

**Update on Land Lease Extension:
Formation of Land Lease Review Committee**

The Land Lease Review Committee (LLRC) has been formed by the Management Committee (MC) to address Changi Golf Club's land lease extension and renewal. To ensure continuity and focus, the LLRC shall prevail beyond the tenures of Management Committees.

The LLRC will formulate and propose recommendations to the MC for deliberation before presenting to the general membership for approval. Members will be kept informed on the progressive stages of the plan and schedule.

The members of the LLRC are: Mr. Kevin Cheong (Chairman), Mr. Lau Eng Chuan, COL (Retired) Gurcharan Singh, Mr. Harminderjit Singh Sangha and Dr. Yek Tiew Ming. The MC representatives in the LLRC are: Mr Kim Chong Wah (Vice President), Mr. Choy Moo Chee (Hon. Secretary), Mr. Ben Chan (House and Facilities Chairman) and Mr. R. Ravichandran (Rules and Membership Chairman). The committee held its first meeting on Friday 10 June 2016.10 June 2016.

Members are encouraged to write to the Club to raise their concerns and to participate actively in future LLRC discussions.

SGA Interclub League 2016 Results (As at July 2016)

Game	Against	Venue	Score	Status	Accum. Points
5	JCC	TMCC	11.5 : 2.5	Loss	26
6	SICC	TMCC	10.5 : 3.5	Loss	29.5
7	NSRCC	WGCC	9 : 5	Loss	34.5
8	KEPC	SICC	10 : 4	Loss	38.5

Staff Movement

Mr. Paramjit Singh (Course Superintendent) has resigned. The club thanked Mr. Singh for his service and wish him all the best in his future endeavour.

SEPTEMBER 2016

3	Sat	General Play	am/pm
4	Sun	General Play	am/pm
		SGA League 11th Leg	
		TMCC vs CGC at LNGCC	
10	Sat	General Play	am/pm
11	Sun	Ladies Medal	am
		Monthly Medal - Men	am/pm
12	Mon	PH Hari Raya Haji - General Play	am/pm
17	Sat	General Play	am/pm
18	Sun	General Play	am/pm
		SGA League 12th Leg	
		WGCC vs CGC at SEM CC	
22	Thu	Course Closure	am/pm
23	Fri	CCO 16	am/pm
24	Sat	CCO 16	am/pm
25	Sun	CCO 16 - Sponsors' Day	am/pm

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Mon – Sat, Office Operation Hours : 9.30am – 6.30pm

Administration fee for sending 3rd reminder on overdue account is \$40. Please keep your account in credit. Thank you.

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CHANGI GOLF CLUB
NEWSLETTER

The resort-style golf club, since 1971

AUGUST 2016



Wishing Singapore Happy 51st Birthday



Editor's Column

When asked if it is important to remain fit and healthy, most people will probably quickly answer "yes". But they may not be able to respond so quickly if they are asked to explain why it is important.

When we understand why an action is beneficial, we have greater motivation to perform that action, and remaining fit and healthy is no different. Additionally, if we have a list of the benefits of good fitness, we can motivate friends and loved ones follow a healthy lifestyle.

There is a lot of truth in the phrase "survival of the fittest", and studies show that someone who is physically active for seven hours per week is 60

percent more likely to survive longer than someone who is active for less than 30 minutes per week.

During medical check-ups, doctors continually emphasize the need for regular exercise as remaining fit can help reduce risk of suffering from heart disease, stroke, high cholesterol, high blood pressure, type 2 diabetes etc. We are often told that regular exercise must be accompanied by a healthy diet i.e. more vegetables, less oily / fried food, and moderate consumption of alcohol.

Let us all make the effort to maintaining / improving our health and fitness through regular exercise and a healthy diet.

AUGUST 2016

6	Sat	General Play	am/pm
7	Sun	General Play	pm
		SGA League 9th Leg	
		SEM CC vs SEL CC at CGC - Course Close	am
		RCC vs CGC at KEP C	
9	Tue	PH National Day - General Play	am/pm
13	Sat	General Play	am/pm
14	Sun	7th Month Festival - General Play	am/pm
20	Sat	General Play	am/pm
21	Sun	General Play	am/pm
27	Sat	General Play	am/pm
28	Sun	Ladies Medal	am
		Monthly Medal - Men	am/pm

Don't leave your golf etiquette at home.

Please repair divots' ballmarks and rake the sand bunker.

When buggy is issued to you, it should be a clean buggy with no rubbish in it.

A Gentle Reminder

NO SMOKING

Except in designated areas.

Thank you.

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Local Affiliated Clubs: Chinese Swimming Club • Changi Beach Club • Sembawang Country Club • SAF Yacht Club • Changi Sailing Club (Please check affiliation details with the respective club's reception.)

Monthly Medal A & B Division (Men)
Sunday 17th July 2016 – STROKE PLAY

Overall Best Nett	CH	Out	In	Total
1st Chan Hee Mun	10	39	31	70 <i>OCB</i>

Overall Best Gross	CH	Out	In	Total
1st Thomas S.K. Lim	9	43	37	80

A Division Best Nett	CH	Out	In	Total
1st A.J. Singh	11	36	34	70
2nd Xie Xiong	13	33	38	71
3rd Bala.S	10	39	34	73

Best Gross	CH	Out	In	Total
1st Ong Chew Meng	6	41	41	82

Ball Sweep 1st NINE	CH	Out	In	Total
1st Xie Xiong		33		
Tie 2nd Victor Yeong		36		
A.J. Singh		36		

Ball Sweep 2nd NINE	CH	Out	In	Total
1st Chan Hee Mun		31		
2nd Thomas S.K. Lim		33		
Tie 3rd Bala.S, A.J. Singh		34		

B Division Best Nett	CH	Out	In	Total
1st Oh Chye Huat	16	35	35	70 <i>OCB</i>
2nd Quah Beng Chieh	17	34	36	70
3rd Chia Chuan Hak	19	36	35	71 <i>OCB</i>

Best Gross	CH	Out	In	Total
1st Joosa Cosmas	17	47	42	89

Ball Sweep 1st NINE	CH	Out	In	Total
1st Ha Peng Heng		33		
2nd Quah Benh Chieh		34		
Tie 3rd Oh Chye Huat, J.K. Lim		35		

Ball Sweep 2nd NINE	CH	Out	In	Total
Tie 1st James Quek, Aaron Koh		34		
Jimmy Pek, Joosa Cosmas		34		

Monthly Medal A & B Division (Ladies)
Sunday 17th July 2016 – STROKE PLAY

A Division	CH	Out	In	Total
1st Mimi Ho	10	35	37	72

Ball Sweep 1st NINE	CH	Out	In	Total
Tie 1st Mimi Ho, Leong Kay Sine		35		

Ball Sweep 2nd NINE	CH	Out	In	Total
1st Leong Poh Chou		36		

B Division	CH	Out	In	Total
1st Helen Lim	22	40	37	77

Ball Sweep 1st NINE	CH	Out	In	Total
1st Stephaine Peh		38		

Ball Sweep 2nd NINE	CH	Out	In	Total
1st Helen Lim		36		

Bits & Pieces from the Club Manager's Desk

Reflections

“ Biggest regrets of the dying revealed.

London: A palliative nurse who has counselled the dying in their last days has revealed the most common regrets people have at the end of their lives. Among the top most common regrets of the dying has been “I wish I hadn’t worked so hard.”

Bronnie Ware is an Australian nurse who spent several years working in palliative care, caring for patients in the last 12 weeks of their lives. She recorded their dying epiphanies in a blog called Inspiration and Chai, which gathered so much attention that she put her observations into a book called The top five Regrets of the Dying, the Guardian reported. The top five regrets of the dying were:

- I wish I'd had the courage to live a life true to myself, not the life others expected of me.
- I wish I hadn't worked so hard.
- I wish I'd had the courage to express my feelings.
- I wish I had stayed in touch with my friends.
- I wish that I had let myself be happier. ”

Coming across this article was timely, not that I am living my final hours but by sheer co-incidence my recent experiences served as a wake-up call that the things we can touch have no permanence.

My story - a group of Changians had initiated a long-overdue trip to Ipoh which is well-known for its Malaysian hospitality and local food and fruits. Ipoh town has progressed with modern amenities, a far cry from the 1980s when I was there on antique hunts for old clocks, and is now attracting more tourist dollars from Singapore encouraged by the attractive currency exchange.

Like a military campaign the trip's out-bound logistics were planned with the assistance of home-grown Ipoh boys. The objectives were to golf and dine not just to look around! The golf courses were identified – Clearwater Sanctuary Golf Resort, Meru Valley Golf Resort and Royal Perak Golf Club which has been a true reciprocal stalwart of Changi for several decades. The trip's 'command centre' was in the heart of the old Ipoh town – the latest WEIL Hotel which without hesitation we will recommend to all travellers not travelling on a shoestring budget. The town's dining halls were reserved and the best of Ipoh's seafood

cuisines were pre-booked. The overland night trip by coach to Ipoh town would take about 7 hours on the trot.

Upon arrival, things were moving in clockwise precision until an unexpected malady knocked my senses out for a good 12 hours and instead of the luxury of WEIL Hotel I woke up staring at a ceiling fan in Ipoh General Hospital. This new episode provided me the fodder for a couple of anecdotes narrated by my companions, just to share an experience. When I blacked out in the restaurant two customers (total strangers) came to my aid. One identified herself as a nurse and an elderly man who placed a hand towel in my mouth to further prevent biting of my tongue, which was bloodied. The ambulance which ferried me to the hospital was not equipped with an oxygen tank, standard operation equipment which the lone attendant was unable to explain. Remember the Hong Kong show of the 1970s – “72 Tenants” which showcased many rising starlets? In one of the scenes the firemen were telling the tenants in Cantonese to pay for the water if they want the firemen to switch on the water hoses. Maybe the oxygen needs to be paid for. At the A&E, pre-payments have to be made before admission, although it was an emergency, and for any medical treatment. I was told that they had to clean up the CT scan machine before carting me in. The wards were airy, Spartan but clean and the beds with rusted crankshafts could have been left over from the colonial days. Some of the beds' safety railing were held together with raffia strings. Automation was definitely lacking. The setup was reminiscent of our old Alexander General Hospital.

Across my bed was a young Indian man who said he was working as a fourth chef in a western food restaurant. He spoke flawless local Cantonese and had a good command of English. He had a tube inserted into his left lung which sucked out a yellowish fluid into a plastic bag. He told me he smoked 60 cigarettes a day but after this he is giving up smoking. On the next day I noticed that the sucked out fluid was no more yellowish and my new-found acquaintance was grimacing from ear to ear. As it was the week after Hari Raya there was a shortage of admin and nursing staff but I must say that the skeleton staff's efficiency was not compromised. Throughout my stay I was attended to by a young Bumiputra doctor. He was very professional and I thought he would do well in a place like Singapore. Against his advice I requested for an early discharge at my own risk.

The hospital stay serves as an eye-opener not to take the good life and the excellent medical facilities in Singapore for granted.

One word of advice – be equipped with affordable personal travel insurance, for untoward incidents. Golfing trips are always hectic.

An assurance, if a similar incident occurs at the club our staffs have been trained to provide basic AED-CPR attention to the patient while waiting for the professional medical team to arrive. Best if a good doctor is around. The club, in conjunction with a medical professional, conducts regular refresher workshop on AED-CPR. Members who are interested to attend the 2-hour weekday educational workshop can register with the office. Don't say got kan tau we bo jio. How basic training can help save a life? Here is another story – some 10 years ago I witnessed a death at #345 (starter hut). I was waiting to tee off when a two ball flight turned around. They walked up to the 10th tee box to tee off. About 10 minutes later someone ran to the starter and said that a golfer had collapsed on the 10th green. The unconscious golfer was carried back to #345 and placed on a makeshift table next to the vending machine. Nobody attended to him and I noticed that his finger nails were turning green. When the ambulance arrived, after a wait of 20 minutes, he was pronounced dead by the attendant. If someone had applied AED/CPR on the unconscious golfer he might have a survival chance. We were told that under such circumstances the first 4 minutes are crucial.

If you have a habit of playing alone try to change the habit and find a playing partner. You never know when your buddy can save your life or vice versa.

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