

# WTC

## Jan/ Feb 2024



WARREN  
GOLF & COUNTRY CLUB

### WARREN TIDINGS

A publication of Warren Golf & Country Club



# WARREN TIDINGS - JAN / FEB



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# MESSAGE FROM SPORTS CONVENOR

**Gobi Nathan**

Dear Members

In the dynamic landscape of sports and recreation, we have thrived in 2023 by introducing a range of initiatives designed to enhance the experiences of our members. As we reflect on the accomplishments of the past year, we also eagerly anticipate the promising developments planned for 2024.

## **Pickleball**

In 2023, a noteworthy addition to our activities was the launch of Pickleball, a sport gaining popularity in Singapore's vibrant sports scene. Members were thrilled to have access to a sheltered court, providing a comfortable and enjoyable environment for play. The introduction of Pickleball not only diversified the Club's offerings but also fostered a sense of community among our members.

## **Golf Course Walk-A-Jog**

Another popular and well-liked initiative was the Golf Course Walk-A-Jog, a monthly event where members could take a leisurely stroll along the cart path. This event created a unique and refreshing experience as they get to enjoy the breath-taking views of our golf course during the walk.

## **Table Tennis, Squash and Gym Challenge**

In response to the growing demand for competitive opportunities, we have organised quarterly leagues for Table Tennis and Squash. These leagues not only allowed members to showcase their skills but also provided a platform for friendly competition and camaraderie. In addition, the quarterly Gym Challenge further encouraged members to push their limits, promoting a healthy and active lifestyle.

## **International Wushu Competition**

One of the highlights of 2023 was co-hosting of the 10th International Wudebei Traditional Wushu Competition. This prestigious event attracted participants from nine countries, showcasing diverse martial art styles. The competition not only elevated the Club's standing on the international stage but also celebrated the spirit of athleticism and legacy of Wushu.

## **What to look for next year**

As we look ahead to 2024, the Club will be introducing a variety of exciting programmes. Monthly activities, such as the Bowling Monthly Medals will make a return, offering members more opportunities to engage in their favourite sport. Additionally, the Club will focus on children's activities and aim to provide a well-rounded experience for young members, fostering a love for sports from an early age.

The Club is also committed to become more involved in the Community Sports scene to strengthen ties and create a network with neighbouring organisations. Thus, members can anticipate participating in friendly games with nearby sports networks, promoting a sense of community and sportsmanship beyond the Club.

Looking forward, the Club is committed to provide an enriching experience for its members with an exciting line-up of programmes and community engagement initiatives.

Last but not least, I would like to wish everyone a new year filled with new opportunities and great camaraderie.





## GM SPEAKS...

**Jinder Aujla**

As we welcome 2024, my warmest wishes go out to all members for a Happy New Year!

I am pleased to share that 18 of our staff have been recognised for their efforts to serve with passion and deliver an extraordinary customer experience through the Excellent Service Award (EXSA) 2023. Organised by the Singapore Retail Association (SRA), the EXSA was launched in 1994 and is a national award that recognises individuals for delivering quality service. We would like to take this opportunity to thank members who had taken the efforts to send in the compliments for our staff.

On the “Go-Green” initiatives, I would like to share that the Club has been awarded the ECO-OFFICE and ECO-F&B labels by the Singapore Environmental Council (SEC). These accolades recognise our commitment to eco-friendly practices in office administration and F&B operations at the Golfers’ Terrace. We are proud of this achievement and we look forward to our members’ active participation in our sustainability efforts.

With effect from 01 January 2024, the Club is encouraging you to bring your own containers or cups for takeaway items. Members who bring their own container for takeaway at Golfers’ Terrace can enjoy a discount on the total bill. Extra charges will be implemented for takeaway packaging. I seek members’ kind understanding and support in this “Go Green” campaign. For more information on this initiative, please refer to page 11.

In line with the upcoming Chinese New Year celebration, the Club has an exciting line-up of activities for you and your loved ones. Mark your calendar on 17 February for our annual Fa Cai Cup, featuring an exciting lion dance performance, lo hei, attractive lucky draw prizes and more. Stay tuned for the online registration details! For the kids, parents can sign up your children for the joyous Warren Kids’ Club CNY Dragonian Party.

Commencing on 03 January 2024, Golfers’ Terrace will introduce a new sushi bar, offering members the opportunity to savor a variety of sushi, sashimi, hosomaki, temaki, dons and other delectable options. Don’t miss the culinary delights of Golfers’ Terrace this CNY, where a specially curated festive menu awaits alongside their enticing daily and monthly promotions. Members who are planning reunions, company dinners, or gatherings, do make your reservation early at Yan Palace. During this festive period, kindly note of the changes in the operating hours for the Club’s facilities. For more details, do refer to page 05.

Lastly, I would like to wish all Chinese members a joyful and prosperous Year of the Dragon! May it be filled with good health, success and memorable moments. Gong Xi Fa Cai!



# Club Operating Hours During Lunar New Year 2024

## Friday, 09 February 2024 (Eve of Lunar New Year)

**Golf Facilities:** Golf course will be open for play in the morning and afternoon. Golf course will be closed for 9-hole play.

Driving Range will remain open as per normal.

**Social & Sports Facilities:** Operations will end at 7.00pm.  
The Bowling Alley will be closed.

<b>Food &amp; Beverage Outlets:</b>	Golfers' Terrace	7.00am to 7.00pm
	Yan Palace @ Warren	Normal operating hours (restaurant serves reunion dinner)
	Regale @ Warren	11.30am to 9.30pm
	Water Hazard	Closed
	T Bar	Closed
	Starter Hut	7.00am to 6.00pm

**Shuttle Bus:** The 1st bus will depart from Choa Chu Kang pick up point at 6.45am and the last bus will depart from Warren at 11.30pm.

## Saturday, 10 February 2024 (1st Day of Lunar New Year)

**Golf Facilities:** Golf course will be open for play in the morning and afternoon. Golf course will be closed for 9-hole play.

Driving Range will remain open as per normal.

**Social & Sports Facilities:** Operations will start at 12.00pm and end at 7.00pm.  
The Bowling Alley will be closed.

<b>Food &amp; Beverage Outlets:</b>	Golfers' Terrace	7.00am to 7.00pm
	Yan Palace @ Warren	Closed
	Regale @ Warren	11.30am to 9.30pm
	Water Hazard	Closed
	T Bar	Closed
	Starter Hut	7.00am to 6.00pm

**Shuttle Bus:** The 1st bus will depart from Choa Chu Kang pick up point at 6.45am and the last bus will depart from Warren at 7.30pm.

## Sunday, 11 February 2024 (2nd Day of Lunar New Year)

Normal operating hours will resume for all other Club facilities and F&B outlets.

The Bowling Alley will be closed and re-open on 13 February 2024 at 12.00pm.

Shuttle Bus service will resume as per normal operation.

Note: Please be informed that there will be no maintenance day for the week (12 - 16 February 2024).



# “SERVE WITH PURPOSE, DELIVER WITH PASSION”

Customer service has an impact on both existing customers and potential customers. Did you know that 68% of consumers would react by telling family and friends about a bad experience by posting it on social media?

Research has shown that almost 50% of customers claim they would switch to a new brand after just one bad experience!

Thus, if each Facebook profile has an average of 338 friends, one negative experience can quickly reach thousands! However, there is great value in ensuring that we deliver that positive customer experience.

Therefore, in our quest to deliver the “ACE” experience with every customer interaction, our staff have always endeavoured to “serve with purpose and deliver with passion”.

On this note, we are pleased to share that 18 of our staff have been nationally recognised for this very purpose to serve with passion and deliver that extraordinary customer experience through the recent EXSA Awards 2023.

Our congratulations to the following staff for making the difference!

S/N	EXSA Award Category	Name of Winner	Department
1	Silver Award	Syaifulah	F&B
2	Silver Award	Danny Ng	F&B
3	Silver Award	Terry Chua	F&B
4	Silver Award	Jeya Prakash	F&B
5	Silver Award	Sudharshan	F&B
6	Silver Award	Naresh Kumar	F&B
7	Silver Award	Wong Kee Zu	F&B
8	Silver Award	Yusri Bin Yusof	Golf
9	Silver Award	Muhammad Farid	Sports
10	Silver Award	Sharmilah	Sports
11	Gold Award	Muhammad Alyasa	Sports
12	Star Award	Lee Fook Loy	F&B
13	Star Award	Lynn Tan	F&B
14	Star Award	Christina Ong	F&B
15	Star Award	Kamariah	Housekeeping
16	Star Award	Wong Siew Keun	Housekeeping
17	Star Award	Liang Shuqing	Housekeeping
18	Star Award	Tiffany Yit	F&B

This EXSA award and recognition serve as a testament to our focus on creating positive interactions and experiences for our customers by enhancing their satisfaction and building long-term relationships.





# Open House & Christmas Light Up

The Open House & Christmas Light Up held on 18 November 2023 was a tremendous success. Some of the highlights of the day included an exclusive membership promotion, lively bazaar stalls, entertaining game booths, exciting sports programme try-out and fun attractions like the bouncy castle and ball pit.

As the day unfolded, the atmosphere was filled with wonder and joy, with Magician Tommy's captivating Magic Show and Christmas Elf Caroline's enchanting Bubble Show entertaining both the young and old. The evening reached its peak with a dazzling Christmas light up, creating a magical ambience that resonated with the festive spirit.

The excitement continued with the appearance of the gingerbread man mascot and Santa Claus, who distributed gifts to the little ones. It was a heart-warming celebration that brought our members together.

A big thank you to everyone for contributing to the success of the event and for creating lasting memories during this festive celebration!









# Community Partnerships Award

As a token of appreciation for the continued support and contributions to Lakeside Family Services, the Club was awarded the Community Partnerships Award during the Lakeside's Volunteers' Appreciation Day 2023 held on 28 October 2023. On behalf of Warren, Ms Agnes Chan and Ms Amy Teo, our Marcom Sub-Committee Chairman and member attended the event and were honoured to receive the award from Lakeside.



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

### Golfing Transferable Members

Koh Lay Chui  
Akash Raj  
Poh Eng Wah  
Suzanne Tan Su Shuen  
Jin Jingyang  
Song Jiyong  
Zhu Hong  
Yuhei Matsuoka  
Victor Alphonse Fabrice Marie Cadier  
Kevin Tan Wee Boon  
Jeon In Bok

### Social Transferable Members

Soh Ai Nah  
Chong Tong Yi Glacier  
Teo Thiam Chye  
Glenn Ng Jia Jun

Herman Bin Said Chan  
Chin Kel Vin Jaren  
Mascarenhas Ashley Edward  
Anthony  
Ong Lian Yi Gregory  
Samuel Sim Yong Meng  
Daniel Soo Arn Fei  
Tan Hong Wei Marvin  
Sin Seng Soon  
Lim Kim Fatt  
Liu Hsin  
Ahsim Bin Abdul Majid  
Yi Nan  
Jung Jiyun  
Lee Sik Kiong  
Yeo Swee Pio  
Wong Yin Kuan  
Ng Yew Cheng  
Lee Li Kuen Ivy  
Lee Shuai

Tang Chi Hang  
Cyriac Varghese  
Richard Chandra  
Alvin Tay Jng Benn  
Lee Hui Keng  
Lee Sang Jin  
Zikry Bin Mohammad Sauki  
Muhammad Fareezad Bin Mohamed Basari  
Kenny Khoo Ming Sang  
Saateishkumar S/O  
Supermaniam  
Sankari D/O Supermaniam  
Jayaseelan S/O Supermaniam  
Vikas Kalia  
Lin Jie  
Adrian Yee  
Kim Young Ik  
Koh Swee Teck  
Long Shuying

Chen Heng Tunn  
Khong Keng Leng  
Juan Chow Yee  
Keh Keong Heng  
Sathiya Seelan Balasundaram  
Tan Kwee Siang  
Chee Kok Leong  
Choo Kiang Siang  
Yap Seng Huat  
Teymoor Nabili  
Ng Chong Jit  
Zhang Jinghua  
Ivy Lim Hui Ling  
Tan Zi Yan Daniel  
Chew Hwee Hua  
James Micheal Harvey  
Vishal Arya  
Viswanathan Chockalingam  
Koh Kah Yoong

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

### Golfing Transferable Members

Sim Kheng Leng  
Chinnakaruppan Kalaiyarasan  
Lee Sang Ah  
Lim Beng Tiong  
Ng Soo Tee  
Tay Kang Choon  
Yamanoi Takekatsu

### Social Transferable Members

Woo Chio Ngho Janet  
Mun Kok Leong  
Chen Chih Min  
Ng Choon Wah  
Ng Koon Huat

Chin Choon Fatt  
Lwa Poh Kim Michelle  
Shau Khim Meng Christopher  
Heng Yong Mong Edwin  
Sim Kok Tiong Murphy  
Beuzelin Louis Philippe Marie  
Joseph Tugdual  
Joanne Warren  
Yang Si Cheng

Tan Shyh Guang Michael  
Chong Chun Sen Eddie  
Woo Fong Wah  
Hew Chee Fatt  
Sim Soon Chiang Paul  
Phua Chor Kim Philip  
Kwa Siong Soon  
Ng Soong Beng



## Celebrating Environmental Excellence: Warren Golf & Country Club Earns ECO-OFFICE and ECO-F&B Labels



Warren Golf & Country Club is proud and honored to be bestowed with the prestigious ECO-OFFICE and ECO-F&B labels by the Singapore Environmental Council (SEC).

Having successfully passed the rigorous auditing processes of the two certifications demonstrate our unwavering dedication and commitment to sustainable practices and environmental responsibility.

### A Green Milestone

The ECO-OFFICE label recognises our Club's commitment to incorporating eco-friendly initiatives in our day-to-day office administration and operations. From energy conservation to waste reduction, we have been actively implementing measures to minimise our environmental footprint.

The ECO-F&B label acknowledges our efforts in the adoption of environmentally sustainable practices in managing our self-run F&B outlet, the Golfers' Terrace. This recognition affirms our strides towards sustainable dining practices, responsible consumption and waste management.

### Key Initiatives

Here are some of the key initiatives that contributed to our success:

1. **Waste Reduction:** We have implemented robust waste reduction strategies including recycling programmes and the reduction of packaging, disposables and single-use plastics.
2. **Energy Efficiency:** Through the use of energy-efficient appliances, smart lighting and regular energy audits, we have significantly decreased our energy consumption.
3. **Sustainable Sourcing:** Our commitment to sustainable sourcing is reflected in our F&B offerings. We strive to source locally and ethically, reducing our carbon footprint and supporting local businesses.
4. **Community Engagement:** Moving forward, we will continually roll out awareness campaigns to promote a culture of environmental consciousness amongst both staff and members.

### The Impact Beyond Warren

These labels not only signify our dedication to environmental stewardship within the Club but also extend our influence beyond. By adopting sustainable practices, we contribute to a greener and more resilient community, inspiring others to follow suit.

Achieving ECO certifications will enhance the Club's reputation by garnering recognition from environmentally conscious consumers. This, in turn, positions us as the preferred choice for organisations valuing eco-friendliness, thereby increasing the likelihood of them choosing to patronise our Club.

### What's Next

Our journey towards sustainability is ongoing. We are committed to continually improving our environmental performance, exploring innovative solutions and collaborating with our community of members to make a positive impact.

As we celebrate this milestone, we look forward to each member's active support of our green initiatives. Let's continue to work together towards a more sustainable future for our WORLD.







## BRING YOUR OWN CONTAINER – “Choose Reusables not Disposables”

Disposables are items designed for single use before they are thrown away. In 2020, about 200,000 tonnes of domestic waste disposed of in Singapore were disposables. This comprised of both packaging and non-packaging items such as carrier bags, food and beverage containers, tablewares and utensils. The amount of waste disposed is equivalent to 400 Olympic-size swimming pools. At the rate that we currently create waste, our only landfill, Semakau Landfill, will be fully filled by 2035!

(Source: [NEA](#)).

### HOW CAN WE DO OUR PART?

In our continuous pursuit of environmental sustainability through the “Go Green” initiative, the Club is encouraging you to bring your own containers or cups for takeaway items. As part of this commitment, we are also transitioning from the use of conventional plastic to higher cost biodegradable takeaway containers designed to naturally break down, minimising environmental impact. In addition, Golfers’ Terrace will also stop giving plastic straws from 01 January 2024.

Join us in creating a greener world and protecting the environment. Every action counts and your contribution is invaluable in shaping a more sustainable future.

**With effect from 01 January 2024, for members who bring their own containers for takeaway at Golfers’ Terrace, we will extend a \$0.50 discount on the total bill as a token of appreciation for supporting our ‘Go Green’ initiative. However, please note that an extra charge of \$0.30 per beverage and \$0.50 per food item will apply for takeaway packaging.**





## Embracing Towel Conservation for a Greener Tomorrow

We are approaching the four-month mark of our campaign on towel conservation.

We are delighted to report a noteworthy achievement of a 5% reduction in towel usage now as compared to September 2023 when our initiative began.

Your dedication to utilising only one towel and finding multiple uses for them is praiseworthy.

### Progress Highlights:

1. **Reduced Environmental Footprint:** Together, we have significantly decreased our collective carbon footprint by minimising water and energy consumption associated with towel washing.
2. **Sustainable Practices:** Your dedication to towel conservation aligns with the Club's commitment to sustainable living and contributing to a greener planet.
3. **Community impact:** By adopting these simple yet impactful changes, we are setting an example for the Club fraternity and inspiring others to make eco-friendly choices in their daily lives.

### Friendly Reminder:

As we continue our efforts, let's stay committed to towel conservation and maintain our positive momentum.

**One towel:** Remember to use just one towel per person. Regularly washing and re-using towels not only saves water and energy but also extends the life of our linens.

**Multi-task towels:** Continue to explore creative ways to multi-task your towels.

**Share your experience:** We love to hear about your experiences and any innovative ideas or tips you may have to further our towel conservation drive.

**Together,** we can make a lasting impact on our environment through simple yet effective changes.

**REDUCE  
REUSE  
RECYCLE**



## MONTHLY MEDAL RESULTS

## November

## Men (Format - Strokeplay)

Division	Name	H.I.	Result
Overall Best Gross	Daryl Low Meng Tiang	+2.8	69 gross
Best Gross A	Nathen Tan En Quan	0.2	72 gross
Best Nett A	Pierre Marie Arnaud Farbos	9.5	62 nett
Best Gross B	Song Bin	13.6	82 gross
Best Nett B	Pang Chong Hing Morris	14.9	66 nett ocb
Best Gross C	Aw Kuai Mun	16.6	83 gross
Best Nett C	Siew Meng Kee	18.9	65 nett

## December

## Men (Format - Strokeplay)

Division	Name	H.I.	Result
Overall Best Gross	Sean Pang Cheng Ee	0.3	71 gross
Best Gross A	Daryl Low Meng Tiang	+2.8	74 gross
Best Nett A	Dennis Lim Ban Lai	7.9	66 nett
Best Gross B	Jung Junho	12.9	80 gross
Best Nett B	Tan Khoon Poh Tommy	13.8	65 nett
Best Gross C	Ling Teck Shang	16.1	82 gross
Best Nett C	Bay Swee Huat	19.8	64 nett ocb

## Ladies (Format - Strokeplay/Stableford)

Division	Name	H.I.	Result
Overall Best Gross	Chen Xingtong	+2.7	67 gross
Best Gross A	Tang Sook Wai Joelle	6.7	78 gross
Best Nett A	Jang Hyun Hee	16.1	67 nett
Best Gross B	Tan Siu Yuen Katie	18.7	90 gross
Best Nett B	Teh Siau Huang	22.1	66 nett
Winner C	Ong Lay Khuan Susan	28.0	40 pts
Runner-Up C	Chua Cheng Hiang Yvonne	26.0	38 pts

## Ladies (Format - Strokeplay/Stableford)

Division	Name	H.I.	Result
Overall Best Gross	Chen Xingtong	+2.5	69 gross
Best Gross A	Asara Sawhney	3.5	79 gross
Best Nett A	Park Ran Young	14.1	70 nett ocb
Best Gross B	Tan Kheng Tee	16.5	88 gross
Best Nett B	Kew Kim Lian	22.1	69 nett
Winner C	Yeo Poh Yan	24.9	39 pts ocb
Runner-Up C	Oh Chay Hoon Shirlene	26.9	39 pts

## HOLE-IN-ONE ACHIEVERS



**Soh Hock Peng**  
Glen  
24/10/2023  
Hole 04



**Kang Chul Won**  
29/10/2023  
Hole 14



**Tan Siu Yuen**  
04/11/2023  
Hole 11



**Kwan Kok Cheong**  
28/11/2023  
Hole 11

**Kew Kee Hing**  
26/11/2023  
Hole 14



# LADIES HALLOWEEN GOLF GAME & PARTY

The Ladies Halloween Golf Game & Party on 27 October 2023, marked the first collaboration between Golf and Social Sub-Committees. With 41 participants, the event fostered camaraderie and after the game everyone enjoyed a sumptuous dinner at Water Hazard, coupled with free-flowing whiskey, beer, and wine.



# SPGA PRESIDENT'S CUP 2023

Annually without exception, Mr Murugiah, President of the Singapore Professional Golfers' Association (SPGA), hosts the President's Cup at Warren, leveraging his connections to raise funds for the Club's Corporate Social Responsibility programme, "Warren Cares." The Club would like to express its greatest appreciation to Mr Murugiah and his supporters for their continuous contribution and support.





# Captain and Lady Captain's Cup 2023

On 25 November 2023, our Club Captain and Lady Captain hosted the Captain & Lady Captain's Cup where golfers gathered for an exciting golf game. Themed "Kampung Spirit," golfers relished a diverse array of Chinese, Malay and Indian delicacies during the on-course game and dinner reception. Despite the drizzle, the kampung spirit prevailed, with everyone dressing impeccably for the evening and enjoying a night of special cultural performances, showcasing the strong community spirit. A heartfelt thank you to all sponsors for contributing to the event's success!







**Sponsors by:**

Polestar Teo Heng Thye



Ju Kai Meng

Ross Tan

Tay Tiang Guan



## A Warm Welcome To Emeritus Senior Minister Goh Chok Tong @ Warren

We are honoured to welcome Emeritus Senior Minister Goh Chok Tong to our Club on 21 December 2023 as our Club President, Mr Victor Bay hosted him for a golf game with his two other golf kakis. We look forward to his visit at Warren again!



## Do you know as a Golfer?

1. Golfers are reminded to return the buggy immediately to the buggy bay area after completing the golf game. Failing which a full 18-hole buggy and admin fees will be imposed to member's account.
2. WGCC Golf Course is a smoke free area. Strictly no smoking is allowed. Golfers who wish to smoke may proceed to the designated smoking area opposite Starter's Hut.
3. Golfers are reminded to check for any damages of the buggy issued to them and highlight to the golf officers before proceeding for their golf game. Golfers may be held liable for any damages caused upon returning the buggy.

## UPCOMING GOLF EVENTS

DATE	EVENT*
07 January 2024	Gold Medal
13 – 14 January 2024	January Warren Mixed Monthly Medal
28 January 2024	January Warren Junior Medal (9-Hole)
03 – 04 February 2024	February Warren Mixed Monthly Medal
17 February 2024	Fa Cai Cup 2024
25 February 2024	February Warren Junior Medal (9-Hole)

\* **Subject to changes**

## HSBC Youth Golf Challenge 2023 (2nd leg) Cum 4th National Ranking Game

We are thrilled to share the exceptional success of our Junior members in the HSBC Youth Golf Challenge 2023 (2nd leg) Cum 4th National Ranking Game. Their dedication and skill were truly evident from their outstanding performances. Congratulations to everyone!



Girls A Division

Chen Xingtong (3rd from the left) and Jillian Kuk (4th from the left) emerged as Champion and 1st Runner-up, with an aggregate score of 208 and 221 respectively.



Girls B Division

Asara Sawhney (1st from the left) emerged as 3rd Runner-up, with an aggregate score of 239.



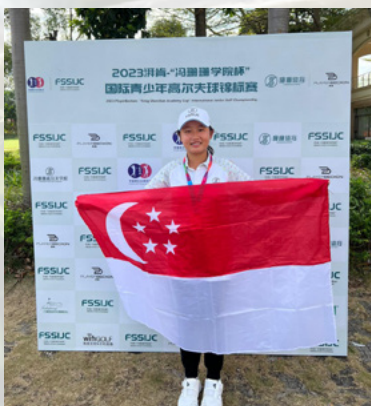
Boys A Division

Bruce Kwong (1st from the right) and Sean Pang (1st from left) came in 2nd Runner-up and 3rd Runner-up, with an aggregate score of 215 and 216 respectively.

*Photo credit to SGA*

## Congratulations to our Warren Junior Player, Sydnie Ng

Congratulations to our Junior member, Sydnie Ng for clinching the Championship title in the Girls B Division at the Feng Shanshan Academy Cup International Junior Golf Championship in Guangzhou, China, from 13 to 15 December 2023. With an impressive aggregate score of 205, Sydnie's win has earned her a full card on the professional Guangdong Tour 2024. Well done on this remarkable achievement!



*Photo credit to Sydnie*



# T SERIES

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# "Ask Our Trainer"



Article credits to:  
Warren Fitness Trainer Aly Kamsani

## The Invisible Battle: Consistency in Exercise and Nutrition

### Trusting the Invisible Progress

Many of us have asked ourselves at some point, "Why is it so complicated to be consistent with my exercise and nutrition? All I want is to lose some weight." We stand in front of the mirror day after day, expecting visible results. However, the bitter truth is that visible outcomes are the fruits of an unseen process that takes time. You see, consistency in health and fitness requires faith in the process, a commitment to keep going even when the results are not immediately noticeable.

As with any aspect of life, achieving our health goals is a marathon, not a sprint. The visible results which we eagerly desire are the culmination of consistent efforts over a considerable period. If you are looking for motivation in visible results to stay consistent, you are setting yourself up for disappointment. Instead, learn to trust the process, believe in the power of consistency, even when the results are not immediately evident.

### The Perils of Perfectionism

Another significant roadblock we often face in our health journey is perfectionism. We have all heard about it or even said it ourselves: "I'm either all in or all out." "If I cannot do it perfectly, then I would not do it at all." This type of thinking is a pitfall that leads to inconsistency. When we label ourselves as 'perfectionists', we are essentially giving ourselves an excuse to quit when things get tough.

Imagine if your child said, "I would not do my homework because I am a perfectionist, and since I cannot do it perfectly, I would not do it at all." Surely, you would encourage them to do their best and not worry about perfection. This principle applies equally to our workouts and nutrition. Overindulged for a day, week, or even a month? Missed your workouts? That is okay. The key is to get back on track and not to be perfect.

### The Simplicity of Progress

The journey towards a healthier you is not made or lost in a day. It is a steady, continuous march towards progress. The key is to stop setting unattainable, perfectionist standards and start embracing our human fallibility. We all make mistakes, but the difference between success and failure lies in how we respond to these mistakes.

So, the next time you eat too much or miss a workout, remember it is not the end of the world. Progress is not about never making mistakes; it is about picking yourself up after each stumble and continuing on with your journey.

### Embracing Our Human Imperfection

We are not perfectionists; we are human beings, and there is beauty in our imperfections. The people who succeed are not the ones who never make mistakes; they are the ones who do not quit at the first sign of struggle. They understand that failures are stepping stones to success, and they continue to strive, taking each day as it comes.

So, let's stop setting ourselves up for failure with unrealistic goals and impossible metrics. Trust the process, learn from your mistakes, and never give up. Remember, consistency is key and action is the starting point for change. So, let us take action today and every day.



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).

# WARREN SQUASH CHAMPIONSHIP

On 29 October 2023, the Club hosted the annual Warren Squash Championship. It was exciting to see a mix of new and familiar faces participating. Two weeks of intense games led up to a thrilling final match between Mr Sim Swee Pin and Mr Johnathan Roelandts.

Congratulations to Mr Sim for emerging as the 2023 Champion!

The championship has indeed brought together a community of players and enthusiasts, showcasing skill, sportsmanship and dedication to the sport.



## Warren Snooker Championship

The Warren Snooker Championship held in October 2023 saw a total of 16 players vying for the title. After a long and gruelling six-hour match, Mr Soh Choon Hiap emerged as the well-deserved 2023 Champion!







# Warren Golf Course Walk-A-Jog

The introduction of a new route in December 2023 had brought a refreshing twist to the Walk-A-Jog event. It was great to see members and their families actively participating and finding joy in the experience. The stunning sunset view from the route added to the overall charm. Do keep a lookout for our upcoming Walk-A-Jog and RSVP with us today!

## Upcoming Sessions:

**08 January**

**05 February**

**04 March**



## Warren Table Tennis Team Invitation Game



On 11 November 2023, the Club invited members to participate in the Warren Table Tennis Team Invitation Game. The 5-a-side Team format had added an extra level of excitement to the competition. Congratulations to our youngest player, Gemma Tan for winning the Championship title. It was a fun-filled day for everyone as they built camaraderie and walked away with prizes.



# WARREN GYM CHALLENGE

## **Edition 1: October/November 2023**

In October 2023, the Club introduced an exciting fitness challenge aimed at evaluating members' fitness levels through dynamic aerobics. These exercises were carefully selected to enhance body flexibility, muscle memory, speed and stamina.

We were thrilled to witness enthusiastic participation from our gym goers, each embracing the challenge to push their physical limits. As a token of recognition for their outstanding efforts, the top achievers were rewarded with F&B vouchers, allowing them to savour a sumptuous meal with their loved ones.

Below are photos of our members with fitness trainer, Aly.



Danny



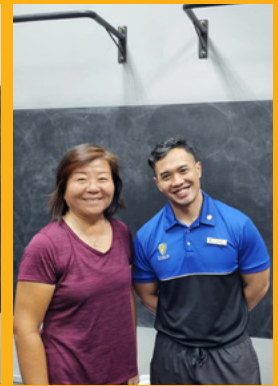
Wei Zheng



Joelle



Jezreel



Jenny

## **Edition 2: January/February 2024**

The "Balance Master Challenge" is an exceptional fitness endeavour designed to evaluate both the physical and mental balance of the participants. This challenge is meticulously crafted to push the limits of individuals' stability and control, aiming to challenge their equilibrium and core strength.

Participants will face a balance and coordination challenge. The focus will be on maintaining stability and precision while moving through these challenging elements. Here is a breakdown of the circuit:

### **Challenge:**

- |    |   |                          |
|----|---|--------------------------|
| 1. | Jump Rope:                              | 2 mins                   |
| 2. | Side Planks:                            | 45 sec per side          |
| 3. | Plank with Leg Lifts:                   | 15 leg lifts on each leg |
| 4. | Speed Step Ups (2 feet up 2 feet down): | 15 step-ups              |
| 5. | Stability Squats:                       | 20 squats                |
| 6. | Single-Leg Stands:                      | 1 min on each leg        |

### **Time Limit:**

20 mins

### **Scoring:**

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







# Members' Pickleball Session

Date: **Every Monday**

Time: **2.00pm - 4.00pm**

Venue: **Badminton Court**



Note:

- Programme is for Members only.
- Non-marking sport shoes to be worn for play.
- Equipment can be borrowed via Sports Reception on a first come first serve basis.
- Session will be cancelled should it falls on a Public Holiday.

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## Pickleball Beginners' Class

Date: **Thursday**

Time: **2.00pm to 3.00pm**

Venue: **Badminton Court**

\*Fee: **\$109 nett for Warren Member**  
**\$119.90 nett for Members' Guest**



Note:

- Prices stated above are inclusive of prevailing GST.
- \*Applicable for 4 consecutive lessons and no rescheduling is allowed.
- Make up lessons are available at \$50 per lesson.
- Minimum 4 pax to start a class.
- Non-marking sport shoes to be worn for play.
- Equipment can be borrowed via Sports Reception on a first come first serve basis.
- Session will be cancelled should it falls on a Public Holiday.

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).



# 10TH INTERNATIONAL WUDEBEI TRADITIONAL WUSHU COMPETITION 2023

From 08 to 10 December 2023, our Club hosted the 10th International Wudebei Traditional Wushu Competition. Over the three-day event, athletes and enthusiasts from nine countries showcased a captivating array of martial art styles. The competition not only served as a platform for cultural exchange but also as a celebration of the diverse traditions woven within the realm of Wushu. Congratulations to all winners!



Photo credit to WUDEBEI





# WARREN HALLOWEEN FIESTA

The Halloween Fiesta co-organised by the Warren Kids' Club and the Event Management Club from ITE College Central on 28 October 2023 was an absolute blast!

With 61 kids participating, the themed event revolving around the popular game "Among Us" was a hit. Creating a live-action experience based on the game itself sparked a lot of excitement, engagement among the kids and fostering new friendships along the way.

The shooting booth featuring the "impostor" targets, the space-themed photobooth and the DIY bookmark booth added variety as well as creativity to the event, catering to different interests and preferences among the kids. Not forgetting the trick-or-treat themed bags and plushie door gifts which were handed out to the participants. It was indeed a delightful and engaging event for all. See you at our next Halloween event!



# **JURONG FIRE STATION TOUR**

## **Tour Includes**



Introduction to Fire Station



Introduction to Emergency Vehicles



Demonstration on wearing protective  
gears, equipment/appliances



Photo Session



Sign up for a 1-hour guided tour to Jurong Fire Station!  
Meet the real-life heroes, your friendly neighbourhood  
firefighters.

Date: **Saturday, 13 January 2024**

Time: **Depart from Club @ 9.30am**

Price: **Free for Warren Member**  
**\$10.90 nett for Members' Guest**

Closing Date: **Friday, 05 January 2024**

Note:

Prices stated are inclusive of prevailing GST.

Full fees will apply for any cancellation made after the deadline or no-show.

**Limited Seats  
Available**





# 2024 CNY DRAGONIAN PARTY



**Date: Saturday, 17 February 2024**

**Venue: Sports Lobby**

**Closing Date: Wednesday,  
31 January 2024**

**Come celebrate the Year of the Dragon with Warren Kids' Club! RSVP with us today!**

## PROGRAMME:



**2.00pm: Story Telling**



**2.30pm: Birthday Celebration  
for January babies with Cai Shen Ye**



**3.00pm: CNY Booths**

- **DIY Activities**
- **Carnival Games**
- **Food Stalls**



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

# RANGER QUEST

@kidzWorld



**EXPLORE KidzWorld, a new attraction for kids, at Singapore Zoo with Warren this March SCHOOL HOLIDAYS!**

Date: Saturday, 16 March 2024

Time: Depart from Club @ 11.00am

Price: Child Tickets (3 to 12 Years old)  
\$32.70 nett for Warren Kids' Club Member  
\$38.15 nett for Warren Member  
\$43.60 nett for Members' Guest  
Child below 3 is Complimentary

Adult Tickets (Aged 13 and above)  
\$52.32 nett for Warren Member  
\$59.95 nett for Members' Guest

Closing Date: Friday, 09 February 2024

**Note:**

Prices stated are inclusive of prevailing GST.  
Full fees will apply for any cancellation made after the deadline or no-show.

## PROGRAMME

Depart from Warren @ 11.00am



Free and easy till 4.30pm



Estimated return time to Club @ 5.00pm



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).



**NEW!**

# *Sushi Bar @ Golfers' Terrace*

**Available from 03 January 2024**

***We are thrilled to announce the opening of our new sushi bar, where culinary artistry meets delectable flavors! Immerse yourself in an exquisite Japanese cuisine, featuring a tantalizing array of sushi, sashimi, hosomaki, temaki, dons and other mouthwatering options.***

***Day: Wednesday - Sunday***

***Time: 11.00am - 3.00pm***

***5.00pm - 9.00pm***





# Daily Specials at Golfers' Terrace

*Available for the Month of January*



**Monday**

**Cuttlefish, Peanut &  
Minced Pork Porridge  
\$13.80+**



**Tuesday**

**Braised Pork Belly &  
Lotus Root with Rice  
\$13.80+**



**Wednesday**

**Braised Yee Mee  
with Prawns  
\$13.80+**



**Thursday**

**Egg Fried Rice  
with Whitebait Fish  
\$13.80+**



**Friday**

**Cheese Baked Rice  
with Curry Chicken  
\$13.80+**

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



# Daily Specials at Golfers' Terrace

*Available for the Month of February*



**Monday**

**Salted Vegetable Seafood  
Tofu Soup with Rice  
\$13.80+**



**Tuesday**

**Prawn Masak Merah  
with Rice  
\$14.80+**



**Wednesday**

**Wok-Fried Mee Sua  
with Seafood  
\$13.80+**



**Thursday**

**Beef Brisket Noodle  
\$14.80+**



**Friday**

**Crab Meat Pasta  
\$15.80+**

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

# *Golfers' Terrace Weekend Specials*

*Available for the Month of January*



**Thai Style Braised  
Pork Knuckle  
with Rice**  
**\$14.80+**

## *Monthly Specials*

*Available for the Month of January*



**Cheese Baked  
Crayfish with  
Spaghetti**  
**\$24.00+**



# *Golfers' Terrace*

## *Chinese New Year Specials*

*Available for the Month of February*



**Emperor Herbal Chicken**

Member: \$32.80+

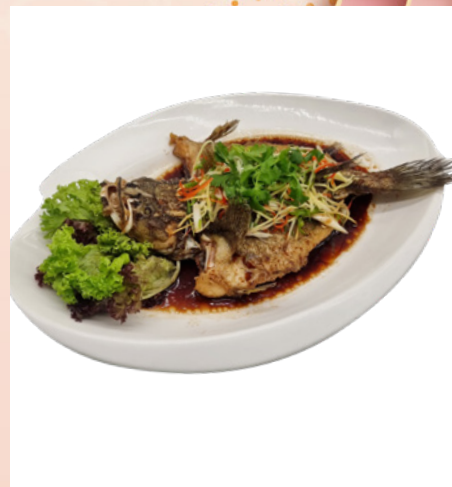
Non-Member: \$39.80+



**Braised Pork Knuckle with  
Fatt Choy & Black Mushroom**

Member: \$43.80+

Non-Member: \$52.80+



**Fried Soon Hock  
with Oyster Sauce**

Member: \$78.80+

Non-Member: \$88.80+



**Buttered Salted Egg  
Yolk Tiger Prawns**

Member: \$28.80+

Non-Member: \$38.80+



**Broccoli with Fish Maw  
& Black Mushroom**

Member: \$23.80+

Non-Member: \$28.80+



**Spicy Thai Style  
Beancurd**

Member: \$16.80+

Non-Member: \$20.80+

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



# *Water Hazard Gin & Clock Promotion*



**Roku Gin Bottle**  
**\$88.00+**

**Weekday**  
**5.00pm - 7.00pm**

**Weekend**  
**2.00pm - 6.00pm**

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



## BEVERAGE PROMOTIONS

Available for the Month of January & February  
(Golfers' Terrace, T Bar & Water Hazard)



**Singha Promotion**  
**Per Bucket @ \$18.00+**  
**(4 Cans)**

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

## BEVERAGE PROMOTIONS

Available for the Month of January & February  
(Golfers' Terrace, T Bar & Water Hazard)



Macallan 12yrs Sherry Oak +  
Macallan 15yrs Double Cask  
**\$388+**



Auchentoshan  
21yrs  
**\$278+**



Auchentoshan  
18yrs  
**\$158+**



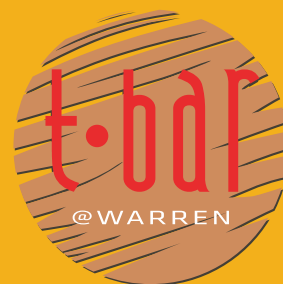
Lamberti Pinot Grigio Delle  
Venezie Doc 2021, Veneto Italy  
**\$48+**



Ca Bianca Dolcetto Dacqui  
Doc 2020, Piedmont-Italy  
**\$58+**

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





## ***Saturday Specials***

***Time: 6.00pm - 10.00pm***

### **Ayam Bakar**

**13 & 27 January**



**\$12.80+**



**\$18.00+**

### **Pan-Fried Sambal Fish Kambong**

**(Served with Chin Jia Lok Chilli)**

**03 & 24 February**



# YAN PALACE @ WARREN CHINESE NEW YEAR PROMOTIONS

Available from 27 January to 24 February 2024

For reservations, please call 6760 6616.

## A. 十位套餐 (万事如意席)

(Set Menu for 10 Pax)

**\$628.00++**

缤纷发财鱼生

Chinese New Year Prosperity Platter

金银满堂 (雪莲子蟹肉翅)

Braised Shark's Fin Soup w/Crabmeat & Snow Lotus Seeds

年年有余 (潮式蒸石斑)

Steamed Garoupa in "Teochew" Style

丹凤朝阳 (脆皮吊烧鸡)

Roasted Crispy Chicken

嘻哈大笑 (XO酱西兰花京葱炒虾仁)

Stir Fried Shrimps with Broccoli and Leeks in XO Sauce

八宝聚盒 (生炒糯米饭)

Glutinous Rice with Chinese Sausage

莲子红豆沙

Red Bean Paste with Lotus Seeds

## B. 十位套餐 (五谷丰收席)

(Set Menu for 10 Pax)

**\$728.00++**

缤纷发财鱼生

Chinese New Year Prosperity Platter

金银满堂 (海味干贝鱼翅)

Braised Shark's Fin Soup with Conpoy

富甲一方 (发菜八宝鸭)

Braised Duck with "Eight" Treasures

年年有余 (蒜香菜脯蒸石斑)

Steamed Garoupa with Preserved Radish

富贵吉祥 (瑶柱双菇扒时蔬)

Braised Conpoy with Mushroom & Vegetable

嘻哈大笑 (滋补药膳虾)

Poached Prawns with Chinese Herbs

八宝聚盒 (生炒糯米饭)

Glutinous Rice with Chinese Sausage

莲子红豆沙

Red Bean Paste with Lotus Seeds

## C. 十位套餐 (年年丰收席)

(Set Menu for 10 Pax)

**\$968.00++**

缤纷发财鱼生

Chinese New Year Prosperity Platter

金银满堂 (鲨鱼骨汤炖翅)

Braised Shark's Fin with Shark's Cartilage Soup

贺岁金猪 (炭烧南乳猪)

Roasted Suckling Pig

年年有余 (榄角蒸龙虎斑)

Steamed "Tiger" Garoupa with Black Olive

包有盈余 (十头鲍鱼扣花菇)

Braised "Ten" Head Abalone with Mushroom

嘻哈大笑 (蒜菇虾球西兰花)

Sauteed Prawns with Broccoli & Mushroom

八宝聚盒 (生炒糯米饭)

Glutinous Rice with Chinese Sausage

白果甜芋泥

Yam Paste with Gingko Nuts

## D. 十位套餐 (五谷丰收金装宴)

(Set Menu for 10 Pax)

**\$1488.00++**

发财鲍鱼生

Prosperity Platter with Abalone

鹏飞展翅喜盈门 (红烧干贝大鲍翅)(位上)

Braised Shark's Fin with Dried Conpoy

贺岁金猪 (脆皮乳猪)

Barbequed Boneless Suckling Pig

鱼跃龙门百业兴 (港蒸笋壳鱼)

Steamed 'Soon Hock' in "HK" Style

三星报喜财源广 (原粒八头鲍带子扣冬菇)

Braised "Eight" Head Abalone with Scallop & Mushroom

金凤献瑞喜盈门 (夏果脆莲百合皇)

Sauteed Vegetables with Macadamia Nuts

延年益寿臻百福 (生虾上汤焖伊面)

Braised E-Fu Noodles with Prawns in Superior Stock

红莲炖双雪

Double Boiled Snow Fungus with Red Dates

## 四位套餐

(Set Menu for 4 Pax)

**\$248.00++**

发财烟熏三文鱼生

Chinese New Year Prosperity Platter

金银满堂 (鲍参翅肚羹)

Braised Shark's Fin Broth with Seafood

年年有余 (蒜香菜脯蒸鳕鱼)

Steamed Cod Fish with Preserved Radish

嘻哈大笑 (XO酱虾仁西兰花)

Sauteed Shrimps with Broccoli & Mushroom in XO Sauce

延年益寿 (鲍汁焖伊面)

Braised E-Fu Noodles with Abalone Sauce

是日甜品

Dessert Of The Day

## 六位套餐

(Set Menu for 6 Pax)

**\$488.00++**

发财烟熏三文鱼生

Chinese New Year Prosperity Platter

金银满堂 (浓汤鲍鱼金钱翅)

Braised Shark's Fin Soup with Abalone

年年有余 (潮式蒸红曹)

Steamed Red Snapper in Teochew Style

喜鹊贺年 (海参焖冬菇)

Braised Sea Cucumber with Mushroom

嘻哈大笑 (金香咸蛋脆虾球)

Fried Prawns with Salted Egg Yolk

八宝聚盒 (生炒糯米饭)

Glutinous Rice with Chinese Sausage

莲子红豆沙

Red Bean Paste with Lotus Seeds

**Note: Set Menu A-10 pax 万事如意席 and Set Menu-6 pax is not available for Chinese New Year Eve.**

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





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