. However, effective maintenance is not just about upholding the status quo but also about development, renewal and upgrading.

## **Upkeep and Maintenance**

As the building ages, repair and maintenance works begin to increase in frequency and complexity. In order to minimise deterioration that takes its toll over time, every effort is taken to implement a robust preventative maintenance regime so as to prolong the useful lifespan of the building, its fixtures, fittings and equipment.

Whilst upkeep of the Club's facilities is largely handled by the staff team, as Club members and users, we should play our part by taking proper care of the facilities and its fixtures when using, so as not to subject them to undue damage or misuse other than the normal wear and tear. In this way, we can make our facilities more enduring for the benefits of all.

Effective communication flow is often cited as a factor that boost productivity. Hence, it is important that members proactively provide feedback or report defects found to the maintenance staff team and at the same time exercising patience to allow time for improvements or appropriate remedial solutions to be meted out.

## **Renewal and Upgrading**

Beyond optimising the lifespan of the Club's equipment and infrastructure, retro-fitting, or renewal is also required to alter or replace the building's existing fixtures and fittings beyond its initial condition. Such works are necessary in order to improve the amenities for the benefits and comfort of all members and to keep up with their changing needs and expectations.

At times, upgrading or replacement works are a sensible move to enable the building system to perform efficiently. Whilst cost savings are often advocated as an important part of staying within an available budget, investing in new and technologically advanced equipment could bring about a sustainable longer term savings. One such case in point is the replacement of aged air-conditioners with new units that utilise the inverter or variable refrigerant volume (VRV) technologies and another will be the re-lamping of conventional light bulbs with energy-efficient LED lighting solutions, both of which can reduce the Club's electricity bills substantially.

Traditionally, the broad thumb of rule in justifying the award of renovation and up-grading projects is to a contractor or supplier that offers the best, or cheaper in price. Whilst every effort is taken to adhere to this helpful guideline, a re-thinking of our evaluation process may at times, be necessary. Although cost will continue to receive serious consideration; we should also be mindful that any products purchased and works undertaken should be of an acceptable quality and durability so that it can last till the expiration of the Club's land lease.

## **Past Accomplishments**

That being said, I am pleased to note that over the span of the past one and a half year, several projects had been accomplished. These include:

- Improvement to the surrounding pavement of Starter Hut with better slip resistant treatment.
- Replacement of the Club Corporate Sign at the Roof Tower with one that is durably fabricated out of polyurethane painted aluminum panel and original cut out vinyl decal.
- Replacement of roller blinds at Golfers' Terrace with track-guided "SMART" blinds equipped with rain sensors. The blinds came in hard-wearing fiberglass polyester fabric and were creatively installed without gaps between tracks and building columns. The planters at the terrace were also cleared out and replaced with realistic-looking artificial plants and decked with decorative coloured lights.
- Installed a sleekly designed reception counter at the golf bag drop off area complete with a directional signage to facilitate golfers locating it.
- Replacement of the conventional ceiling fans at Driving Range with oscillating ceiling fans which help to create better air flow and finally,
- We even spearheaded a move as part of the "Go Green" campaign to reduce the use of plastic bags, and encourage members to use the complimentary re-usable bags issued by the Club.



## GM SPEAKS...

**Jinder Aujla**

Mid-Autumn Festival is just round the corner. In line with the celebration, the Sports section is organising a DIY Lantern Making with Mooncake Appreciation and Lantern Walkabout on 10 September 2022. Be sure to have some craft fun with your loved ones while enjoying delectable mooncakes. Members can also look forward to a list of fun-filled activities such as temporary tattoo service and scary maze at the Halloween Party on 30 October 2022 with your kids. Register your little ones now and dress them up in fun costumes on that day to receive amazing gifts!

As part of the Club's corporate social responsibility (CSR) under Warren Cares, the Club had sponsored \$15,000 for Limbang Education Awards to help the underprivileged students. 60 beneficiaries from Primary to Tertiary levels received the awards at the presentation ceremony held on 26 June 2022. I am also pleased to share that with our continuous support to the Limbang community and events, a certificate of appreciation was presented to the Club during the Limbang National Day Dinner on 08 August 2022. On behalf of Warren, our Club President, Mr Patrick Kwek was proud to receive the certificate from Deputy Prime Minister and Minister for Finance, Mr Lawrence Wong.

In addition, our 3rd groceries distribution to the needy families under Lakeside Family Services was successfully completed on 26 July 2022. I would like to express my heartfelt appreciation to all members and staff volunteers who had participated in this worthy cause. The Club will continue to engage our charity partners and play our part in building a more caring and inclusive community.

Golfers' Terrace had introduced Daily Specials in August on top of its current menu so that members can have more dining options when they are at the Club. In celebration of Oktoberfest, members can also look forward to enjoying the all-time favourite pork knuckle, sausages and beers with your family and friends. Get ready to enjoy these special promotions in the month of September and October.

In October, the Club will be initiating the new car decal replacement exercise for the year 2023-2025 as the current decal design will expire on 31 December 2022. In conjunction with this, members are also encouraged to do an update of their personal information as part of the PDPA obligations in maintaining membership data. We will be sharing the details of this exercise with members in due course.

Last but not least, I would like to take this opportunity to wish all members a Happy Mid-Autumn Festival and to all Hindu members, Happy Deepavali!

# 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/warrenc>

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

## July

### Men (Format - Strokeplay)

Division	Name	H.I.	Result
Overall Best Gross	Sean Pang Cheng Ee (J)	+0.1	74 gross
Best Gross A	Reginald S.R. Martens	4.0	76 gross
Best Nett A	Toh Meng Yeu	7.8	65 nett
Best Gross B	Chua Lee Kiang Melvin	10.7	78 gross
Best Nett B	Oh Kheng Huat	14.8	62 nett ocb
Best Gross C	Lam Kum Hon	17.2	83 gross
Best Nett C	Fu Lingchen	22.4	63 nett ocb

## August

### Men (Format - Strokeplay)

Division	Name	H.I.	Result
Overall Best Gross	Sean Pang Cheng Ee (J)	0.2	72 gross
Best Gross A	Princeton Yeo Ming	0.1	75 gross ocb
Best Nett A	Chong Teng Kok Rene	9.3	63 nett
Best Gross B	Cheng Tai Wei	15.8	82 gross ocb
Best Nett B	Lem Kean Su	10.5	68 nett
Best Gross C	Low Oon Hoe Michael	20.1	83 gross
Best Nett C	Lee Wun Yuan	23.3	67 nett

### Ladies (Format - Strokeplay/Stableford)

Division	Name	H.I.	Result
Overall Best Gross	Chen Xingtong (J)	+1.9	73 gross
Best Gross A	Yoo Seong Sook	10.9	82 gross ocb
Best Nett A	Tay Ke Hui	16.1	67 nett ocb
Best Gross B	Lum Siew Pheng Lindy	18.7	88 gross
Best Nett B	Tan Mui Eng Emellin	21.8	66 nett
Winner C	Lim Mong Kin Alicia	26.2	46 pts
Runner-Up C	Lim Leng Leng	26.7	43 pts

### Ladies (Format - Strokeplay/Stableford)

Division	Name	H.I.	Result
Overall Best Gross	Chen Xingtong (J)	+1.4	72 gross
Best Gross A	Kwek Chia Ling Catherine	10.2	84 gross
Best Nett A	Kim Young Hee Laura	16.2	68 nett
Best Gross B	Ng Puay Khim Jaclyn	19.4	92 gross
Best Nett B	Park Ran Young	19.1	71 nett ocb
Winner C	Ong Swee Lian Agnes	24.7	41 pts
Runner-Up C	Tai Geok Tin	32.7	40 pts ocb

# HOLE-IN-ONE ACHIEVERS

**Chang Rea Woun**  
03/06/22  
Hole 4



**Park Seung Ho**  
05/06/22  
Hole 4



**Lim King Seng**  
07/06/22  
Hole 11



**Ong Kim Hock**  
10/06/2022  
Hole 16



**Tan Kim Buay**  
15/06/2022  
Hole 14



**Ong Swee Lian Agnes**  
24/06/2022  
Hole 16

**Kristophorus Cipta Poniman**  
02/07/2022  
Hole 14



**Tai Kok Lai**  
16/07/22  
Hole 16



**Neo Leng Choh Desmond**  
16/07/22  
Hole 7



**Tan Hui Li**  
26/07/2022  
Hole 4



**Chen Xingtong**  
28/07/2022  
Hole 14

# 11TH WARREN - UNIFORCE AMATEUR OPEN 2022

## 13 - 15 July 2022

Some members may not know the inception of Warren Amateur Open and why it is an important tournament for the Club to organise every year. The objective of the event is to provide more exposure to local amateur players and also to answer to the call of Singapore Golf Association for local clubs to organise more of such events. Warren actually held its first Amateur Open in 2008 and the participants had grown over the years. The Warren Amateur Open had since then be counted as a World Amateur Ranking event, a testimony to the growing stature of the tournament.

It had been three years since the Club hosted Warren Amateur Open. The 11th Warren-Uniforce Amateur Open 2022 had a field of more than 70 golfers comprising of local as well as overseas golfers from countries such as Indonesia, Thailand, India, Korea, China, Hong Kong, Malaysia, Australia, South Africa, Costa Rica, USA and Philipiness.

With challenging pin positions and greens speed throughout the three days, Malcolm Ting from Malaysia with a total aggregate gross score of 209 won the Overall Champion and our local National squad player, Inez Ng who played a total aggregate gross scores of 210 clinched the title for Ladies Division and Best Warren Amateur. Congratulations to both golfers!

Special thanks to our kind sponsors – Uniforce Security Services Pte Ltd, Seagull Group, Torquegolf, Muru Golf Academy and FJ/Titleist.



11TH WARREN - UNIFORCE AMATEUR OPEN 2022

golf





11TH WARREN - UNIFORCE AMATEUR OPEN 2022



# Thank You Golfers for the Compliments



*I thought that this tournament was run very professionally. Referees were friendly, daily admin was smooth and the course set up was challenging.*

*I'm looking forward to the SNAC in August.*

*Ruperto*



*Thanks for a great event! I really enjoyed it.*

*The hospitality and everything else was really good. Do you happen to have a link to all the photos taken? Or is there any way I could get the photos of me?*

*Joey*



*On behalf of my daughter, Chloe and myself, we would like to thank Warren Golf & Country Club for hosting the Warren - Uniforce Amateur Open over the past 3 days. Chloe played 3 rounds and I was fortunate enough to walk through the 3 days as a spectator. We had a memorable experience. In particular:-*

- 1. The course was in excellent condition and was truly a pleasure to experience. The humps and bumps as well as the speed of the perfect greens made the course a significant challenge for a junior golfer like Chloe.*
- 2. The tournament was extremely well organised with a closely knit team who clearly communicated and worked together very well.*
- 3. The players were very well provided and made to feel special in many ways.*
- 4. Finally, I would like to thank Mr Charles Teo, your captain for his kind invitation to me to join the lunch and presentation ceremony. That was very kind of him.*

*Overall, congratulations on a wonderful event. Chloe certainly hopes to participate in future editions.*

*Chris Bray*



*Very well organised event.*

*Enjoyed myself. Will continue to participate in this next year!*

*Vincent*



*It was an amazing event and you have the best and friendly staff.*

*A very good experience.*

*Zai Fadillah*




*The tournament was well executed. I have an opportunity to experience it. Do hope that I will be able to join again. Hat off to all who were involved in it. Thank you very much.*

*Mustafa*

## 11TH WARREN - UNIFORCE AMATEUR OPEN 2022

# Thank You Golfers for the Compliments




*This was one of the best organised tournament I have taken part in. There is nothing that can be improved. The things you got very right were:-*

- 1. Great course conditions*
- 2. Welcoming feeling to all participants*
- 3. Excellent pace of play*
- 4. Food and beverage on course and off the course*
- 5. Great international participation*

*It is wonderful to see the pride that the Warren Club takes and rightfully so. Thank you once again for making me a part of this event.*


*Gautam Paul*



*Thanks Henry for a fabulous, very well run event. Good course conditions, fast greens, good food including apples, bananas and drinks! You set the benchmark for other events to match. Please extend my thanks to all the officials, volunteers and sponsor.*

*Will be back again next year!*


*Kelvin*



*Firstly, congratulations to the Club on organising such a great event.*


*I was lucky to have experienced the tournament, while I did not have a great game on the three days, I really enjoyed it and full compliments to the Club and the organising committee on doing such a fantastic job. I was really impressed on how detailed the event was in terms of the organising. Wish you all the best.*

*Taran*




*It was my pleasure! I enjoyed playing at the golf course which was perfectly well maintained. Thank you to your team for hosting this wonderful event which it really helped me deepen my understanding on my golf learning journey and the chance to play with better players. Happy to join this well organised event and see you next year.*

*Andrew Lee*



*Really enjoyed the event. Very well organised and great value for money. As an older golfer playing for fun, only comment I would have is to consider doing the event of the blues. Will not diminish the skill for the top players but will make it more enjoyable for the recreational player like me.*

*Sandip*



*Thanks Henry for a fabulous, very well run event. Good course conditions, fast greens, good food including apples, bananas and drinks! You set the benchmark for other events to match. Please extend my thanks to all the officials, volunteers and sponsor. Will be back again next year!*

*Kelvin*

# 7th Month Golf Tournament

Since the inception of the Club at Folkstone Road, the 7th Month Golf Tournament has been a traditional event. Till today, we are still receiving overwhelming support from our members. This year, a total of 36 flights of golfers gathered on Saturday, 06 August 2022 for an afternoon golf game and followed by dinner reception with auction and live band performance.

golf



# National Day Golf Tournament

Celebrating Singapore 57th National Day, the Club organised this annual event on 09 August 2022 with 144 members participated. Blessed with wonderful weather, golfers teed off at 1pm (shot-gun start) followed by a scrumptious dinner at Yan Palace Restaurant. During the dinner reception, all golfers sang the national anthem and recited the national pledge to commemorate this special day.

Special thanks to Mr Ju Kai Meng for his generous sponsorship for the HIO prizes of \$20,000 cash for Hole #7 & #14.

We would also like to congratulate Ms Ng Lee Peng who emerged as Champion with 38 stableford points.



# LADY CAPTAIN'S *MAFIA* CUP

golf

After a hiatus of two years, the annual Lady Captain's Cup 2022 was finally held on Sunday, 26 June 2022 with the ladies dressed to the Mafia theme. A total of 66 participants enjoyed the first social event of the year where everyone had a great day of golf with sunny weather and company of good golf kakis. In the evening, the ladies dressed to the nines and gathered at Yan Palace to relish a sumptuous dinner, games and live band performance.

Each participant received a goodie bag as door gift and no one walked away empty-handed as they won either a game prize or a lucky draw prize at the end of the event. The highlight of the prizes included a guaranteed cash prize of \$300 for each nearest-to-pin for all Par 3s and the top lucky draw cash prize of \$500. A big thank you to our sponsors, Mr Ju Kai Meng, Auto Servizio Italia (Mr Eric Sim), SG Car Choice (Mr Joseph Liao), Car Buyer (Mr Hong Chun), Teck Wei Credit (Mr Arthur Ong), Dream Skin (Ms Annie Lim), Solyph Natural Skincare (Heesook Jun), Muru Golf Academy (Mr Murugiah) & Torque Golf (Mr Stanley Kee) for their great generosity in making this event possible. The ladies were all very grateful for their support!

Congratulations to Jasmine Ng Choon Sim who scored 43 points and clinched the champion title for this year's Lady Captain's Cup.

In addition, our Lady Captain, Mah Li Lian who managed to win \$130 from the event had donated the prize money to "Warren Cares".

Thank you to all the ladies golfers for the wonderful support and we look forward to your active participation in 2023!



# LADIES' ANNUAL MEETING

On 07 July 2022, the Ladies Annual Meeting was convened at the Conference Room at 7.00pm with an attendance of 10 ladies as well as Club's Captain, Charles Teo. Our Club Lady Captain, Mah Li Lian called the meeting to order and the minutes of the last Annual Meeting (held on 01 July 2021) was confirmed by the ladies. During the event, the attendees also received the Lady Captain's and Lady Vice-Captain's reports.



The Ladies Sub-Committee 2021- 2023  
From left to right: Nina Um Sung Kyung (Member), Risa Leong Choy Wan (Member), Mah Li Lian (Lady Captain), Kina Huang (Lady Vice-Captain) & Tan Yen Yen (Member)



## 22<sup>ND</sup> SINGAPORE NATIONAL AMATEUR CHAMPIONSHIP

The 22nd Singapore National Amateur Championship (SNAC) was held at Warren Golf and Country Club from 15 to 18 August 2022 with a total of 61 participants.

In the Women's Division, our 14 years old Warren Junior and SGA Development Squad member, Chen Xingtong clinched the championship title. Xingtong, who also won the Girl's B division in the Singapore Junior Golf Championship earlier in June, had a 1-up victory after a spectacular final match with SGA National Squad member, Yoko Tai.

After the tournament, Xingtong had shared that she was honoured to have won the SNAC, and she would like to thank all those who have been supporting her.

golf



Warren Junior, Chen Xingtong received her Champion trophy from SGA Hon Sec, Ms. Goh Kui Hwa

## 8<sup>TH</sup> SINGAPORE NATIONAL SENIOR AMATEUR CHAMPIONSHIP

The 8th Singapore National Senior Amateur Championship (SNSAC) was held at Warren Golf and Country Club from 17 to 18 August 2022 with a total of 56 participants. The tournament was played over two rounds of 18-hole stroke play for the Men's and Women's Divisions.

A total of 14 Warren members participated in the tournament. Despite the inclement weather, our Warren members, Alvin Sim and Tan Lee Hong scored total aggregate gross score of 153 and 154 to secure the 1st & 2nd runner-up positions respectively for Men's Division.



1st Runner-Up winner, Alvin Sim receiving his trophy from SGA Vice-President, Mr Ivan Chua



2nd Runner-Up winner, Tan Lee Hong receiving his trophy from SGA Vice-President, Mr Ivan Chua



# Do you know as a Golfer?

1. With effect from 01 July 2022, Warren member can sign in three (3) guests per flight.
2. Golfing arrangement with overseas reciprocal clubs has been reinstated from 01 July 2022.
3. The rates for green fees are adjusted from 01 August 2022. For more information, please visit <https://warren.org.sg/golf/golf-fees>.



## UPCOMING GOLF EVENTS

DATE	EVENT*
10 - 11 September 2022	September Warren Mixed Monthly Medal
25 September 2022	September Warren Junior Medal (9-hole)
08 - 09 October 2022	October Warren Mixed Monthly Medal
30 October 2022	October Warren Junior Medal (9-hole)
12 - 13 November 2022	November Warren Mixed Monthly Medal
27 November 2022	November Warren Junior Medal (9-hole)

*\* Subject to changes*



# SGA JUNIOR INTER-CLUB LEAGUE 2022

junior golf

With the new initiative from SGA Junior Sub-Committee, our Juniors elite squad members were able to participate in this competitive game against the rest of the juniors from other clubs. The league will be held over four legs at National Service Resort and Country Club (NSRCC), Warren Golf & Country Club (WGCC), Seletar Country Club (SCC) and Singapore Island Country Club (SICC) and playing over 9-hole based on modified gross stableford without handicap allowances.

Four Juniors represented Warren and they are Lam Jing Tin, Phan Vinh Anh, Lim See Xuan and Eillie Chin Yun Ru. On 01 August 2022, they played in the 1st Leg which was held at NSRCC (Kranji). All the best to our Juniors!



# The R&A Junior Open



Credits to Ms Sophia Tay

The R&A Junior Open was founded in 1994 and came under The Royal and Ancient Golf Club of St Andrews (R&A) 2000. It is held once every two years and all golfers around the world affiliated to the R&A are invited to enter their best under-16 boy and girl golfers. This event is closely linked to The Open Championship and is always played just before the Open, on a nearby course.

This year, Sean Pang (16 years old) and Chen Xingtong (14 years old) were selected to represent Singapore in this event, which was held at the Monifieth Golf Links in Angus, Scotland, from 10 to 13 July 2022. Both Sean and Xingtong are Warren's leading Junior golfers and we are proud of them for earning this opportunity.

It was the first time both of them experienced playing links golf and it is definitely a great experience to cherish. Links golf is a completely different style of golf to what is commonly found in Singapore. Besides the hard fairways that offer unpredictable bounces, the knee-height thick rough, strong wind and fast greens made for a challenging course set-up for the week. Additionally, the weather conditions were constantly changing, with temperatures fluctuating from a high of 25°C to a low of 15°C within the span of a few hours, and chilly wind reaching speed of up to 35km/h. All these factors provided a good test of the players' skills and ability to react and adapt to the tricky course conditions.

The opportunity to play and interact with top junior golfers from around the world and to play in a prestigious event like this is an honour that both Sean and Xingtong are grateful for. As Sean reflects, *"It was an eye-opening experience for me, as I saw first-hand how my peers from other countries carried themselves and managed their way around the course. I was impressed by the diversity of the field, as well as the high standard of golf that was played at this event. I am extremely privileged to be given this experience, and I am excited to see how I use what I have learnt to elevate my game and shoot lower scores."* On the other hand, Xingtong had quoted, *"I have learnt a lot from this trip, having watched and played with many other talented golfers from different countries. I will be forever grateful to have the opportunity to participate in such a prestigious event and I look forward to applying the new skills which I have learnt in my daily routines and strategies."*

Both Sean and Xingtong are grateful for the support from Warren Golf & Country Club, in giving them several playing and practice opportunities in the weeks leading up to this event. The Club is looking forward to seeing more Warren Junior golfers gaining experiences and achievements from participating in international tournaments!

# Whisky & Wine Night @ Water Hazard

social

Our Whisky & Wine Night on 05 August 2022 was a huge success! Over 110 members and guests participated and everyone enjoyed the sumptuous buffet spread, free flow of whisky and wine. It was a night filled with great dance music from our live band and attractive lucky draws! Congratulations to all the lucky winners!



# Long Service Awards

## 15-Year 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 as they reach a significant milestone in their service with the Club, we are proud and happy to announce the Long Service Award recipient for May 2022.



From left to right:  
Jinder Aujla (GM), Siti Fawziah Binte Shaik Ibrahim (Housekeeping)

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

### Golfing Transferable Members

Takato Kato  
Hiroyuki Hanawa  
Yaekura Makoto  
Yuen Yuting Alison  
Lee Chong Boon

Tan Yee Sing  
Sim Chee Meng  
Wang Tingyang  
Kwong Chi Tat Bosco  
Lee Eng Hin  
Lee Lily  
Consulta Jasper Bianzon

J Mathews Fernandez  
**Social Transferable Members**  
Vivek Singhal  
Nicholas Chew Jia Hui  
Ng Yan Seng Christopher  
Gao Xuxin

Goh Kin Chuan  
Robert Bagang Lingad  
Joanne Yang

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

### Golfing Transferable Members

Kawano Eisaku  
Oishi Kenji  
Kakinaka Kenichi  
Chia Eng Heng Sylvester  
Ong See Teck  
Ng Cheng-Yao Dennis  
Chen Yee Ching Chris  
Edgar Oh Jie Qi  
Timothy Shin  
Norquoy Malcolm John  
Teo Kah Chong Eric

### Social Transferable Members

Chua Yee Khiam Steven  
Chew Thiam Keng  
Sim Siaw San  
Shin Won Seob  
Chow Mun Onn  
Sia Keng Cheong  
Ong Chin Leong William  
Hernan Miguel Sanchez  
Neira  
Ong San Cheng  
Yeo Ming Pei Aaron

Ong Shu Fang  
Tay Hui Choo Betty  
Chong Thye Hin Adrian  
Tan How Leng  
Edward Yong Ming Fah  
Ang Song Huat  
Loh Hin Wah  
Yu Chung Howard  
Chan Chung Fatt Michael  
Kher Chuan Bee  
Ravindaran S/O Kunju  
Raman  
Lim Yap Seng

Wong See Meng  
Ho Kah Leng  
Lim Tek Sin  
Chan Fook Leong  
Perminder Singh S/O  
Rattan Singh



We are honoured to have our local pop star, JJ Lin checking in at our golf course on 16 July 2022 with his golf kakis. We hoped to see him again at Warren!



## Say **No** to Cheque, **Go Green Today!**

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- Simply login your internet banking and select "PayNow"
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- Select "Unique Entity Number" and Key in the UEN No: **S71SS0048G**

*Please key in your membership no. as Bill Reference.*

## *Limbang Education Awards Presentation Ceremony*

We are pleased to share that the Club had sponsored \$15,000 for the Limbang Education Awards which is in support of the underprivileged students from Primary to Tertiary levels. The ceremony was held on 26 June 2022 and the Guest of Honour, Deputy Prime Minister and Minister for Finance, Mr Lawrence Wong presented the awards to 60 beneficiaries during the event. Representing the Club, our President, Mr Patrick Kwek and Marcom Convenor, Ms Agnes Chan attended the ceremony at Yew Tee Community Club and had a meaningful afternoon seeing the joy of the beneficiaries receiving the awards.



## **Limbang National Day Dinner 2022**

In recognition of the Club's continuous support to the Limbang community and events, a certificate of appreciation was presented to the Club during the Limbang National Day Dinner held on 08 August 2022 at Yew Tee Close. On behalf of Warren, our Club President, Mr Patrick Kwek was proud to receive the certificate from the Deputy Prime Minister and Minister for Finance, Mr Lawrence Wong.



# Warren Cares

## 3rd Distribution of Goodie Bags and FairPrice Vouchers to 40 Needy Families!

On 26 July 2022, as part of the corporate social responsibility initiatives from Warren Cares, we had completed our 3rd groceries distribution to another 40 needy families under Lakeside Family Services. We would like to extend our sincere appreciation to the 10 teams of members and some with their family members who had volunteered their valuable time to deliver the items as well as the staff volunteers for packing the 80 goodie bags. See you at our next distribution drive!



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



Our members volunteering their time to collect the goodie bags and vouchers before delivering to the beneficiaries.



Beneficiaries receiving the goodie bags and vouchers from our member volunteers.





# “Ask Our Trainer”

## What is protein?

Protein is a macronutrient that is essential for building muscle mass.

## Why do we need protein?

Amino acids are the monomers that make up proteins and they are required for many functions. Thus, it is important to ensure that our body has an adequate amount of proteins. Once broken down, proteins are constantly lost from the body. Hence, one should maintain a high protein diet on a daily basis. This is especially important for the growth of muscle and weight loss.

## How do I incorporate protein when I am seeking to lose weight?

People who are seeking to lose weight can try a low-carb and high-protein diet.

## How does protein help us in our weight loss journey?

Eating protein suppresses our appetite. This is because calories from protein take longer time to digest than most carbohydrates and fats. As a result, eating high-quality proteins will make us feel satiated for a longer period.

## Why do we need to grow muscles?

Muscle burns more calories than fats to survive, those with more muscle tissues have a higher resting metabolic rate. A higher resting metabolic rate suggests that you burn more calories per day.

## Protein apparently weakens the kidneys. Is this true?

No. Kidneys eliminate unnecessary chemicals, metabolites and waste from the body. They are important in metabolising and removing the nitrogen by-products emitted from the digestion of protein. However, this does not imply that eating more protein will put a strain on a person's kidneys.

## There are also claims that protein weakens the bones. Is this true?

No. Increased protein intake increases insulin-like growth factor-1 level, calcium absorption and vitamin D level. All these effects contribute to bone strength.

## How much protein should I consume?

In general, for both men and women, the current daily protein intake recommended is 50 grams.

## Are there differences in the amount of protein to be consumed for athletic individuals?

More protein is required for persons who train such as athletes and sportsmen to develop muscle and aid in recuperation. 2 to 3 grams of protein per kilogram of bodyweight is generally a reasonable estimation for persons who are moderately to extremely active.

## What are some great protein sources?

Animal proteins - chicken, red meat, eggs, fish and milk  
Plant proteins - rice, quinoa, beans, buckwheat and hempseed

## Are there any dangers to over-consumption of protein?

Some people are concerned that eating a high protein diet will harm their health. However, research shows that high protein diets are relatively safe for majority of healthy people and are not associated with serious side effects.

Members who are interested in protein diet or wishes to know more about how to add protein to their daily intakes can meet up with our friendly trainers at Warren Gym.



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).

# Annual Age Group Swim Meet 2022

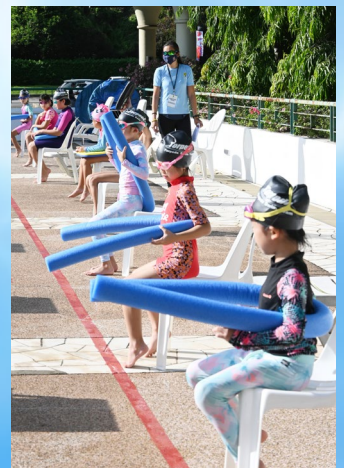
sports

The 20th edition of the Warren Annual Age Group Swim Meet held on 31 July 2022 saw a great turnout of 112 swimmers and more than 200 strong supporters for the event. This year, we invited swim schools from the heartlands and many Juniors were seen participating in the swim meet for the first time.

Under the guidance of Warren Sports Convenor, Mr Desmond Liew and Swimming coordinator, Mr Howie Soh as well as with the support of National Training Centre Head Coach, Mr Gary Tan, the Club presented a total of 95 medals to the participants.

With the ease of COVID measures this year, the Club was able to introduce Floatation race in the event to engage younger swimmers and hope to nurture their interest in swimming.

We look forward to welcoming more swimmers participating in the 21st edition next year!



## Annual Age Group Swim Meet 2022 - Our Emerging Junior Swimmers

### Ryan Ng, Jayden Ng & Aidyn Ng

#### Ryan Ng

- Participated in the 200m individual medley, 100m breaststroke, 100m freestyle, 50m backstroke and 100m butterfly
- Won 5 Gold Medals

#### Jayden Ng

- Participated in the 200m individual medley, 200m breaststroke, 50m freestyle, 100m backstroke and 50m butterfly
- Won 1 Gold and 4 Silver Medals

#### Aidyn Ng

- Participated in the 200m individual medley, 50m breaststroke, 50m freestyle, 50m backstroke and 50m butterfly
- Won 4 Gold and 1 Silver Medals

The Ng brothers had set a certain target and objective which they wanted to achieve in swimming. One of the pull factors would be the friendly competition that they loved and they are motivated to win their friends during the competition. Ryan recalled when he was five years old, his swim coach recommended him to try competitive swimming. Hence, he took the opportunity and fell in love with the competitiveness of the sport. He was also amazed by how fast he could swim.

The training sessions for the Ng brothers were really tough especially those in the mornings as they had to wake up early to prepare. During weekdays, the boys would train for two sessions daily; from 5:30am to 7:00am and 4:30pm to 6:30pm. During Saturday, there would be one training session and they look forward to their rest day on Sunday. Despite the busy training sessions, the Ng brothers felt that it was very worth it when they saw the fruition of their hard work.

When asked if they felt that it was more of a competition or motivation for each another during races, the Ng brothers unanimously agreed that it was competition! However, they would still encourage each other before races and even set challenges among themselves. To the younger brothers, Aidyn and Jayden, it was also a motivation for them to see their older brother, Ryan doing so well. Therefore, they would train even harder to better his time.

Both their parents have been very supportive and they will do their very best to manage their sons' school and swimming schedules despite there are many challenges faced.



### Claire Xu

- Participated in the 50m freestyle, 50m and 100m breaststroke
- Won 3 Gold Medals

Claire was first introduced to the pool at the age of one. Her parents signed her up for class as they felt that swimming is a key life skill to pick up. Initially, Claire was not a fan of swimming but she quickly grew to love the water. What excites Claire about swimming is seeing the improvement in her race timings after putting in the effort for training.

Claire trains with Swimfast Aquatic Club (SAC) three times a week, typically on Mondays, Fridays and Saturdays. Getting to use her flippers is what Claire likes most in training and swimming is a sport that she gradually became passionate in. The local national swimmers that she likes are the Quah siblings.

Claire's parents are very supportive of their daughter who has the passion for swimming and will send her to the training sessions and races. In addition, they will ensure that she is fully equipped with all the necessary swimming gears. Being parents, they trusted Claire to be independent and manage her own training and school schedules. Moreover, they are glad that Claire gets joy from swimming and enjoys competing in occasional races.



# Warren Badminton Championship 2022

Date: **Saturday, 17 September 2022**

Venue: **Badminton Court 2 & 3**

Fee: **\$10.70 nett**

Time: **1.00pm - 6.00pm**

Closing Date : **Friday, 09 September 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**.



# National Day Celebration

On 09 August 2022, our Warren Kids' Club members gathered and celebrated Singapore 57th National Day. They had great fun at the tattoo booth and were fascinated with the temporary tattoo designs which were in National Day theme. It was a fun-filled day for everyone!





## Warren Kids' Club Birthday Parties

The birthday parties in July and August were a blast! The kids were immersed in a series of interactive games. The August babies had fun colouring one of Singapore famous icon, the Merlion. Laughter filled the room as the kids sang Happy Birthday song in celebration of Singapore 57th National Day!

Sign up with Warren Kids' Club and create wonderful memories with your children today!



## Upcoming Birthday Events



**Saturday, 10 September 2022**  
**- 6.30pm after Lantern Workshop**  
**Sunday, 30 October 2022**  
**- 2.00pm to 4.00pm**





# DIY Lantern Making with Mooncake Appreciation & Lantern Walkabout

Mid-Autumn Festival is just round the corner! Sign up for our fun activity where you will enjoy hands-on experience in making your own lantern while enjoying the specially prepared assorted mooncakes. Participants will also enjoy a walkabout around the Club with your handmade lanterns!

**Date:** Saturday, 10 September 2022  
**Time:** 6.00pm - 8.00pm  
**Venue:** Fun Room  
**Fee\*:** \$15 (\$16.05 w GST) WKC Members  
\$20 (\$21.40 w GST) Warren Members (Non WKC)  
\$25 ( \$26.75 w GST) Member's Guest

**Closing Date:** Sunday, 04 September 2022

**Minimum 15 pax for the event.**

**\*Materials for the lantern making will be provided.**

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



# WARREN HALLOWEEN PARTY



**Day/Date :** Sunday, 30 October 2022

**Time :** 2.00pm - 4.00pm

**Venue :** Kids Indoor Playground

**Fees :** \$15 (\$16.05 w GST) WKC Members

\$20 (\$21.40 w GST) Warren Members (Non WKC)

\$25 ( \$26.75 w GST) Member's Guest

**Halloween Highlights:** Themed Tattoo Booth

Scary Maze (Fun Room)

Gifts for Kids with Costumes

**TRICK OR TREAT?**



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



# GOLFERS' TERRACE



**01 - 15 SEPTEMBER**

**Premium Seafood Porridge (For 2 Person)**  
**\$48.80+**



**16 SEPTEMBER - 31 OCTOBER**

**German Pork Knuckle with Sausages**  
**\$58.80+**

# BEVERAGE PROMOTIONS

**Available in September & October 2022**  
*(T Bar Only)*



**Sapporo Beer**  
**5 Bottles Per Bucket @ \$16.00+**

# BEVERAGE PROMOTIONS

Available in September & October 2022  
(Golfers' Terrace, T Bar & Water Hazard)



**Erdinger**  
**Dunkel / Weissbier**  
**\$10.50+ per bottle**



**Glenfiddich 15 years**  
**\$138+**



**Glenfiddich 18 years**  
**\$178+**

## YAN PALACE @ WARREN PROMOTION



SEPTEMBER PROMOTION

蟲草花炖鸡汤

**Double Boiled Chicken  
Soup with Cordyceps**  
**\$16.80++ per pax**

Terms & Conditions:

- Valid for the month of September 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



OCTOBER PROMOTION

砂煲海上鮮

**Fried Fish in Claypot**  
**\$38.00++**

Terms & Conditions:

- Valid for the month of October 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

**NEW  
ARRIVAL**

**FJ 2022 FALL  
COLLECTION**

Available August And October



**PERFORMANCE  
GOLF APPAREL**