

WARREN TIDINGS - MAR / APR



Have a Joyous Easter & Blessed Aídílfítrí

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t.me/warrengcc

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MESSAGE FROM VICE PRESIDENT

Teo Heng Thye

Hello fellow Warren Members!

I am glad to extend a warm greeting to everyone in my first message in Warren Tidings. Besides being a passionate golfer who values the camaraderie shared among our members, I take my responsibilities and commitments as the Vice President of the Club with unwavering dedication.

In addition to assisting the President in his duties, I chair the Membership and Constitution Sub-Committee, as well as serve as a member of the Establishment Sub-Committee. I am also the Chairman for the Disciplinary Sub-Committee, addressing any matters that may arise at the Club with my team of Disciplinary Panel Members. While disciplinary duties may not be the most pleasant, they are crucial so that everyone — both golfers and non-golfers — can relish their time at the Club. My hope is to minimise such instances and to foster an environment where everyone can enjoy their membership.

I want to take this opportunity to emphasize the importance of members' continued patronage at our Club. The resilience and support of our members have been the pillars that kept us going during the uncertain times. As we navigate post-COVID, members' active participation in Club events is paramount.

We have an array of exciting activities lined up for members this year and your involvement not only adds to the vibrancy of our Club but also plays a crucial role in revitalizing the social fabric that makes Warren unique. Whether it is a friendly game of golf, a social event, or a Warren Cares initiative, your presence will make a significant difference.

Despite the time and effort required to manage the Club as part of the Management Committee, I find great satisfaction in the role and am committed to making Warren a welcoming and enjoyable place for all. I look forward to working with all members to enhance your experience at Warren and feel free to let me know if you have any feedback and we will do our best to address them. Together, let's continue to build our Warren Golf & Country Club and take it to even greater heights.

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GM SPEAKS...

Jinder Aujla

I am pleased to share that the recent Fa Cai Cup held on 17 February 2024 was a tremendous success. The course was filled with enthusiastic members and the camaraderie was truly exhilarating. Congratulations to all the winners and a big thank you to everyone who made the event a memorable one.

As part of our Go Green efforts, the Club is taking a significant step forward with the installation of solar panels on the roofs of the Club houses in March. This eco-friendly initiative not only aligns with our environmental values but also helps to cushion the raising electricity cost. For more details on this project, do check out the ensuing pages.

Gym goers will be thrilled to know that our gym has recently acquired a state-of-the-art piece of equipment: The Jungle. Designed to cater to all fitness levels, it offers an array of workout possibilities, including strength training, cardio, and more. Join us at the gym and take this opportunity to elevate your workouts today.

Get ready for an exciting culinary journey at Golfers' Terrace! Over the next two months, our dedicated culinary team has crafted an enticing menu designed to delight our members. For those craving sushi, our newly introduced Sushi Bar offers an array of fresh and flavourful sushi and sashimi options that will satisfy your palate. Additionally, do not miss out our beverage offerings that will elevate your dining experience at the Club.

For members who might not be aware, Golfers' Terrace is now available on the Grab platform. This means you can conveniently order your favourite dishes with just a few taps on your smartphone and have them delivered straight to your doorstep. It has never been easier to enjoy the flavours of Golfers' Terrace from the comfort of your own home.

Sake enthusiasts do mark your calendars for our upcoming Sake event in April 2024! Join us for an unforgettable evening as we explore the rich and diverse world of sake. From traditional varieties to modern innovations, members will enjoy a unique and immersive experience. Stay tuned for more information and be sure to sign up!

Keep your children engaged and entertained during the March School Holidays with our specially planned activities and sports programme. Not to be missed is also the Easter Day celebration where children from Warren Kids' Club can enjoy fun-filled activities, delicious treats and photo taking with the Easter Bunny. Sign up your interest with our Sports Team today!

Lastly, I would like to wish all members a Blessed and Joyous Easter Day and to our Muslim members, Selamat Hari Raya Aidilfitri!

Warren Tidings - March / April 2024

BECOME A PART OF OUR WARREN FAMILY

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

Subscribe to the Club's Telegram channel by either:

- 1. Scanning this QR CODE
- 2. Through this Channel Link https://t.me/warrengcc





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

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

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

Contact our Marcom Team at marcom@warren.org.sg 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!

Golfing Transferable Members

Ng Jun En Jonathan Lee Kyuyeob Yip Luen Kee Hu Hongbo Neo Jiagui Joseph Cai Zhiqiang Huang Chen Dave Pinakin Anantrai Ang Teck Sua Sim Mong Heng Edwin Sunarko Ong Michael Ferns Yang Zhiai Loh Yak Hwa Rajesh Prabhu Sivaswamy Tom Adriaan Hubert Van Maldegem Norman Walford Tronskar Jens Petter Yukawa Isamu Jeong Jeong Hee Seo Bin Leon Chia Han Kiat Cheong Yoke Fong Irene Tomoyuki Sato Social Transferable Members Phooi Peck Lye Ang Shee Choon Wong Hoi Len Seki Shinji Wai Yong Seng Hoo Min Chit Adnan Harris Bin Sani Low Kwang Chin Song Jiaying Jocelyn Tan Leng Lee Huang Zhizhi Marvin Teo Ko Wei Lun Dhar Abhijeet Jung Dong Hyuk Agnes Ang Chian Geok Yang Ying Lee Do Kyoung Lim Chern Chern Ladies Transferable Members

Jolyn Ang Yi Qin Ang Siew Cheng Geraldine Tan Xiaohui

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

- Golfing Transferable Members
- Li Shiguo Ngoh Kee Hane Takeda Seiichi Ishii Yoichiro Ong Kai Zhen Ng Tai Hock Lee Jung Hun You Yong Chng Seik Chan Felicia Vikhe Pramod Sahebrao

Kevin Edward Lewis Miyazawa Kiyohiko Tan Soo Poi Sia Kong Wah @Sing Kong Yow Wong Melvin Chia Song Piyau Loke Weng Yau Samir Hoon Ee Cheng Hoe Victor Lim Hai Seah Stephen Lim Siong Leng Lam Kam Wing Kelvin

Neo Tiau Gee Simon Social Transferable Members

Tan Bee Khin Teo Swee Khim Luke Chua Goh Lee Hong Phyllis Ewing-Chow Paul Alexander Lee Heung Yeung Rajesh Sheshadri Harivel Prabu S/O Kaliappan Poh Ee Suan Lee Wing Locke Vincent Tan Say Beng Jeffery Lim Thiam Poh Shaun Tan Hock Wan Alvin Kek Wat Chiong Ng Lee Luang Ser Lai Yan Jasmine Ladies Transferable Members

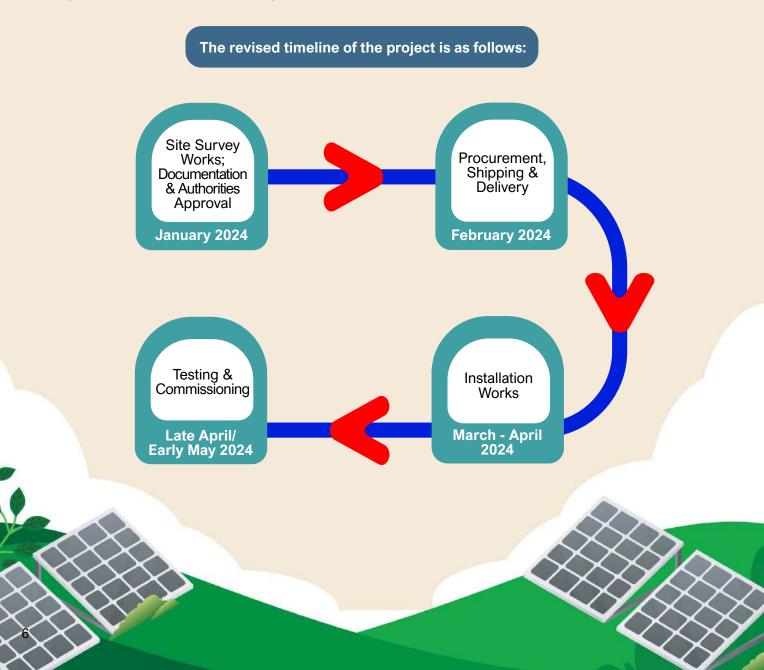
Poh Siew Poh Yeo Gek Wah Annie

A warm WELCOME to our new members...

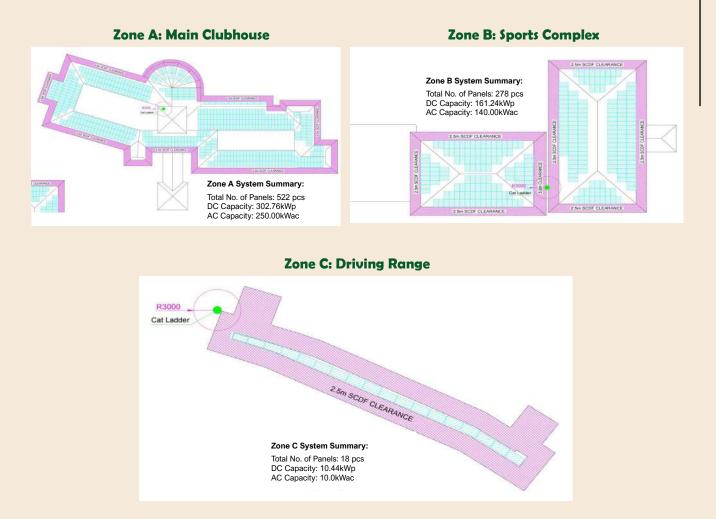
Warren Golf & Country Club

Transition To Solar Energy – A Progress Overview

In the November/December 2023 issue of Warren Tidings, we announced our transition to cleaner energy through the deployment of solar panels on our roofs. We are pleased to report that the project is progressing, albeit with a slight delay in the timeline due to adverse weather conditions at the end of last year, which impacted site survey works.



The layout of the panels shall be as follows:



The entire installation would yield a total of 474.44 kWp of electricity.

During the period of installation, only minimal disruption is expected to the Club's operations as most of the work will be carried out on the roofs. Hoisting operations will be scheduled on Mondays and during the Club's off-peak periods when the golf course is closed for play.

Join us as we look forward to the day when we are a step closer to energy sustainability.

MONTHLY MEDAL RESULTS

January

Men (Format - Strokeplay)

February

Men	(Format -	Strokeplay)
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Division	Name	H.I.	Result
Overall Best Gross	Daryl Low Meng Tiang	+2.6	74 gross ocb
Best Gross A	Sean Pang Cheng Ee	+0.2	74 gross
Best Nett A	Woo Siew Wah Wilson	9.6	64 nett
Best Gross B	Khor Hock Beng Michael	10.5	82 gross
Best Nett B	Per Ah Seng Robin	15.9	66 nett
Best Gross C	Law Kah Yew Simon	16.7	85 gross
Best Nett C	Teo Thiam Huat Charles	20.2	65 nett

Division	Name	H.I.	Result
Overall Best Gross	Neil Pabari	+1.0	71 gross
Best Gross A	Nathen Tan En Quan	+0.7	75 gross
Best Nett A	Roelandts Jonathan Francois B	7.3	66 nett
Best Gross B	Quah Siew Huat	11.1	80 gross
Best Nett B	Zhan Jie	14.8	66 nett
Best Gross C	Bong Hean Tar	18.6	85 gross
Best Nett C	Ong Eng Quee Billy	23.4	65 nett

Ladies (Format - Strokeplay/Stableford)

Division	Name	H.I.	Result
Overall Best Gross	Chen Xingtong	+3.5	68 gross
Best Gross A	Tang Sook Wai Joelle	6.3	82 gross
Best Nett A	Kwek Chia Ling Catherine	14.3	70 nett ocb
Best Gross B	Teo Ching Ching Maria	17.5	84 gross
Best Nett B	Lum Siew Pheng Lindy	17.4	68 nett
Winner C	Tan Phiak Hwa Julie	22.7	40 pts ocb
Runner-Up C	Ong Teng Mui Mary	22.2	40 pts

Ladies (Format - Strokeplay/Stableford)

Division	Name	H.I.	Result
Overall Best Gross	Kimiko Ang Jianing	3.4	77 gross
Best Gross A	Wu Xiang	8.4	78 gross
Best Nett A	Lam Li Naa	14.3	70 nett ocb
Best Gross B	Ng Choon Sim Jasmine	18.0	89 gross
Best Nett B	Mari Singh	18.1	69 nett ocb
Winner C	Lee Siew Peng Margret	26.1	40 pts
Runner-Up C	Yeo Poh Yan	25.5	38 pts

HOLE-IN-ONE ACHIEVERS

Siow Hwee Phing 7/12/2023 Hole 4



Tan Thiam Hock 01/01/2024 Hole 7 Wu Xiang 28/01/2024 Hole 16



Thodur Madapusi Devanathan 30/01/2024 Hole 14



Neo Leng Choh Desmond 01/02/2024 Hole 16

golf

FA CAI CUP 2024

Celebrating the Year of the Dragon, the Fa Cai Cup 2024 took place on 17 February, attracting an impressive turnout of 148 golfers. To heighten the excitement, there were captivating Lion and Dragon Dance performances. The Club President, Mr Victor Bay, Vice President, Mr Teo Heng Thye and Captain, Mr Charles Teo, were presented with prosperity scrolls to mark the occasion. Despite an afternoon drizzle, the golfers' enthusiasm remained undiminished. The God of Fortune mascot made rounds on the golf course, bestowing "blessings" upon all golfers.

The event concluded with a delightful dinner reception where members enjoyed the traditional Lo Hei, along with the mesmerizing Face Changing performance. Additionally, attractive lucky draw prizes were also given out. A big thank you to all golfers for your support!







































The annual event brought together our Club's medal winners for a friendly competition. Originally scheduled for 07 January 2024, the golf game was postponed to 21 January 2024 due to inclement weather. Despite the change, all participants stayed on for the prize presentation, followed by a Chinese sit-down dinner catered for them.

On 21 January 2024, a total of 34 men and 20 ladies continued the competition. Samir Bedi secured the Overall Best Score with a total gross score of 74, while Hyoki Chae achieved Overall Best Nett for the Men's division with a nett score of 69. In the Ladies' division, Asara Sawhney claimed Overall Best Gross with a total gross score of 72, and Catherine Kwek achieved Overall Best Nett with a nett score of 66. Congratulations to all the winners!



From Left to Right: Vice-Captain Leow Zheng Xu, Ladies' Overall Best Nett - Catherine Kwek, Mens' Overall Best Nett - Hyoki Chae and Lady Captain Maggie Koh.



JUNIOR PRIZE PRESENTATION

A gathering took place on 21 January 2024 where the medal-winning Juniors from Warren came together with their parents to recognise their achievements in the year 2023. Our Vice-Captain and Lady Captain presented the trophies to all the Junior winners.



INTER-CLUB FRIENDLY WITH SELETAR COUNTRY CLUB

After a 4-year hiatus, we are thrilled to reconnect with Seletar Country Club! On 28 January 2024, Seletar Country Club warmly hosted 72 WGCC members for an exciting day of golf, followed by a delightful dinner with live music from the resident band. Kuddos to everyone for the incredible camaraderie! Looking forward to the next gathering!



Congratulations On The Remarkable Achievement of Warren Junior Golfer

Warren Junior member, Chen Xingtong secured her spot at the prestigious HSBC Women's World Championship 2024 after a two-day total of even-par 144, consisting of rounds of 70 and 74. The LPGA event, now in its 16th edition, will take place at the Tanjong course at Sentosa Golf Club from 29 February to 03 March 2024. Ahead of this, she is set to represent Singapore at the Women's Amateur Asia-Pacific (WAAP) Championship next week, before gearing up for her participation in the HSBC Women's World Championship.



Photos credit to SGA

Do you know as a Golfer?

- 1. Golfers are strictly not allowed to use the chipping and putting area during Maintenance Day and after 8.30pm daily when the flood lights are turned off.
- 2. No littering on the golf course. Golfers are required to dispose their rubbish at the bin located at every tee box.
- 3. Failing to repair a ball mark may seem like a minor oversight, but there are lasting consequences. Unrepaired ball makers can take weeks to heal, during which time they can cause balls to bounce off line. The damage to the putting surface is also an entry point for weeds which can cause serious problems.

UPCOMING G@LF EVENTS

DATE	EVENT*
06 March 2024	Warren Women's Golf Day 2024
09 - 10 March 2024	March Warren Mixed Monthly Medal
22 March 2024	Ladies Birthday Fiesta
31 March 2024	March Warren Junior Medal (9-Hole)
13 - 14 April 2024	April Warren Mixed Monthly Medal
28 April 2024	April Warren Junior Medal (9-Hole)

* Subject to changes

BETTER BELIEVE IT.

LOWER LONG GAME SPIN

SOFTER FEEL

MORE PIERCING FLIGHT

LONGER DISTANCE TEE-TO-GREEN

MORE GREENSIDE SPIN & CONTROL





Warren Golf & Country Club





Article credits to: Warren Fitness Trainer Aly Kamsani

Simplifying Weight Loss: Beyond Calorie Counting

You Can Lose Weight Without the Numbers Game

For those who are looking to shed some pounds, you can achieve your fat loss goals without being a slave to calorie counting. Yes, a calorie deficit is necessary to lose fat, but that does not mean you must measure and count each calorie. It is important to understand that there are other factors contributing to healthy weight loss.

The Bigger Picture: Quality Over Quantity

Calories do matter, but they are not the only factor. The quality of food you eat and the balance of macronutrients which are essential for a healthy diet. Whole foods which are rich in nutrients, not only contribute to overall health but can also help in managing hunger and satiety, which naturally aids in maintaining a calorie deficit without the need to count.

A Week of Awareness: The Eye-Opening Effect of Calorie Counting

If you have never counted calories, but find yourself struggling with weight loss, consider doing a short stint of calorie tracking. Even just seven days can provide invaluable insight into portion sizes and food content. This brief period of awareness can equip you with the knowledge to estimate your intake without ongoing tracking.

The 1/2/3 Method: A Simplified Approach

For those adamant about not counting calories, the 1/2/3 method offers a straightforward and effective strategy. Here is what it entails:

- **1 Big Salad**: Make it a daily habit. Fill a large bowl with a variety of vegetables—fresh, grilled, stir-fried, it does not matter. Just ensure you are getting those veggies in.
- 2 Pieces of Fruit: Simple enough, enjoy any two pieces of fruit each day to benefit from their fiber, vitamins, and natural sugars.
- **3 Bottles of Water**: Hydration is the key for overall health and can aid in weight loss. Select a bottle size, fill it up and make sure you drink three of these daily.

These are simply the baseline of what you should incorporate daily to promote a healthier eating pattern.

Embracing Simplicity in Your Diet

The 1/2/3 method is about simplicity and building healthy habits that contribute to weight loss without the burden of counting calories. It is about making smart, straightforward choices that can lead to a sustainable lifestyle change.

With the 1/2/3 method, you are not just eating less—you are eating smarter. By focusing on these key components, you are ensuring that you get the nutrients your body needs while promoting a sense of fullness that can prevent overeating.



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

Latest Happenings in Warren GYM



Did you know that Warren Gym has a new addition to its arsenal of fitness equipment? Introducing "The Jungle", a multi-station fitness equipment!

The Jungle is our most impressive equipment by far! With five different stations that allow for dozens of training exercises, training will never be monotonous again. Whether you are focusing on your lower or upper body, incorporating the personalised training from our Fitness Trainer along with equipment can help you achieve your fitness goals.

So come down to the gym and check out The Jungle today!





Join the monthly Walk-A-Jog, a popular activity that is enjoyed by many of our members!



If you are interested in participating in our upcoming sessions, secure your spot by calling us at 6586 1268 today.

Upcoming Sessions:

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- 🗠 🛛 🗠 🗠
- 📥 06 May

Care and a second

WARREN GYM CHALLENGE

Edition 3: April/May 2024

The "Agility Ninja Warrior Challenge" is an exciting and dynamic contest that puts participants' agility and nimbleness to the test. Inspired by the famous obstacle course show, this challenge will push participants to conquer various agility-focused exercises with precision and speed.

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 unwell to continue.

Agility Circuit:

Participants will go through four challenging agility exercises. The goal is to complete the exercises with as many repetitions as possible within **one minute**:



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

Warren Tidings - March / April 2024

On 16 December 2023, the Warren Kids' Club organised a workshop for log cake decoration. Both parents and children enjoyed creating their unique log cakes. The children gained hands-on experience in frosting the swiss roll and selecting their preferred toppings. Everyone had a great bonding session while creating their festive cakes.



Fire Station Educational Tour

On 13 January 2024, the Club organised an educational excursion to Jurong Fire Station. Led by our Senior Fitness Trainer, Aly Kamsani, 21 enthusiastic members and their children participated. The tour was comprehensive, featuring demonstrations of various firefighting equipment and vehicles. The firefighters showcased their rapid response skills, illustrating how quickly they could be ready with their gear to deploy within minutes. Towards the end of the tour, the children were offered firefighting costumes for memorable photo opportunities and each received a firefighter cap as a gift.

The experience was thoroughly enjoyed by everyone and the day ended with the birthday celebration dedicated to January babies at the Club.





Warren Junior Badminton Trial Camp

Are you interested in badminton or looking to give it a try? Join our trial camp led by Coach Lee to determine if this sport is the right fit for you!

Date: Tuesday and Thursday, 12 8	x 14 March 2024
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Time: 1:00pm - 4:00pm

Age Group: 9 to 13 years old



Note: Maximum of 16 participants per day. Each participant can only register for one day.

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



Easter Celebration

Join us for a day of easter festivities and march babies' birthdays celebration!

An Easter bunny mascot will be present for Photo taking and distributing sweets to everyone!

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Date: Friday, 29 March 2024

Programme

12:00pm - 2:00pm: Easter Bunny Walkabout

Birthday Celebration at

Time: 12:00pm - 3:00pm

2:30pm:

Birthday Celebration at the Indoor Playground

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





Iftar Buffet @ Regale

Celebrate the month of Ramadan with families and friends.

- iii 12th March 7th April 2024
- () 6:30 PM 9:30 PM
- 81 Choa Chu Kang Way, S(688263)

For Warren Member: Weekday: \$22 nett | Weekend: \$27 nett

For Non-member: Weekday: Adults \$24.90 | Child \$12.50 (6-11yrs) Weekend: Adult \$29.90 | Child \$15.50 (6-11yrs) All the above prices are subjected to 10% service charge

Tina Amin

1st Runner Up MasterChef Season 4 2023

For Iftar Reservation, Call us at 6586 1292



Available for the Month of March



Monday Stir-Fried Pork with Salted Fish \$13.80+



Tuesday

Pig Organ Soup (served with rice) \$13.80+



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



Available for the Month of April



Monday

Fishball Kway Teow Soup \$13.80+



Tuesday

Claypot Beef Brisket (served with rice) \$14.80+



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



Available for the Month of March



Oden Set (Japanese Fishcake Stew) \$16.80+

Available for the Month of April



Pan Fried Seabass with Pesto Pasta \$17.80+

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

BEVERAGE PROMOTIONS

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



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BEVERAGE PROMOTIONS

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



MPORTED

MPORTED

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



Saturday Specials Times 6.00pm=10.00pm

Half Dozen Satay (Chicken or Mutton) 09 & 23 March





Grilled Scampi Prawns with Black Pepper Sauce 13 & 27 April

YAN PALACE @ WARREN PROMOTION



椒盐软壳蟹

Fried Soft Shell Crab with Spicy Salt \$24.00 ++

MARCH PROMOTION

Terms & Conditions:

- Valid for the month of March 2024 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
- Price stated is subject to prevailing GST and surcharge for non members.



十头鲍炖竹丝鸡汤

Double Boiled Abalone with Chicken Soup \$16.80++ (Per Pax)

APRIL PROMOTION

Terms & Conditions:

- Valid for the month of April 2024 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
- · Price stated is subject to prevailing GST and surcharge for non members.

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ADVANCE YOUR GAME

