

Apr - Sep'22

CONNECTIONS



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www.temasekclub.org.sg



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Vice Club President

LG Melvyn Ong
BG Chua Jin Kiat

MANAGEMENT COMMITTEE

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Vice Chairman
Honorary Secretary
Honorary Treasurer
Chairman, Audit
Chairman, Food & Beverage
Chairman, Publicity & Engagement
Chairman, Sports & Social
Member
Member
Member
Member
Ex-Officio
Ex-Officio
Ex-Officio
Ex-Officio

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BG Terry Tan
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ME6 Adrian Lim
COL (NS) Christopher Foo
Mr. Daniel Chua
COL Dean Yik
COL Iain Hoo
COL (RET) Kevin Goh
COL Kenny Tay
COL (NS) Lawrence Lim
SLTC (NS) Mohammad Halil Bin Ngah
COL Ho Jee Kien
COL Joseph Peh Chin Leong
COL Wong Pui Chuan
SLTC Eugene Ng

CLUB MANAGEMENT

General Manager
Club Manager
Senior Manager, Corporate Services
Senior Manager, Operations
Senior Manager, Sales / F&B
Event Manager
F&B Outlet Manager
Facilities Manager
Finance Manager
HR / Admin Manager
Sports Manager

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Gary Aw
Alvin Chan
Kaldip Singh
Pauline Lim
Kelvin Sherman Dass
Edmund Phua
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Roy Leu
Koh Loo See
Tan Yoong Soon

CONNECTIONS is a yearly newsletter of Temasek Club. Articles, letters, pictures, comments and other contributions from members are welcome. The Editorial Committee reserves the right to edit all material / contributions or to decline publication. The views of the contributors and writers do not necessarily represent those of the Club, SAF and MINDEF. All information and dates pertaining to reports and coming events published in this newsletter are correct as at the time of print.

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WEBSITE

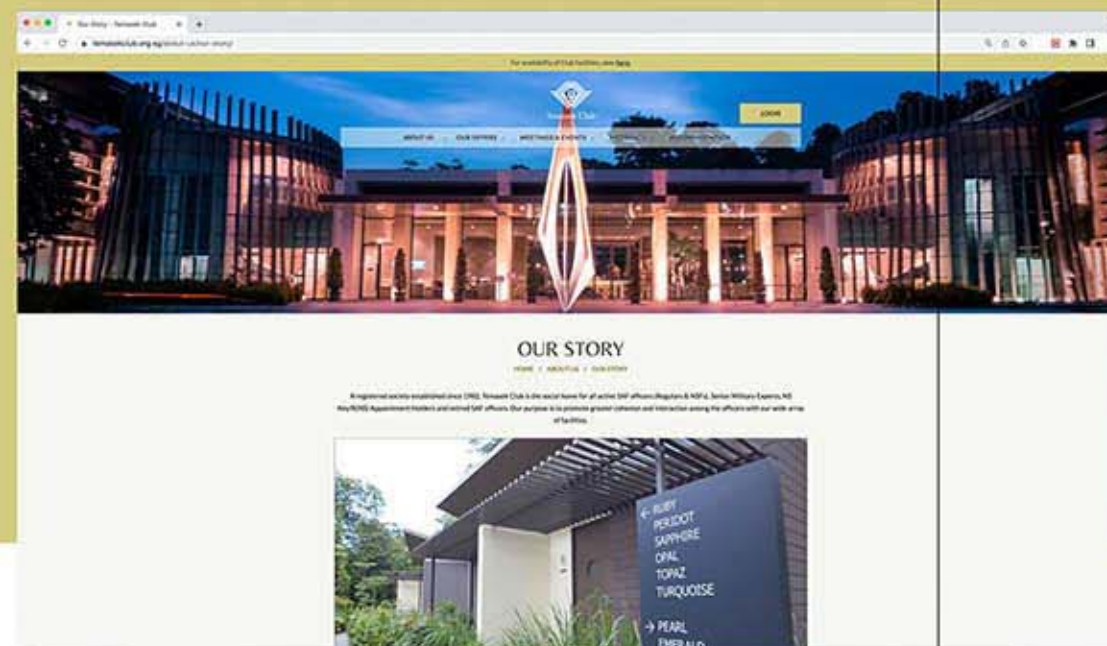
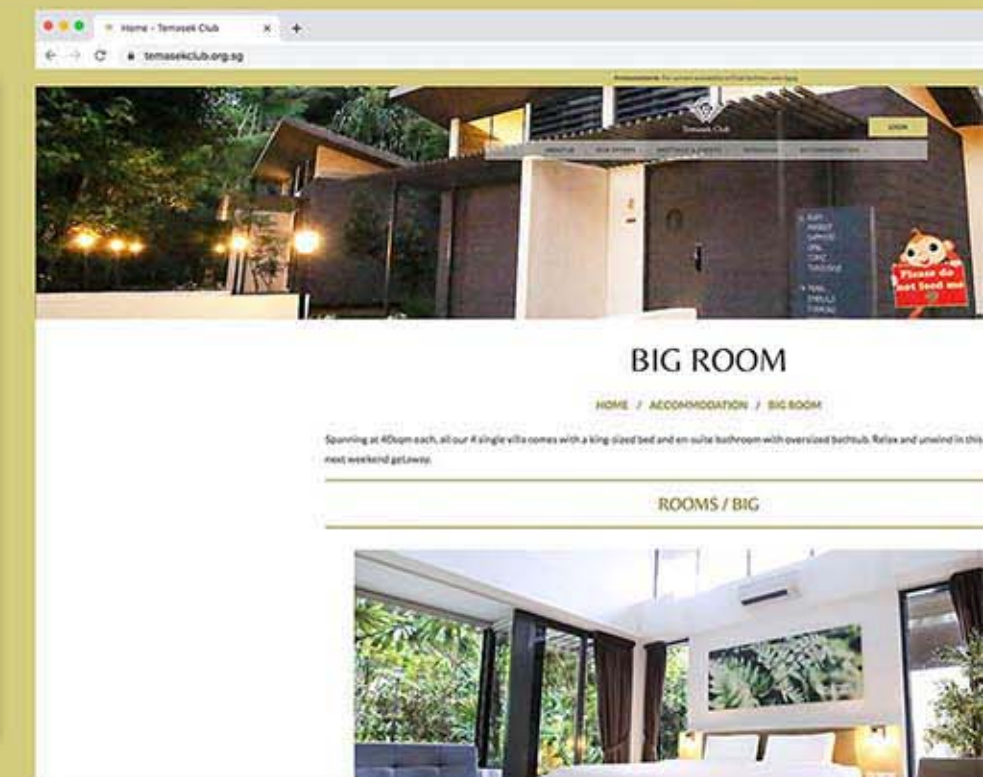
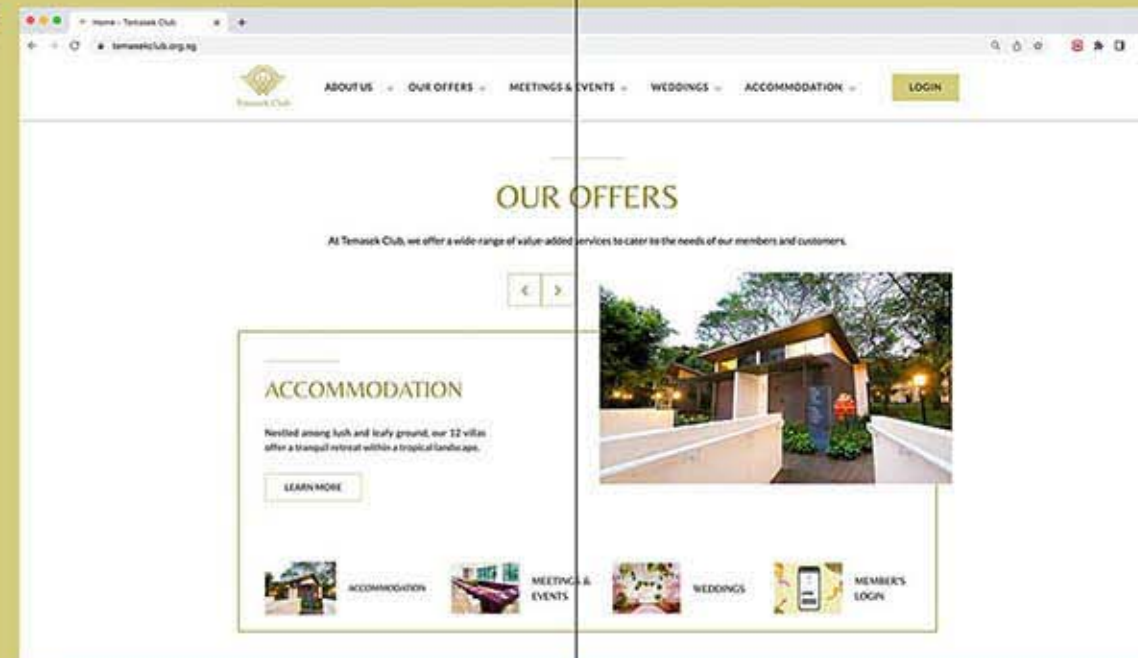
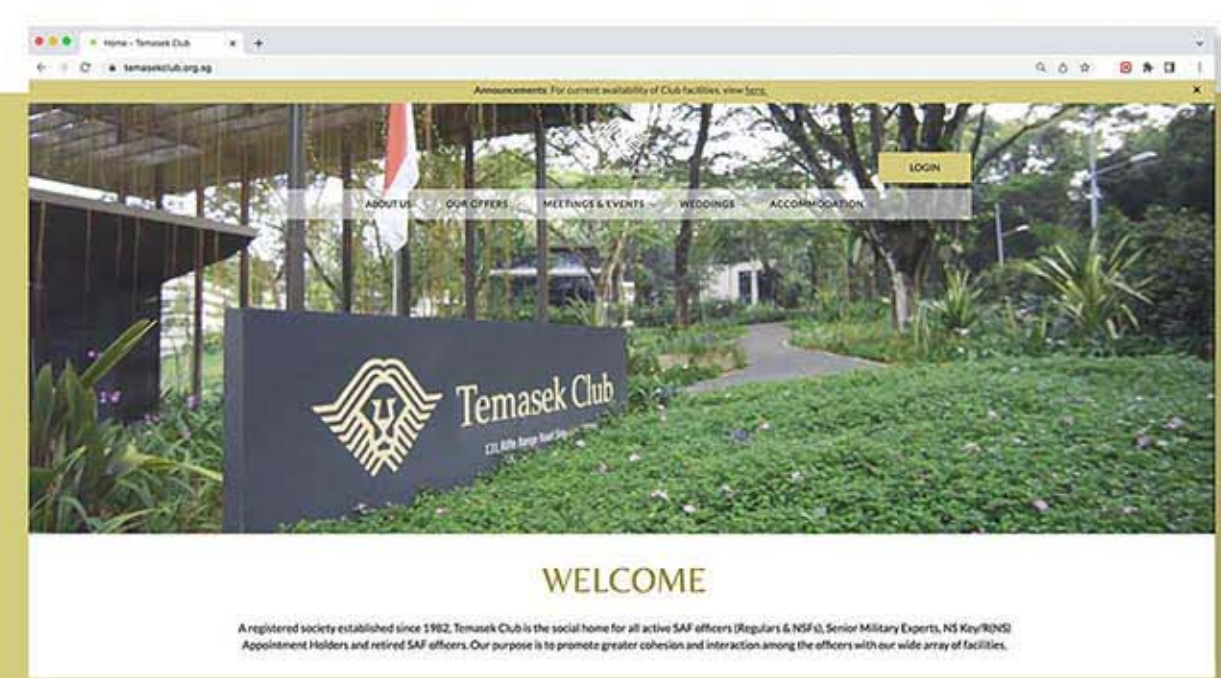
Facelift



A brand new look! - Many would have noticed that the Club's website underwent a major facelift with enhanced user interface and improved overall user experience.

Designed for better intuitive navigation and increased usability, one of the major noticeable difference is the change in structure layout with enhanced accessibility.

More in-depth content have also been added to engage site visitors.



39th ANNUAL GENERAL MEETING

The Club's 39th Annual General Meeting was live broadcasted to members on 20th Oct 2021 via Zoom webinar. It was held at our newly converted hybrid function room – Brani, with a fully-equipped state-of-the-art multimedia production system and professional technical team support to facilitate the major Club event.

As in past years, the event commenced with an opening video which showcased all the happenings over the previous workyear.

The General Manager of the Club then addressed the members with updates on the Club's overall financial performance and upcoming plans. It was then concluded with status update on the Management Committee members.



In collaboration with NParks

TREE PLANTING // REMOVAL OF INVASIVE SPECIES

On 28 Oct 2021, our Green Volunteers Group was out and about in Bukit Timah Nature Reserve with NParks, as part of concerted effort to manage invasive species in the forested area. This time round, we were involved in the removal of dioscrorea climbers, otherwise commonly known as the 'Batman Plant'.

This particular type of plant species, vies for sunlight and nutrients with other native species which can hinder the latter's growth and ultimately cause them to wilt.

It was a truly informative and rewarding experience. Understanding why the removal of this plant species is so important and how it must be an ongoing effort in order to maintain a healthy ecosystem made the task at hand more meaningful.

One of our staff, Mohan, was the star of the day, digging relentlessly and pulling out weeds from everywhere. Time flies when you're having fun.

The day ended with a total of 7 gunny sacks of dioscrorea climbers removed.



INTRODUCTION TO KETTLEBELL WINDMILL

Kettlebells are a versatile tool that can be used for strength, endurance, flexibility, and balance training. It covers four main aspects of fitness with all-in-one total body conditioning equipment.

Benefits of Kettlebell Windmill is highly effective complex exercise movement that works on the upper & lower body. Upper body improve shoulder mobility and stability. Lower body improve the hip mobility, hamstring flexibility, and strengthen the oblique core muscles stability.



Exercise Method

1. Starting with two kettlebells in between of the feet, press one overhead while letting the other hang down on the side.
2. Pivot the feet about 30 to 45 degrees away from the kettlebell that is pressed overhead. For instance, if the overhead kettlebell is in your left hand, you will pivot the feet to the right. Begin to shift your hips to the side of the overhead kettlebell.
3. Rotate the chest towards the overhead kettlebell.
4. Keeping your eyes on that overhead kettlebell will allow you to maintain full control of it and ensure that it stays above the shoulder. Allow the lower kettlebell to drop towards the floor, in front of the forward leg.
5. Really engage your entire core area as you reverse the movement and return to the starting position.

BRACING THE CORE

- By engaging the entire trunk muscle to create the stability required to lift safely.

FEET POSITION

- Feet slightly wider than hip-distance apart. One side of the toes slightly rotate out 30 or 45 degrees to allow the hip travel for a greater range of motion.

DEPRESSING THE SCAPULA

- Do not let the shoulder to travel up towards the ear.

Targeted Muscle

Abdominals, Deltoids, Obliques, Gluteal, Hamstrings, Erector Spinae, Rhomboids

Key Joints

- Shoulder internal and external rotation
- Thoracic rotation and extension
- Hip flexion and extension



INITIAL POSITION

FOCUS ON THE KETTLEBELL

- Keep the eyes lock on at the kettlebell throughout the exercise.

Tips

- Maintain abdominal lock and core engagement to keep the core tight throughout the entire exercise
- Make sure to keep your eyes on the overhead kettlebell!! Losing control of that overhead kettlebell could be seriously dangerous and damaging to your shoulder, particularly if the weight forces your arm to fall back behind you.
- Make sure to rotate all the way to the front and center at the top of the movement.

LOCK OUT THE ARM

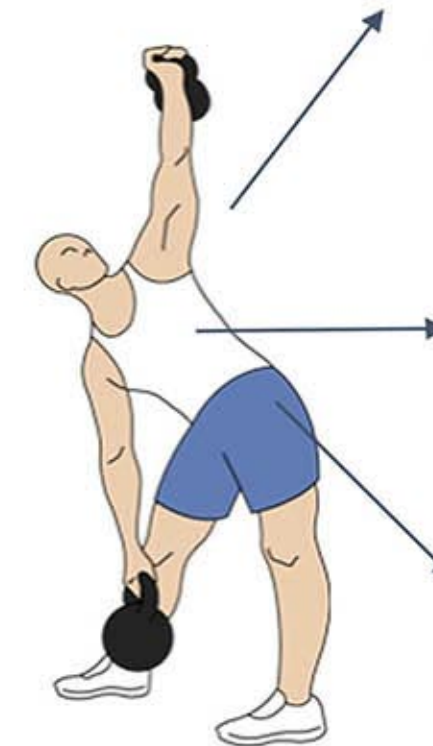
- Keep the arm straighten throughout the entire movement.

LEANING FORWARD

- Lower the upper body movement down and travel toward the toe is pointing 45 degrees out directions.

HIP HINGE

- Hip hinge by pushing the hips back on the line of your feet.



FINAL POSITION



Live Band @ The Outpost GuanHua & Tricia

With the easing of safe management measures, we have resumed the weekly live music performance at The Outpost since 27th April and we are pleased to have GuanHua & Tricia band duo onboard as our resident performers.

The band duet is best known for covering Mandarin pop hits from local artistes such as Stephanie Sun and JJ Lin.

Catch them in action every Wednesday live at The Outpost from 7.30pm onwards.

COOL

April / May / June

Happy Hour Daily from 4pm - 8pm @ The Outpost

Kirin Beer 330ml

Buy three @ \$19.00++ (Usual Price \$21.60++)

**While Stocks Last*

Wine of the Month (Bottle Deal)

Chianti Classico DOCG

1 bottle @ \$54.00++

2 bottles @ \$97.00++

**While Stocks Last*

Sake of the Month (Bottle Promotion)

Shochikubai Shirakabegura Junmai Daiginjo 640ml

1 bottle @ \$80.00++

2 bottles @ \$150.00++

**While Stocks Last*

Whisky (Bottle Deal)

Matsui Kurayoshi Sherry Cask

1 bottle @ \$190.00++

2 bottles @ \$323.00++

**While Stocks Last*



04. //

Cocktail of the Month: Hey Jude!

\$5.60++ per glass



05. //

Cocktail of the Month: Summer Cooler

\$5.60++ per glass



06. //

Cocktail of the Month: Garden City

\$5.60++ per glass

CLUB OPERATING HOURS

Customer Service Officers

Mon - Fri 10am - 10pm
Sat, Sun & PH 9am - 10pm
Tel: 6801 4242
Email: cso@temasekclub.org.sg

Membership

Mon - Fri 9am - 6pm
Tel: 6801 4215
Email: membership@temasekclub.org.sg

Banquet / Functions

Mon - Fri 9am - 6pm
Tel: 6801 4262 | 63 | 64
Email: sales@temasekclub.org.sg

Events Booking

Mon - Fri 9am - 6pm
Tel: 6801 4272
Email: events@temasekclub.org.sg

[Closed] Laager

The Outpost

Mon - Thurs 4pm - 11pm
Fri, Sat & Eve of PH 4pm - 12mn
Sun & PH 4pm - 11pm

Tel: 6801 4252
Email: sales@temasekclub.org.sg

Karaoke Rooms

Mon - Thurs 4pm - 11pm
Fri, Sat & Eve of PH 2pm - 12mn
Sun & PH 2pm - 11pm

Villa Enquiry / Booking

Tel: 6801 4242
Email: cso@temasekclub.org.sg

Dragon Phoenix

Daily 12pm to 10pm

Spize

Daily 8.30am - 11pm
Tel: 6337 7493 / 8332 2694

Daisy's Dream Kitchen

Mon Closed
Tue - Sun 11am - 9pm

Recreation Rooms

Mon - Thurs 1pm - 11pm
Fri, Sat & Eve of PH 1pm - 12mn
Sun & PH 1pm - 11pm

Afterburner (Gym)

Daily 7am - 9pm
Tel: 6801 4278
Email: sports@temasekclub.org.sg

Sports Studio

Daily 7am - 10pm

The Hub

Daily 7am - 11.59pm

MPH - Basketball

Mon - Fri 7am - 6pm
Tel: 6801 4278
Email: sports@temasekclub.org.sg

MPH - Badminton / Table Tennis

Daily 7am - 10pm
Tel: 6801 4278
Email: sports@temasekclub.org.sg

Swimming Pool

Daily 7am - 9pm
Tel: 6801 4278
Email: sports@temasekclub.org.sg

Tennis Court

Daily 7am - 9pm

Outdoor Futsal Court

Daily 7am - 10pm

Dé Happy Ark

Mon - Tues Closed
Wed - Fri 1pm - 5pm
Sat - Sun 10am - 5pm
Tel: 6801 4242

Singapore Bowling

Daily 12pm - 10pm
Tel: 6850 0300

Dreams Gymnastics

Daily 10am - 10pm
Tel: 8128 0298

MindChamps Preschool

Mon - Fri 7am - 7pm
Sat 7am - 2pm
Tel: 6926 8702 / 8828 2017
Email: sg.pstemasek@mindchamps.org

