

# WARREN

Sep/  
Oct  
2023



WARREN  
GOLF & COUNTRY CLUB

WARREN TIDINGS  
A publication of Warren Golf & Country Club



*Happy Mid Autumn Festival*

# WARREN TIDINGS - SEP / OCT

*Happy Mid  
Autumn Festival*



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# MESSAGE FROM VICE CAPTAIN

Leow Zheng Xu

Hello Warren members, I am Leow Zheng Xu, your Vice Captain, and I am thrilled to be part of this incredible Management Committee. As we step into the new term, I am excited to work with my dedicated Sub-Committee members, Eric Lee, Kevin Tan, and Leow Zheng Yu, to embark on a journey of growth and excellence where we will be focusing on three main areas: the centralised handicapping system, junior development and SGA league selections 2024.

First and foremost, we believe that fairness is key, especially when it comes to handicaps. We are dedicated to refining our handicap system, ensuring it is transparent and treats everyone fairly. Additionally, we are committed to promote courtesy rounds, providing new golfers with the opportunity to obtain a handicap.

Secondly, our Junior golfers are the future stars of the sport! So, we are all pumped up to revamp our Junior development programme. Working closely with our amazing club pros, we will create a structured programme that nurtures talent while instilling valuable life skills. Additionally, we are super keen to get our Juniors out to play on the golf course more often! That is how they will truly grow and shine. We will also be working hand in hand with the Singapore Golf Association (SGA) to set clear milestones for our young champs.

Lastly, a critical highlight of our recent achievements is the remarkable success of Team Warren in the SGA Inter Club League 2023, where we secured the prestigious 1st runner-up position. This momentous occasion has motivated us to strive for even greater heights in the upcoming SGA-Inter Club League 2024. As the appointed League Captain for 2024, I will oversee the selection process and the league matches. I assure you that the selection process will be transparent and all formats will be communicated via our official channels - telegram, emails and notice boards. I encourage all interested members to try out for the league selections in 2024 and I wish you the best of luck.

Throughout my tenure as Vice Captain, my commitment is to maintain open lines of communication and transparency with all Club members. Your thoughts, ideas, and suggestions are valuable to us, and we welcome them with open arms. Together, we can forge a united and vibrant community where everyone feels heard and valued.

As we embark on this thrilling journey together, let's remember that golf is not just a game; it's a bond that ties us all. With teamwork, dedication and your unwavering support, we will chart a course to greater heights for Warren Golf & Country Club.

I am truly grateful for this opportunity to serve you all. Here is to a year filled with laughter, friendships and many unforgettable rounds on our beautiful greens!



## GM SPEAKS...

**Jinder Aujla**

For the coming months, members can look forward to an array of engaging activities and new delectable dining options; there is something in store for everyone.

In September, our Sport Team is introducing the Warren Golf Course Run. This monthly event, scheduled every first Monday, is a great opportunity for members to engage in a healthy activity while enjoying the stunning sunset views of the golf course. For those who thrive on pushing their limits, our gym challenge in October is set to provide an exhilarating platform. The Endurance Circuit awaits those who dare to test their physical prowess.

With the spirit of the season just around the corner, Warren Kids' Club (WKC) has an exciting lineup. The Mid-Autumn Festival celebration on 23 September includes snowskin mooncake and lantern-making activities, offering members of WKC and their parents an opportunity to foster a wonderful bonding experience during this festive time. Another delightful fusion of fun and excitement awaits at our Halloween Fiesta on 28 October, where we eagerly anticipate members donning creative costumes and joining thrilling games at Tee Garden.

For members seeking relaxation and indulgence, we are pleased to introduce the Weekend High Tea Set at the Water Hazard. Members can enjoy newly curated high tea delights to elevate their weekend relaxation. And for our connoisseurs, mark your calendars for the Whisky & Wine Fair at the main clubhouse lobby on 23 and 24 September. This exceptional event invites members to explore a wide selection of fine whiskies and wines. In addition, besides the current Daily Specials, Golfers' Terrace will be introducing Weekend Specials and unveiling an enticing new menu this September to elevate members' dining experience!

With our corporate social responsibility programme going strong, Warren Cares has completed its 6th groceries distribution to beneficiaries of Lakeside Family Services on 25 July. A big thank you to our member volunteers for generously dedicating their time to join us in giving back to the community.

As part of our continuous effort to drive the 'Go Green' initiative, we will be introducing the Towel Conservation campaign. We encourage all members to actively participate, as a simple change in our habits and routines can collectively make a significant impact to reduce our carbon footprint and contribute to making the environment greener. For details of the campaign, members may refer to page 07.

Lastly, I would like to wish all members a Happy Mid-Autumn Festival.

# 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?

Search for "Telegram" in your App Store (for iOS users) or Google Play Store (for Android users) and download the Telegram App.

Follow the instructions to set up your Telegram account.

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.

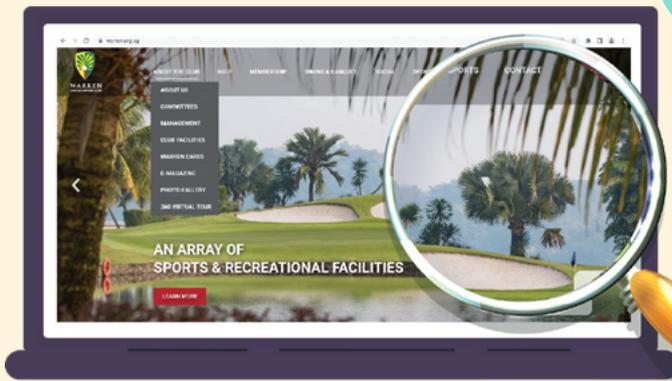
Note: Do not mute the channel otherwise you will not receive notifications.

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!

# Join the Warren Website Scavenger Hunt!

- Navigate the new Warren website and conquer our Scavenger Hunt for rewards.
- **50 lucky winners** with all answers correct will receive a **\$20 voucher from Golfers' Terrace!**



Sponsored by: D.I.S. Airconditioning & Electrical Pte Ltd

Scan Me to start your hunt now!



Submit your answers by 22 September 2023.

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

### Golfing Transferable Members

Wang Bin  
Lee Kyoung Mi  
Pablo Hontoria Salgado  
Bock Chuang Yee  
Alain Alexander Lee  
Liu XiaoYuan  
Qu Fajun  
Ng Chee Wee (Huang Zhiwei)

Huang Yu Sen  
Jung Junho  
Tomiyama Yuichiro  
Wong Yu Hin  
Ichiya Kazuma  
Thodur Madapusi Devanathan  
Wang Qin  
Fang Shuiwang  
Lee Young Hak  
Hong Seong Tae

Teo Jun Liang Gabriel  
Tan Swee Wah Patricia Nee Ong  
Yap Chin Hock  
Tan Jia Hui Clarence  
Kang Wee Kin  
Koh Mui Kee Maggie  
Chua Chee Yin  
**Social Transferable Members**  
Ong Jia Yi Keefe

Low Yi Cheng  
Lim Kok Chye  
Lua Yong Hwa  
Teng Zong Liang  
Heng Keok Seng  
Ong Ah Whatt  
**Lady Transferable Members**  
Chua Xin Hui Lynette

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

### Golfing Transferable Members

Yong Seng Yap  
Lay Hwee Kheng  
Iwamoto Taiji  
Ng Choon Thiam  
Mason Simon Peter  
Ong Chong Ching Marc  
Khoo Beng Kang Philip  
Yeo Kah Teng  
Goh Siong Lak Simon  
Toh Wei Chuan  
Quek Swee Huat Peter

Wong Keng Wan  
Wong Kelvin  
Sudarsan V Thattai  
Kim Shinhan Sid  
Lai Chung Mun  
Goh Sian Yuen  
Low Soo Kwang  
Teo Chee Chuan Eddie  
Jacinta Jamuna Rajoo  
Lam Khin Khui  
Cho Shun Wing  
Koh Song Hing  
Sim Koon Lam

### Social Transferable Members

Sim Yew Meng Adrian  
Jimmy Chua Teck Leong  
Lim Leong  
Jordi Farell Garrigos  
Tan Siew Yong  
Roshithlal Vayappurath  
Noguchi Toshiko  
Liu Miao  
Chai Meau Khuan  
Lee Eng Chye Matthew  
Tan Beng Hock

Tan Siang Yew  
Qu Jin Yong  
Yu Wei Chuen  
Lee Chin Cheang  
Lim Hung Soon  
Wee Shin Yang Shaun



## Join Us in Embracing Towel Conservation for a Greener Tomorrow

In the third quarter of 2021, the Club began implementing a slew of eco-friendly practices as part of our “Go Green” drive.

One of the initiatives was the reduction of towel usage whereby members are encouraged to take only one towel if possible and limiting its use to drying off after a shower.

This year, we are once again ramping up the campaign to reflect our commitment to sustainability and environmental stewardship.

Commencing in September, we would like to encourage you to participate in our Towel Conservation campaign. By making a small change in our routines, we can collectively make a big impact on our planet.

### **Why Towels Conservation Matters:**

Excessive towel usage not only adds to our laundry load but it also consumes precious water and energy resources. By reducing our towel usage, we can conserve water, contribute to a greener environment and lower the Club’s carbon footprint.

### **How you can make a difference:**

**Use One Towel:** Whenever possible, opt to use just one towel for activities like swimming, gym sessions and showers. This simple change can save gallons of water and energy per towel.

**Multi-Task Your Towels:** Rather than reaching for a new towel each time, consider using the same towel for multiple purposes. You will be amazed at how much you can save.

**Our Collective Impact:** Imagine the positive impact we can achieve as a Club. Every towel saved means less water consumed and less energy expended. Let’s work together to create a more sustainable future for many generations to come.

# MONTHLY MEDAL RESULTS

golf

## July

### Men (Format - Strokeplay)

Division	Name	H.I.	Result
Overall Best Gross	Daryl Low Meng Tiang	+1.7	68 gross
Best Gross A	Nathen Tan En Quan	+0.3	69 gross
Best Nett A	Ang Thiam Chye Stanley	8.4	61 nett
Best Gross B	John Baey Yam Chye	11.6	83 gross
Best Nett B	Toh Heng Hock	13.6	66 nett
Best Gross C	Lam Kum Hon	16.4	84 gross ocb
Best Nett C	See Say Cheong David	23.2	64 nett

### Ladies (Format - Strokeplay/Stableford)

Division	Name	H.I.	Result
Overall Best Gross	Chen Xingtong	+2.6	71 gross
Best Gross A	Cheng Moy Yong	8.7	78 gross
Best Nett A	Mah Li Lian	10.0	68 nett
Best Gross B	Jang Hyun Hee	17.3	88 gross
Best Nett B	Ng Puay Khim Jaclyn	20.4	71 Nett ocb
Winner C	Mah Hung Mun Susan	23.8	42 pts
Runner-Up C	Tan Hwee Mei Daphne	25.0	41 pts

## August

### Men (Format - Strokeplay)

Division	Name	H.I.	Result
Overall Best Gross	Daryl Low Meng Tiang	+1.8	69 gross
Best Gross A	Lukeshvaruna s/o Elangkovan	0.6	72 gross
Best Nett A	Oh Kian Beng	9.4	66 nett ocb
Best Gross B	Wong Fui Sun	11.2	76 gross
Best Nett B	Quah Siew Huat	10.7	63 nett
Best Gross C	Ng Kwang lak	17.4	81 gross
Best Nett C	Ng Chwee Koh	24.0	65 nett

### Ladies (Format - Strokeplay/Stableford)

Division	Name	H.I.	Result
Overall Best Gross	Inez Ng Xin Yi	+2.9	73 gross
Best Gross A	Park Ran Young	15.7	83 gross
Best Nett A	Kim Young Hee Laura	14.6	66 nett
Best Gross B	Kim Tae Ryoung	16.6	85 gross
Best Nett B	Ng Puay Khim Jaclyn	20.4	65 nett
Winner C	Soh Leng Leng	23.1	43 pts
Runner-Up C	Foo Gee Meng	22.6	42 pts ocb

## HOLE-IN-ONE ACHIEVERS



**Lu Zhanqiang**  
30/05/2023  
Hole 7



**Abdul Quim**  
27/06/2023  
Hole 16



**Kiew Beng Mee**  
27/06/2023  
Hole 11



**Yeo Lay Suan Agnes**  
01/07/2023  
Hole 14



**Ong Chin Jin Elvin**  
28/07/2023  
Hole 11

# Ladies' Sub-Committee (2023 - 2025)

Allow us to introduce you to the passionate and dynamic members of the Ladies' Sub-Committee for the new term. They will be the driving force behind the upcoming array of exciting golf games and exclusive fun events tailored specifically for our lady members!



Left to Right  
Jasmine Ng - Committee Member, Maggie Koh - Lady Captain, Charles Teo - Captain(Ex-Officio),  
Catherine Kwek - Lady Vice Captain(Honorary Secretary) and Evelyn Chan - Committee Member(Social Convenor)



# SGA Inter-Club League 2023

We are thrilled to extend our heartfelt congratulations to the Warren League Team 2023 for their remarkable achievement in the SGA Inter Club League 2023! In a display of sheer prowess and unwavering dedication, this exceptional team has secured 1st runner-up in the fiercely contested SGA Inter Club League 2023. Their remarkable journey is a testament to their unyielding commitment, remarkable sportsmanship, and the seamless synergy they have exhibited on the golf course. This achievement not only reflected their hard work but also highlighted the exceptional training and support provided by Warren.

Congratulations to Warren League Team 2023 for their stellar performance that has undoubtedly infused a sense of pride and accomplishment within the Club and its members.





Chart credit to SGA



# National Day Golf Tournament 2023

To celebrate our country's 58th birthday, a total of 124 members signed up for the National Day Golf Tournament held on Saturday, 05 Aug 2023. With blessed weather, all golfers indulged themselves with on-course refreshments such as satay, kueh pie tee and ice cream. The game was completed within 4.5hrs.

Club Captain, Mr Charles Teo, addressed the members with an opening speech at Yan Palace Restaurant after the game. A Chinese sit-down dinner was served, followed by the recitation of the national pledge and singing of the national anthem, led by Management Committee members.

A shoutout to our sponsors - without them, the event would not have been a success!



Sponsored by

**Ju Kai Meng**





## Do you know as a Golfer?

1. Golfers are NOT allowed to drive the buggy beyond the restricted area at the fairway that is cordoned off by course maintenance team. This is due to recovery programs of the turf.
2. Golfers are advised to return their buggies immediately upon finishing their golf game. Failing to do so, golfers will be charged with \$27.00nett per pax.
3. Under Club Rules 5.3(g), all morning flights must complete the first nine holes and turn around by 11.45am, failing which continuation of the second nine holes shall be disallowed (inclusive of suspension of play due to inclement weather). Tee off times after 11.45am shall be reserved for flights in the afternoon session.

## UPCOMING GOLF EVENTS

DATE	EVENT*
01 September 2023	9 Holes Social Game
09 - 10 September 2023	September Warren Mixed Monthly Medal in conjunction with the Rolex Golf Challenge 2023 & Qualifying Round for Men's Club Matchplay Championship 2023
16 September 2023	Club Matchplay Championship (Rd 1)
17 September 2023	Club Matchplay Championship (Rd 2)
22 September 2023	Ladies Birthday Fiesta
23 September 2023	Club Matchplay Championship (Semi-Finals)
24 September 2023	Club Matchplay Championship (Final)
24 September 2023	September Warren Junior Medal (9-Hole)
30 September 2023	Ladies 54H Club Championship (Rd 1)
01 October 2023	Ladies 54H Club Championship (Rd 2) Duffer Cup (Rd 1)
08 October 2023	Ladies 54H Club Championship & Duffer Cup (Final Rd)
14 -15 October 2023	October Warren Mixed Monthly Medal
27 October 2023	Ladies Halloween Game
29 October 2023	October Warren Junior Medal (9-Hole)

\* **Subject to changes**

# Congratulations to our Warren Junior League Player, Sydnie Ng

Breaking barriers and making history! Big congratulations to 12 year old Sydnie Ng, our Warren Junior League player, for becoming the first Singaporean to claim victory at the 16th FCG Championship in San Diego!

She dominated with another win at the FCG Callaway World Championship 2023 in Palm Springs, California. We are incredibly proud of her for this remarkable achievement!



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# Warren Cares

Warren Cares, the Club's Corporate Social Responsibility (CSR) Programme has been a great way for Warren to contribute back to the society. It has provided a meaningful platform for Club members and employees to bond with one another and also with their families while engaging in volunteer activities. It also increases the Club's visibility as it brings us closer to the community.

On 25 July 2023, our member volunteers brought smiles to the beneficiaries of Lakeside Family Services through our Warren Cares grocery distribution. Our heartfelt thanks to the volunteers for supporting the Club's CSR initiative. Together, we will continue to foster a spirit of care in our community!



Staff volunteers helped to pack goodie bags before the distribution day.



Members volunteering their time to collect goodie bags and vouchers before delivering to beneficiaries.



Beneficiaries receiving goodie bags and vouchers from Warren volunteers.

## “Ask Our Trainer”



Article credits to:  
Warren Fitness Trainer Aly Kamsani

### “I want to start a fat loss phase, but I don't know where to begin. Any advice?”

The cornerstone to any weight loss journey is setting your daily calorie intake. Begin by setting a weight goal. Multiply this by 26.4 and voila - your daily calorie allowance is set!

#### Example:

If you aim to be 72kg, Your daily calorie allowance should be:  $72 \times 26.4 = 1900$  calories.

However, not to be a slave to precision, as I advocate for calorie ranges rather than a fixed number. This way, you will have some flexibility. For instance, aim for 1800 - 2000 calories per day, this approach is not only more sustainable but it is also realistic.

For your daily protein consumption, multiply your weight goal by 1.54 to find your recommended protein intake.

#### Example:

For a weight goal of 72kg, your daily protein consumption will be  $72 \times 1.54 = 111g$ .

Similar to calorie intake, don't fret if you exceed this number; but remember this is your daily minimum protein requirement.

Next will be your daily fiber consumption. For women, you should consume at least 25g of fiber daily. As for men, aim for 35g. These are the minimums; however I encourage you to exceed them. A daily fiber intake of 40-50g from whole foods would be fantastic.

Besides what you consume, set a goal for daily steps of at least 7500, but feel free to go beyond. Anything above 10000 daily steps is commendable. If you are not there yet, don't worry you can gradually work towards to it.

Strength training is also a crucial part of this equation. I recommend training 2, 3, or 4 times a week. Here are some examples of strength training frequency:

2x: Full Body/ Full Body

3x: Lower Body/ Upper Body/ Full Body

4x: Lower/ Upper/ Lower/Upper

Remember, factors like sleep, stress, and hydration also play vital roles in your fat loss journey. They influence the pace and sustainability of your weight loss. But rest assured, consistently following the guidelines outlined in this article will lead you to fat loss. You can consider this as my personal guarantee.

Reach out for personalised training today, gain confidence, guidance and tangible results. Take the first step towards your fitness goals. Connect with me and revolutionise your workout routine!



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).

# 21st Annual Age Group Swim Meet 2023

Excitement filled the air at our Club's 21st Age Group Swim Meet as 119 talented young swimmers dived into the pool to compete in 78 thrilling events. This swim meet showcased not only competitive but friendly rivalries among local clubs, fostering a sense of camaraderie. Inclusivity was at the forefront, with swimmers of all skill levels participating and celebrating their achievements. The fun race was a special highlight for novice swimmers, where inflatable toys added splashes of excitement! Our swim meet truly exemplified joys of swimming, bringing together young athletes to share this spirited and memorable event.

Team	Gold	Silver	Bronze	Total
Warren	14	9	2	25
Torpedo	4	5	5	14
Aquatic	2	5	2	9
Pacific	15	14	9	38
Proactive	4	4	5	13
Fishlike	24	6	11	41

We look forward to have them again next year!



# Interclub Badminton Friendly Warren vs National University of Singapore Society (NUSS)

Our Club hosted the NUSS for an exhilarating badminton interclub match on 21 July 2023. The event witnessed a total of 60 talented players showcasing their skills and sportsmanship.

The game proved to be a great display of camaraderie and healthy competition, as both teams gave their all. During the event, representatives from each club exchanged plaques, symbolizing the mutual respect and admiration between teams.

We would like to extend our gratitude to the NUSS for their spirited participation and congratulate all the players for their remarkable performance. It was an unforgettable evening that showcased the best of interclub badminton, leaving everyone eagerly anticipating future matches.



# Warren 6-Red Snooker Championship

In a riveting display of cue mastery, the 6-Red Snooker Championship showcased a thrilling clash of talents from 18 to 30 of July. Among the myriad of exceptional performances, two players rose above the rest, captivating audiences with their skills and determination. Eddy Soh, renowned for his precise shots and strategic play, faced off against Soh Eng Kian, known for his lightning-fast reflexes and impeccable cue ball control. This thrilling match unfolded over a series of intense frames. However, as the final frame approached, Eddy Soh demonstrated unparalleled composure, sinking crucial shots to secure his victory. With flawless technique and unwavering focus propelled him to triumph, claiming the prestigious 6-Red Snooker Championship title.





# National Day Celebration

Singapore's 58th birthday was celebrated in style by the enthusiastic members of our Club on 05 August 2023.

The highlight of the celebration was having a vibrant photobooth, where families captured delightful memories against a backdrop of colorful balloons! Additionally, a skin art booth added a touch of creativity, allowing attendees to adorn themselves with temporary Singapore-themed skin art designs.

The DIY Singapore flag mache booth was a hit among creative souls, as participants enthusiastically crafted their personalised flags, showing their love for the nation.

Overall, the celebration was a remarkable event, captivating Club members and their children. It not only served as a delightful homage to the nation's birthday but also fostered a sense of unity and pride among all participants.



The background of the poster is a photograph of a golf course at sunset. The sun is low on the horizon, casting a warm glow over the green grass and sand traps. A tall light pole stands on the right side. In the foreground, there is a blue silhouette of a runner in motion, with a blue and purple wavy graphic element behind the text.

# Warren Golf Course Run\*

**starting 04 September 2023**

***Experience the thrill of running / walking amidst the nature's canvas  
with stunning sunset views!***

**Date: Every 1<sup>st</sup> Monday of Each Month**

**Starting Point: T Bar / Buggy Bay**

**Time: 5.30pm (Route briefing and declaration of health)**

**5.40pm (Warm-up)**

**5.45pm (Start)**

**\*Terms & Conditions:**

- Participants are to follow the route set by Club Management.
- Members' guest is not allowed to participate.
- Participants must be in proper sports attire.
- Participants who are feeling unwell should not proceed with the event.
- In case of wet weather, the event will be cancelled.
- The Club will not be liable for any accidents, injuries or death that might occur during the event.
- By attending this event, you agree to be photographed and understood that the photos may be used for marketing and publicity purposes.

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).



**Prizes**  
**1st : \$180.00**  
**2nd: \$100.00**  
**3rd: \$70.00**  
**High Break: \$50.00**

# **Warren Snooker Championship**

Match Dates: Tuesday, 03 October to Friday, 03 November 2023

Semi Final: Saturday, 04 November 2023

Final: Sunday, 05 November 2023

Draw Date: Monday, 02 October 2023 at 7.00pm

Venue: Billiard Room

Entry Fee: \$16.20 nett

Closing Date: Friday, 29 September 2023 at 9.00pm

Note: Minimum 16 participants to start.

Prices stated are inclusive of prevailing GST.

Please refer to notice board in the billiard room for the championship match format, terms & conditions.

Any cancellations made after the deadline or no-shows will result in full fees charges.

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).



**Prizes**  
**1st : \$150.00**  
**2nd: \$100.00**  
**3rd: \$50.00**

# **WARREN SQUASH CHAMPIONSHIP**

**Match Dates: Friday, 20 & 27 October 2023 (6.30pm – 9.30pm)**  
**Saturday & Sunday, 21 - 22 & 28 - 29 October 2023 (3.00pm – 7.00pm)**

**Draw Date: Sunday, 08 October 2023 at 4.00pm**

**Venue: Squash Courts**

**Category: Mixed Handicap (For Warren Members Only)**

**Entry Fee: \$16.20 nett**

**Closing Date: Friday, 06 October 2023 at 9.00pm**

Prices stated are inclusive of prevailing GST.

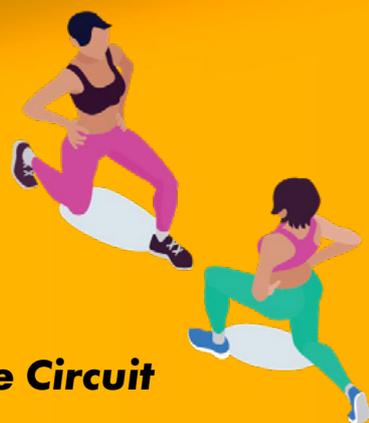
Please refer to notice board outside the Squash Courts for the match schedule and handicap system.

Event may be cancelled if the number of entries received is less than 8.

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

# GYM CHALLENGE



## Challenge for October/November 2023 – Endurance Circuit

Duration: 20 minutes

Description: Participants will move through the following exercise circuit stations. The aim is to complete as many workout sets as possible within the time limit:

1. Push-Ups: 20 repetitions
2. Burpees: 15 repetitions
3. Forward Lunges (per leg): 15 repetitions
4. Bodyweight Squats: 25 repetitions
5. Mountain Climbers (per leg): 30 repetitions

### Scoring:

Participants will earn points based on their performance. 1 point per completed circuit round will be awarded.

### Prize

Top 3 performers for both male & female will receive F&B Vouchers valued at \$100.00, \$70.00 & \$30.00.

### Rules:

1. Participants must be members aged 18 years or older.
2. Each participant must sign a liability waiver before participating.
3. Proper warm-up and cool-down are mandatory.
4. Participants must follow the instructor's directions and maintain proper form throughout the challenge.
5. In the interest of safety, participants may opt out at any point if they feel that they are unable to continue.
6. Challenges must be performed under the supervision of Warren trainer.

### *Disclaimer:*

*Each participant has to sign a declaration form to join.*



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).



**Prizes**  
1st Prize: \$50 F&B Voucher & Stationery Set  
2nd Prize: \$30 F&B Voucher & Stationery Set  
3rd Prize: \$20 F&B Voucher & Stationery Set  
Consolation Prize: 1 Party Bag

# ENGLISH CHESS CHAMPIONSHIP

**Date:** Saturday, 09 September 2023 at 2.00pm  
**Venue:** Sports Lobby  
**Entry Fee:** \$5.40 nett for Warren Kids' Club Member  
\$10.80 nett for Warren Kids' Club Members' Guest  
**Format:** No time limit as it is a novice event  
**Closing Date:** Thursday, 31 August 2023

Note: Minimum 8 participants to start.  
Prices stated are inclusive of prevailing GST.  
Any cancellations made after the deadline or no-shows will result in full fees charges.

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).



**Event highlights:**

- No-Bake Snowskin Mooncake
- Traditional Lantern Making

# Warren Mid-Autumn Festival

**Date:** Saturday, 23 September 2023 at 7.00pm

**Venue:** Starter Hut

**Price:** \$27.00 nett for Warren Kids' Club Member with Parents

\$32.40 nett for Warren Junior with Parents

\$41.04 nett for Members' Guest

**Closing Date:** Tuesday, 12 September 2023

**Notes:**

Complimentary mooncake tasting with chinese tea.

Includes a golf course walk with your DIY lantern.

Disposable gloves and apron will be provided.

Prices stated are inclusive of prevailing GST.

Any cancellations made after the deadline or no-shows will result in full fees charges.



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 FIESTA

Date: Saturday, 28 October 2023  
Time: 2.00pm to 8.00pm  
Venue: Warren Golf & Country Club - Tee Garden  
Price: \$37.80 nett for Warren Kids' Club Member  
\$48.60 nett for Warren Member  
\$54.00 nett for Members' Guest  
\$70.20 nett for Public

Closing Date: Friday, 20 October 2023

## Event highlights:

Photobooth, handy-crafts booth, games and activities, October babies birthday celebrations, children's buffet dinner will be served at 6.00pm.

Best costume selection at 5.00pm by Committee - 3 x \$50 Warren F&B Vouchers.

Comes dressed in Among-Us crew or impostor and get a door gift! (while stock lasts).

Prices stated are inclusive of prevailing GST.

Any cancellations made after the deadline or no-shows will result in full fees charges.



**Early Bird Promotion  
Before 01 October 2023**

\$32.40 nett for Warren Kids' Club Member  
\$43.20 nett for Warren Member  
\$48.60 nett for Members' Guest  
\$54.00 nett for Public

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).

# Daily Specials at Golfers' Terrace

Available for the Month of September



**Monday**

**Homemade Pan Mee  
\$12.80+**



**Tuesday**

**Claypot Chicken Rice  
\$13.80+**



**Wednesday**

**Braised Mushroom &  
Chicken Feet Noodles  
\$12.80+**



**Thursday**

**Thai Style Chicken Rice  
\$13.80+**



**Friday**

**Smoked Duck Pasta  
\$15.80+**

Prices stated is subject to prevailing GST and surcharge for non members.

# Daily Specials at Golfers' Terrace

Available for the Month of October



**Monday**

**Prawn and Gui Fei Abalone  
Kway Teow Soup  
\$13.80+**



**Tuesday**

**Lotus Leaf Rice  
\$14.80+**



**Wednesday**

**Tom Yum Prawn  
Glass Noodles  
\$15.80+**



**Thursday**

**Hong Kong Style  
Noodle Soup  
\$13.80+**



**Friday**

**Smoked Salmon Pasta  
\$15.80+**

Prices stated is subject to prevailing GST and surcharge for non members.

# *Golfers' Terrace*

## *Weekend Specials*

*Available for the Month of September*



**Frog Porridge for 2 pax**  
**(Kung Pao or Ginger & Onion)**

**\$23.80+**

*Available for the Month of October*



**Scissors Cut**  
**Curry Rice**

**\$16.80+**

## GOLFERS' TERRACE

Available in September & October



**German Pork Knuckle  
with Sausages  
\$68.00+**



**Bangers and Mash Set  
\$28.00+**

Prices stated is subject to prevailing GST and surcharge for non members.

## BEVERAGE PROMOTIONS

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



**Paulaner**  
**Dunkel / Weissbier**  
Per bottle @ \$9.00+  
2 bottles @ \$16.00+  
Bucket of 4 bottles @ \$30.00+

Available in Golfers' Terrace & T Bar



**Singha Promotion**  
**Per Bucket @ \$25.00+**  
**(5 Bottles)**

Prices stated is subject to prevailing GST and surcharge for non members.

# BEVERAGE PROMOTIONS

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



**Glenfiddich 15 YO**  
**2 for \$288+**



**Glenfiddich 18 YO**  
**\$188+**



**Oyster Bay Marlborough**  
**Sauvignon Blanc**  
**\$48+**



**Oyster Bay Marlborough**  
**Pinot Noir**  
**\$52+**

Prices stated is subject to prevailing GST and surcharge for non members.

# Water Hazard Weekend High Tea Set

(For 2 Pax)

2.00pm - 5.00pm



**\$38.80+**  
with Coffee & Tea

**\$68.80+**  
with a bottle of Prosecco



High Tea Set Includes:

- Soft Shell Crab with Thai Chilli Sauce
- Smoked Duck with Black Pepper Sauce
- Unagi Sushi
- Crispy Prawn with Spicy Pumpkin Sauce
- Pan-Fried Salmon with Fruity Salsa
- Money Bag with Wasabi Mayo
- XO Carrot Cake
- Mini Desserts



Prices stated is subject to prevailing GST and surcharge for non members.



## Grilled Cuttlefish

**Dates: 09 & 23 September 2023**

**Time: 6.00pm - 10.00pm**

**\$8.80+ per stick**



## Satay Night



Picture is for illustration purpose only.

**Dates: 14 & 28 October 2023**

**Time: 6.00pm - 10.00pm**

**\$9.00+ for half dozen satay**

**Choice of Satay: Chicken, Mutton, Pork or Beef**

Prices stated is subject to prevailing GST and surcharge for non members.



# Whisky & Wine Fair @ Main Club House Lobby 23 & 24 September 2023 11.00am – 7.00pm

**Liquors & Wines on sale at attractive prices!**

- Suntory Sui Gin
- Suntory Roku Gin
- Auchentoshan 12YO
- Auchentoshan Three Wood
- Auchentoshan 18YO
- Auchentoshan 21YO
- Bowmore 12YO
- Bowmore 15YO
- Bowmore 18YO
- Laphroaig Select Cask
- Laphroaig 10YO
- Laphroaig Quarter Cask
- Kakubin
- The Chita
- Suntory AO
- Hibiki Harmony
- Hakushu Distiller Res
- Yamazaki 12YO
- John Walker Son XR21
- Johnnie Walker Gold Label
- Glenmorangie Lasanta
- Glenmorangie Quinta Ruban
- Glenmorangie 18YO
- M Prestige
- Terrazas Reserva Malbec
- Terrazas Reserva Chardonnay
- Hendricks Original
- Hendricks Neptunia
- Hendricks Flora
- Glenfiddich 12YO
- Glenfiddich 15YO
- Glenfiddich 18YO
- Balvenie 12YO Doublewood
- Balvenie 14YO Caribbean Cask
- Balvenie 12YO American Oak
- Balvenie 14YO Week of Peat
- Villa Maria Private Bin Sauvignon Blanc 2022 New Zealand
- Penfolds Autumn Riesling Australia
- Casillero del Dablio Res Especial Chardonnay Chile
- Villa Maria Private Bin Pinot Noir 2022 New Zealand
- Zucarrdi Brazos Malbec 2021 Argentina
- Casillero del Dablio Res Especial Cabernet Sauvignon Chile
- Hermanos Hernaiz Jardin de la Emperatriz Blanco Rioja 2022 Spain
- Beaulieu Vineyard Napa Valley Cabernet Sauvignon 2017 USA
- Penfolds FWT 585 Cabernet Merlot Petit Verdot 2019v France
- Bombay Sapphire
- Star of Bombay
- Oxley
- Dewar's 12YO
- Dewar's 15YO
- Dewar's 18YO
- Aberfeldy 12YO
- Royal Brackla 12YO
- Royal Brackla 18YO
- Lady Trieu Contemporary VietnamGin
- Bushmills Single Malt Irish Whisky12YO
- Bushmills Single Malt Irish Whisky
- Triple Distilled Aged 16YO
- The Glenturret Triple Wood
- The Glenturret Peat Smoke 10YO
- The Glenturret 12YO

**Samples of Liquors & Wines are available.**

## YAN PALACE @ WARREN PROMOTION



榄角蒸鳕鱼  
**Steamed Cod  
Fish with  
Black Olive**  
**\$36.80 ++**

### SEPTEMBER PROMOTION

Terms & Conditions:

- Valid for the month of September 2023 from Mondays to Fridays
- Not valid on Saturdays, Sundays, Public Holidays and eve of Public Holidays
- Valid for dine-in only
- Not valid with other promotions
- Prices stated is subject to prevailing GST and surcharge for non members.



蟲草花炖鸡汤  
**Double Boiled  
Chicken Soup  
with Cordyceps**  
**\$16.80++  
(per pax)**

### OCTOBER PROMOTION

Terms & Conditions:

- Valid for the month of October 2023 from Mondays to Fridays
- Not valid on Saturdays, Sundays, Public Holidays and eve of Public Holidays
- Valid for dine-in only
- Not valid with other promotions
- Prices stated is subject to prevailing GST and surcharge for non members.

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