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MESSAGE FROM HONORARY TREASURER

Wendy Chia

Hello, my dear fellow members, hope you have been enjoying every issue of our Warren Tidings e-magazine as much as I do. As the Treasurer, I want to extend my heartfelt gratitude to each of you for your unwavering support in our go-green efforts. By going paperless, this has helped the Club significantly in reducing its operating cost while doing our part in reducing the carbon footprint. The Management Committee, together with the Management team, remains committed to exploring eco-friendly initiatives and ways to trim the operating cost at the same time. Your understanding and support are invaluable to the Club.

Over the past years, we have witnessed a steady increase in the operating costs, driven by a variety of factors, including inflation, rising utility costs, the general economic environment and the geopolitical situations. As we strive to provide members with a home away from home, we must also address these financial challenges with prudence and foresight. While Management continues to follow up with SLA on the issue of land lease renewal, we members can help to contribute towards the financial sustainability of our Club by actively patronising and supporting our outlets and events organised. To give members more dining options, Management has set up the Sushi Bar, which has received many positive comments. So, get your fix of sushi and sashimi by heading down to Golfers' Terrace together with your friends and family!

Cost control through waste reduction is also a way to help conserve the Club's resources. Turning off the lights and fans after use, reducing towel and water usages are some of the simple ways. Taking better care of the properties helps in reducing the repair and maintenance cost. We all have a role to play in this initiative.

Management is also constantly looking for opportunities to increase our cash inflow. The 50 Social to Golfing membership conversions in year 2023 has yielded an income of \$0.8m at the non-operating level. With the approved resolutions to convert 100 Social to Golfing memberships and the increase of \$3 buggy fees in the recent Annual General Meeting, we hope to pump up our coffers by around \$2m in the next 2 years. This boost will help our Club as we navigate the delicate balance of sustaining our financial resources, maintaining and enhancing the facilities and services that make our Club a treasured haven for all members.

To tap on technology to enhance efficiency, we have upgraded our Point of Sales system and also introduced robot server to supplement the service team during peak hours. At the back of house, the Human Resource Management system has also been upgraded to improve the processes of staff rostering, verification of attendance, payroll processing, e-claims processing and provision of e-payslips to staff. This has greatly reduced the time taken for each process and increasing accuracy of the records. Management will continue to explore ways to utilise technological advancements to improve efficiency and members' experience.

In conclusion, I want to reiterate my gratitude for your continued support and engagement. Let us work together to ensure that Warren remains a vibrant and thriving community for years to come.



GM SPEAKS...

Jinder Aujla

Dear Members

I would like to extend my heartfelt thanks to everyone who took the time to attend the Annual General Meeting on 03 May 2024, as well as those who voted during the next two days. The proposed motion to conduct 100 Social to Golfing Transferable Membership conversions over a two-year period was successfully carried by the members' vote. I am pleased to share that the conversion exercise is currently ongoing, and conversions from Social to Golfing are available on a first-come, first-served basis. We encourage any Social Members who are interested in exploring this opportunity to reach out to our Membership Team for detailed information and guidance on the conversion process.

From 04 to 06 September 2024, the Club will be holding the 12th Warren-Seagull Amateur Open, a prestigious event that has become a highlight of our golfing calendar. We are thrilled to welcome a diverse field of talented amateur golfers from both local and international backgrounds. All members are encouraged to take the opportunity to participate in or witness this exciting event. The tournament promises to showcase exceptional skill, sportsmanship, and competitive spirit on our challenging course. Sign up now and be ready to tee off in the most anticipated golf event!

Our Sports Team has planned an exhilarating line-up of sporting events for the next two months to cater to members from various skill levels and interests. Prepare yourself for friendly competition and camaraderie with our upcoming Fun Bowling event, Table Tennis Championship, and 6-Red Snooker Championship. Whether you are a seasoned player or an enthusiastic beginner, we encourage members to participate, challenge themselves, and perhaps discover a new hidden talent.

Look out for the exciting launch of our revamped Golfers' Terrace menu this July, where our chefs have curated a tantalizing array of new culinary creations to cater to the diverse palates and preferences of our members. With this new menu, we hope to elevate your dining experience at the Golfers' Terrace. Additionally, pair your meal with our enticing promotions on whisky, wine and beer for a complete dining experience at the respective outlets.

We are also pleased to share that Warren Cares will be collaborating with two charitable organisations, SASCO Senior Citizens' Home and Sunbeam Place @ Children's Society to continue the Club's Corporate Social Responsibility initiatives. Through these initiatives, we aim to expand our ongoing efforts to make a positive impact on the community and support those in need. If you are passionate about giving back and participate in meaningful volunteer work, we will be sharing information about the specific initiatives, volunteer opportunities, and ways in which you can contribute your time and resources to support these worthy causes soon.

In celebration of the upcoming 59th National Day, our Warren Kids' Club will be organising an exciting activity for the young ones, where they can unleash their creativity by designing their very own Singapore Bearbrick! We look forward to your continued support in all our upcoming events. Lastly, I wish all members a joyous celebration with your loved ones and a Happy 59th National Day, Singapore!



Employee of the Month Award

April



Sivabalan A/L Asogan Senior Golf Officer

May



Ong Chui Yuan Assistant Finance Manager

A warm WELCOME to our new members...

Golfing Transferable **Members**

Namie Katayama Jiang Haichao Goh Keng Hong Taza Saw Oo Phooi Peck Lye Koh Siew Sing Teo Eng Siong Takuya Yamada Qu Liyuan

Zhao Jianhong Song Sanghoon Leong Heong Fah Ang Yong Shen Seah Chin Leong Chan Yew Tong Yeo Buck Hong Viswanathan Chockalingam Tay Kee Sheng

Joshi Mahesh Chander Freddi Kuah

Tan Si Kee

Ashley Edward Anthony Mascarenhas Wong Peng Chuan Ron Awyong Teh Tiong Ken Inez Ng Xin Yi Loh Teck Yong Tang Chi Hang

Social Transferable Members

Heng Joon Hee

Seah Wei En Lee Huilin Nick Kate Victoria Burton Lady Transferable Members Lu Li Li

Goh Li Li

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

Golfing Transferable Members

P Narenthiren Yeo Hee Lian Peter Chng Piak Hon Eugene Li Xiaoguang Liau Eng Lee Lim Hsin Hwei Sara Loh Hung Lok David Ong Thiam Huat Tan Seng Lee Henry Lee Jong Hyun Chee Tong Heng Lee Kar Wee

Higgins Brian Samuel Seah Boon Lee **Stuart Thomas Peerless** Oh Jung Hwan Kwok Low Mong Lawrence Ng Choon Hean Freddi Huana Social Transferable **Members**

Ong Boon Chwee Tham Souk Fun Dorothy Tan Buck Lan Susie Choi Seung Woo Yong Chee Mun

Goh Kah Oon Peter Lim Teck San Tang Keh Hwa Wee Hin Hong Ho Fook Kee Tan Chun Tiong Charles Fabian Khoo Chew Peng Keng Louis Poh Kheng Ann Lai Wei Jie Chua Lee Hua Francis Ouyang Wenqi Khoo Ho Tong Chew Renhan Paul

Kang Dong Hee Chew Lily Choe Choon Whatt Edmund Sia Kim Soo Lim Cheng Joo Adeline Ng Foo Wah Lady Transferable **Members** Ng Sok Cheng Lim Lee Hoon



On 24 May 2024, over 60 members joined us for an unforgettable Sake Nite. Everyone enjoyed free flow of sake and beer, a sumptuous buffet dinner and danced to the beats of a professional DJ. Highlights included the Best Dressed award and exciting lucky draw prizes. It was a fun-filled night with great food, fantastic entertainment and wonderful company. Thank you to everyone who joined us and made the event a memorable success!





















FISHING COMPETITION

On 10 June 2024, our Warren fishing competition brought together 21 enthusiastic participants, all eager to showcase their angling skills. The event was a resounding success, filled with excitement and camaraderie. Congratulations to our member, Jumari who emerged as the champion with an impressive catch of a 3.14 pound zebra tilapia. We are glad to see that everyone enjoyed the friendly competition and shared the passion for fishing.





















MONTHLY MEDAL RESULTS

May June

Men (Format - Strokeplay)

Men (Format - Strokeplay)

men (remain energial)			men (cernati eneplay)				
Division	Name	H.I.	Result	Division	Name	H.I.	Result
Overall Best Gross	Kyan Koh Qi Yan	4.8	74 gross	Overall Best Gross	Neil Pabari	+0.7	71 gross
Best Gross A	Foo Jung Teng Vernon	2.8	77 gross ocb	Best Gross A	Nathen Tan En Guan	+1.5	72 gross ocb
Best Nett A	Choo Henry	6.8	67 nett ocb	Best Nett A	Liew Ah Hock	7.6	65 nett
Best Gross B	Abdul Quim	10.3	77 gross	Best Gross B	Law Yong Cheng	10.5	77 gross
Best Nett B	Cheng Eng Guan Dennis	16.0	58 nett	Best Nett B	Aden Pabari	13.6	66 nett ocb
Best Gross C	Ong Boon Kheng Bernard	18.5	83 gross	Best Gross C	Yap Meng Hooi	19.6	79 gross
Best Nett C	Yong Jin Giap Kelvin	19.2	64 nett	Best Nett C	Kang Leong Chuan	18.4	63 nett

Ladies (Format - Strokeplay/Stableford)

Ladies (Format - Strokeplay/Stableford)

			Laules (Format - Strokeplay/Stablelord)				
Division	Name	H.I.	Result	Division	Name	H.I.	Result
Overall Best Gross	Sydnie Ng Si Min	0.3	76 gross	Overall Best Gross	Qu Liyuan	5.5	79 gross
Best Gross A	Tang Sook Wai Joelle	5.8	85 gross	Best Gross A	Koh Mui Kee Maggie	11.7	85 gross
Best Nett A	Liu Yingxia	14.0	68 nett	Best Nett A	Park Ran Young	14.7	68 nett
Best Gross B	Christine See Whelan	18.4	83 gross	Best Gross B	Ng Ching Same	16.9	87 gross
Best Nett B	Jane Lim Mei Yen	17.3	67 nett	Best Nett B	Kan Oi Yen Esther	20.1	66 nett
Winner C	Tsoi Ka Po	24.6	45 pts	Winner C	Lai Siew Kuah Nancy	26.1	43 pts ocb
Runner-Up C	Tan Hwee Mei Daphne	24.4	41 pts	Runner-Up C	Chua Cheng Hiang Yvonne	28.7	43 pts

HOLE-IN-ONE ACHIEVERS



Goh Swee Sin 29/03/2024 Hole 14



Nigel

27/04/2024 Hole 16

Suzanne Tan 07/05/2024 Hole 14



Tang Suet Wah 08/05/2024 Hole 14



Nazir Alsagoff 22/05/2024 Hole 14



Chia Poh Kiat 24/05/2024 Hole 11



Lu Zhangqiang 05/06/2024 Hole 4

FOUNDER'S DAY GOLF TOURNAMENT

A total of 142 members participated in our annual Founder's Day Golf Tournament on 01 May 2024. Despite the inclement weather, the spirit was high as golfers completed the game with great camaraderie. Everyone enjoyed a sumptuous dinner and attractive prizes were given out for the tournament and lucky draw. Congratulations to our Honorary Secretary / Lady Vice Captain, Ms Catherine Kwek for clinching her second consecutive win with an impressive stableford point of 45! Thank you everyone for the wonderful support!





SGA INTER-CLUB LEAGUE 2024

We are incredibly proud to announce that Team Warren has secured the 2nd runner-up podium position in the SGA Inter-Club League 2024 after a thrilling victory against Tanah Merah Golf & Country Club! From intense training sessions to exhilarating matches, the hard work, dedication and teamwork have truly paid off.

A big shout out to all the other club teams who made this event a success. Your competition, perseverance and sportsmanship made this journey unforgettable. Once again, heartiest congratulations to Team Warren! And a big thank you to Muru Golf Academy for being our sponsor.

Here is to many more victories and unforgettable moments in the future! Let us keep the momentum going, Team Warren!













Do you know as a Golfer?

- Under the Club Event Terms of Competition paragraph 10.1, before starting the competition round, each player must exchange his/her scorecard with another player (i.e. marker) and be the marker for player that he/she exchanged the scorecard with.
 Penalty for not compiling ~ Disqualifications
- 2. Warren Golf Course is a smoke free area. Golfers who wish to smoke may proceed to the designated smoking area opposite Starter Hut.
- 3. Golfers are reminded to check the buggy issued to them for any damages and highlight these to the Golf Officers before proceeding for their golf game, as golfers may be liable for the damages upon returning the buggy.

UPCOMING G@LF EVENTS

DATE	EVENT*
07 July 2024	Ladies Foursome Cup 2024
13 - 14 July 2024	July Warren Mixed Monthly Medal
28 July 2024	July Warren Junior Medal (9-Hole)
03 - 04 August	August Warren Mixed Monthly Medal (In conjunction with the Club Matchplay Championship 2024 Qualifying Round)
11 August 2024	Club Matchplay Championship (Round 1)
17 August 2024	Club Matchplay Championship (Round 2)
18 August 2024	Club Matchplay Championship (Semi-Final)
23 August 2024	Warren Social Member Golf Event
24 August 2024	Club Matchplay Championship (Finals)
25 August 2024	August Warren Junior Medal (9-Hole)

^{*} Subject to changes





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PROLITE





Article credits to:
Warren Fitness Trainer Aly Kamsani

Unravelling the Mystery: How Do Various Diets Lead to Weight Loss?

When it comes to losing weight, the concept of a calorie deficit often takes centre stage. However, it is not the sole path to weight loss. Let us explore how different diets can lead to successful weight loss without delving into complex scientific jargon.

The Keto Diet: Embracing Low Carbs

The ketogenic diet, known as Keto, advocates for a drastic reduction in carbohydrate intake. By eliminating carbohydrates, this diet naturally reduces calorie consumption, putting the body in a deficit and promoting fat loss.

Intermittent Fasting (IF): Time-Restricted Eating

IF involves restricting eating to specific time windows, often skipping meals like breakfast or lunch. By compressing the eating window, you naturally consume fewer calories leading to weight loss.

Low-Fat Diets: Reducing Fat Intake

Like low-carb diets, low-fat diets require a significant reduction in fat intake. By eliminating fat, you naturally reduce your calorie intake, facilitating fat loss.

Weight Watchers (WW): Portion Control

WW assigns a daily point value to food, effectively regulating calorie intake. By adhering to these points, you control your portion sizes, consume fewer calories and achieve fat loss.

The Paleo Diet: Embracing Natural Foods

The Paleo diet emphasises consuming natural and minimally processed foods, eliminating calorie-dense additives. This naturally leads to reduced calorie intake and promoting weight loss.

The Bottom Line: Understanding Fat Loss

While various diets offer diverse approaches to weight loss, the key to shedding fat ultimately lies in maintaining a calorie deficit. Each diet achieves this in its own unique way, but the fundamental principle remains consistent. To lose fat, you must consume fewer calories than you expend.

The diverse array of diets provides everyone with flexibility and choice. It is important to find a dietary approach that suits your preferences and lifestyle while keeping in mind that achieving fat loss fundamentally hinges on sustaining a calorie deficit.



22nd Annual Age Group Swim Meet 2024

The Club's 22nd Annual Age Group Swim Meet completed with a great success on 02 June 2024. With 108 talented young swimmers eagerly diving into the pool, the event boasted a total of 78 exhilarating races. Among the splashes and strokes, the meet was a showcase of talent and also a platform for fostering camaraderie. Fierce yet friendly rivalries bubbled among local clubs, igniting a spirit of healthy competition. The meet perfectly captured the joy of swimming, bringing young athletes together for a spirited and memorable event.

























Congratulations to our Junior Swimmer, Rae Anne

We are delighted to share that our junior swimmer, Rae Anne Ng, is excelling in her swimming journey. She has won 4 gold and 1 silver medals at the recent Swim Meet. Congratulations on the remarkable achievements! Let us dive into the sharing of her winning moments and experiences at the Swim Meet!

How would you describe your Swim Meet experience?

The meet was really exciting and fun despite the hot weather.

What was your favourite moment during the Swim meet?

My favourite moment was talking to other swimmers from different clubs and making friends with them. It is interesting to connect with swimmers who share the same passion and dedication.

What are your winning thoughts?

It was a great game for everyone! Let's us keep going.

Is there anyone you would like to show your appreciation to?

I want to thank my coach from Swim Alliance. He started teaching me when I was six. He not only helps us swim better but also teaches us about character and sportsmanship. I am also really grateful for my family's support.

How do you balance school work and swimming practice?

I pay attention in class and do my homework immediately so that I have time for swimming, resting, and having fun.

What are your future goals in swimming?

I will keep working hard to reach my goals, even if it gets tough. I am ready to take on any challenges!









Mother's Day Special

On 12 May 2024, Warren Kids' Club hosted a Wordsearch contest and a card making workshop to celebrate Mother's Day. The children enjoyed solving the wordsearch puzzles and creating personalised greeting cards for their mothers. It was a fun-filled day for all the members and their families!











Picnic Basket Workshop

On 08 June 2024, the Warren Kids' Club hosted an exciting picnic basket workshop to kickstart their summer adventures! The young participants enthusiastically crafted their own picnic baskets, filled with sandwiches and Milo packets. It looks like we have some budding masterchefs at the Club!





Warren

PRIZES

1st: \$150 F&B Voucher 2nd: \$80 F&B Voucher 3rd: \$50 F&B Voucher High Break: \$70 F&B Voucher

6-Red Snooker Championship

Format of Play

Round-Robin: Best of 3
 Semi-Finals: Best of 5
 Finals: Best of 7

Draw Date: Monday, 08 July at 6.00pm

Match Playoffs (commence after draw)

Round-Robin: Monday, 08 July to Friday, 02 August

Semi-Finals: Saturday, O3 August from 11.00am - 6.00pm Sunday, O4 August from 11.00am - 6.00pm

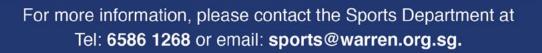
Venue: Rilliard Room

Venue: Billiard Room Entry Fee: \$16.35 nett

Closing Date: Sunday, 07 July 2024 at 12.00pm

Note:

- Open to all Warren Members only and minimum 16 participants
- Price stated is inclusive of prevailing GST





Warren Table Tennis Championship

Date: Saturday, 31 August 2024

Draw Date: Wednesday, 28 August 2024 at 6.00pm

Venue: Table Tennis Room

Price: \$16.35 nett

Closing Date: Friday, 23 August 2024

Note:

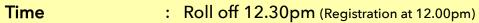
- · Open to all Warren Members only & minimum 8 participants.
- · Price stated is inclusive of GST.

9-PIN TAP FUN BOWLING

(Organised by William Woo Bowling Services)

Upcoming Sessions

- · 28 July
- · 25 August
- · 29 September



Entry Fee : \$30 nett for Warren Member

\$40nett for Warren Members' Guest

Venue : Bowling Alley @ Warren
No. of games : 5 Games (9 Pin Tap)

Handicap* : Ladies - 8 Pin Handicap

Children (Under 12 years old)

Boy - 10 Pin Handicap

• Girl - 15 Pin Handicap

Men above 55 years old - **5 Pin Handicap**Women above 50 years old - **10 Pin Handicap**

*Handicap is given for each game played. It will be used throughout the tournament.

PRIZES

1st	\$90 + 3 Games Voucher	5th	\$40
2nd	\$75 + 2 Games Voucher	6th - 8th	3 Games Voucher
3rd	\$70	9th - 10th	2 Games Voucher
4th	\$50	11th - 15th	1 Game Voucher

Note:

Past & Present NDS & National Squad Members are not eligible to participate in this event.



Mational Day Celebration

Come celebrate National Day with us by designing a Singapore Bearbrick keychain of your own! We will be having a birthday celebration for all August birthday babies too! Do not miss out on this celebration.





- Birthday celebration at 2.00pm in the Fun Room
- Face tattoos for kids

Date: Friday, 09 August 2024

Time: 10.00am - 6.00pm

Venue: Sports Lobby

Complimentary for all!

Daily Specials at Golfers' Terrace

Available for the Month of July



Monday

Thai Style Red Curry Beef (served with rice) \$13.80+



Tuesday

Tha Jiang Mian \$14.80+



Wednesday

Hainanese Pork Chop with Rice \$13.80+



Thursday

Hana Maki \$13.80+

Available from: 11:00am - 3:00pm 5:00pm - 9:00pm



Friday

BBQ Chicken Leg \$15.80+

Daily Specials to at Golfers' Terrace Available for the Month of August



Monday

Fried Ramen with Seafood \$13.80+



Tuesday

Steamed Pork Patty with Salted Fish (served with rice) \$14.80+



Wednesday

Thai Style Chicken Curry (served with rice)
\$13.80+



Thursday

Futo Maki \$12.80+

Available from: 11:00am - 3:00pm 5:00pm - 9:00pm



Friday

Pesto Crusted Seabass Fillet with Butter Cream Sauce \$14.80+

Golfers Terrace Chonthly Specials Available for the Month of July



Steamed Song Fish Head in Spicy Sauce \$28.80+

Available for the Month of August



Japanese Grilled Char Siew \$18.80+

BEVERAGE PROMOTIONS

Available for the Month of July & August (Golfers' Terrace & T Bar)



Singha Bucket (4 Bottles) for \$20.00+

BEVERAGE PROMOTIONS

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



Auchentoshan Three Wood \$118+



Auchentoshan 18YO Sherry \$168+



Oyster Bay Marlborough Sauvignon Blanc

\$48+



Oyster Bay Marlborough
Pinot Noir

\$52+

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



Water Hazard Whisky Promotion

Available for the Month of July & August



Hibiki Harmony \$208+



Hakushu DR \$208+



Yamazaki DR \$218+

Pair Promo



Hibiki Harmony 2 Bottles

\$378+



Hibiki Harmony + Hakushu DR

\$378+



Hibiki Harmony + Yamazaki DR

\$388+

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

Saturday Specials Time: 6.00pm - 10.00pm







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

YAN PALACE @ WARREN PROMOTION



十头鲍鱼焖鸡球 Braised "Ten" Head Abalone with Chicken \$32.80++

JULY PROMOTION

Terms & Conditions:

- Valid for the month of July 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.



红烧鲍翅 (每位)

Braised Shark's Fin Soup \$48.00++ (Per Pax)

AUGUST PROMOTION

Terms & Conditions:

- · Valid for the month of August 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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