

# LAGUNA LIFESTYLE

OCTOBER TO DECEMBER 2020



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\* Terms and Conditions apply



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**FOR YOUR  
PERSONALISED  
CONSULTATION**

Please contact Senior Membership Manager Maggie Tuya at +65 6326 1901 or email [maggie.tuya@lagunanational.com](mailto:maggie.tuya@lagunanational.com)





# CONTENTS

OCTOBER TO DECEMBER 2020



**Front Cover:** Laguna National Golf & Country Club Members will be able to enjoy a wide selection of festive goodies in December.



PAGE 20



PAGE 34



PAGE 46



PAGE 48

## CLUB

- 
- 6 Contributors

---

  - 7 Club Directory

---

  - 8 – 9 Welcome to New Members

---

  - 10 Editor's Message: Spencer Robinson

---

  - 12 – 13 Message from the General Manager: Mark Isley

---

  - 14 – 16 Ace Performers

## PRIVILEGE

- 
- 20 – 21 Message from Dusit Thani Laguna Singapore General Manager: Eric Piatti

---

  - 22 – 23 Discover an Exclusive World of Privileges

---

  - 26 Dusit Thani Laguna Singapore Dining: Greenhouse Glories

---

  - 27 Dusit Thani Laguna Singapore Dining: Tee Deck

---

  - 30 – 33 Festive Treats in Store

---

  - 34 Omakase Artist at Work

---

  - 36 – 37 The Global Game

---

  - 38 – 39 Affiliated Club Focus: Kota Permai G&CC

## PEOPLE

- 
- 42 – 44 Leadbetter Golf Academy: Stop Pulling

---

  - 46 – 47 Academy Aiming High

---

  - 48 – 49 New Product: Titleist Tour Speed

---


  - 50 – 52 Zen Golf: Dr Jay-Lee Nair

---

  - 53 E-Wine Fair


# HIGHLIGHTS

OCTOBER TO DECEMBER 2020



**ACE PERFORMERS!**  
PAGE 14

After many years of trying, **Lam Man Choong** and **Yasuhito Imaizumi** have finally added their names to the list of Laguna National Members who have recorded an 'ace'.



**ADAPTING TO THE 'NEW NORMALS'**  
PAGE 12

In his latest message to Members, Laguna National Golf & Country Club General Manager **Mark Isley** provides an update on a variety of fronts.



**WORLD OF EXCLUSIVE PRIVILEGES**  
PAGE 22

Laguna National Golf & Country Club Members can look forward to receiving a range of exciting benefits at the soon-to-open Dusit Thani Laguna Singapore.



**FESTIVE FAVOURITES**  
PAGE 30

Check out the special food and beverage promotions on offer at Laguna National during the forthcoming Festive Season.



# CLUB



*With the decision to have flypast across Singapore on two key routes for this year National Day Parade, Laguna National Members had numerous opportunities to watch and take pictures from the course. This image was taken by long-standing Laguna National Member Low Mun Cheng.*







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# CONTRIBUTORS



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## 01. Mark Bates

A PGA of Canada professional, Mark has over 20 years' experience in the golf industry and is a self-proclaimed 'Golf Nut' who lives, eats and breathes golf. Laguna National's Director of Golf Operations, Mark has dedicated his career to growing the game of golf. His passion for teaching the game and enhancing enjoyment of the 'golf experience' can only be described as infectious.

## 02. Mark Isley

Mark started his career in Florida and now boasts 38 years of experience in maintaining and managing high-profile golf courses, private golf clubs and major golf tournaments. For the past 30 years, Mark has made Asia his home with extended stints in Bali and Bintan before joining Laguna National as Director of Agronomy and Project Manager. In December, 2019, Mark was promoted to the position of General Manager at Laguna National.

## 03. Stephen Moriarty

An experienced British PGA-qualified Professional and Leadbetter Senior Certified Instructor with a proven track record of establishing, developing and growing the Leadbetter brand in new

locations, Englishman Stephen enjoyed spells in Korea and Indonesia before assuming responsibility for the setting up and running of the Leadbetter Golf Academy at Laguna National.

## 04. Dr Jay-Lee Nair

Based in Singapore, Jay-Lee is a sports psychologist with Mental Notes Consulting. During her college days in the United States she played NCAA Division I golf with academic All-American honours. A Laguna National member, Jay-Lee is passionate about helping young golfers to achieve their full potential in both golf and studies.

## 05. Spencer Robinson

Having cut his journalistic teeth in England, Spencer arrived in Hong Kong in 1984 to assume an editorial position at the South China Morning Post. In 2002 he moved to Singapore. During the course of the past three decades he has been a close observer of Asian sport, writing and commentating for leading media including ESPN and Fox Sports.

## 06. Ranndie Seah

A football fan and karaoke crooner with an eye for fashion and adventure,

Ranndie majored in Public Relations, Communications and Media Studies at Western Australia's Murdoch University. After spells at One°15 Marina Club and Marina Mandarin Hotel Singapore, Ranndie took up the post as Senior Marketing & Communications Executive, Dusit Thani Laguna Singapore in January, 2018.

## 07. Jack Wong

From caddie to coach and rules guru to tournament director, there are few areas in golf which Jack has not experienced during more than a decade in the industry. A graduate of the University of Arkansas, Jack joined Laguna National as Golf Operations and Member Services Manager in 2019 after two years at Keppel Club and a four-year stint at Warren Golf & Country Club.

## 08. Vernon Lim

Meticulous in his analysis of different materials, colour and psychology, in his role as Assistant Manager Marketing & Communications, Vernon oversees all print and digital undertakings at Dusit Thani Laguna Singapore. Skilled at co-ordinating and scheduling concurrent projects, the Singaporean takes pride in producing effective and eye-catching designs across all platforms.



# CLUB DIRECTORY

## Executive Management Team

### **Patrick Bowers**

*Strategic Advisor to Chairman*

### **Mark Isley**

*General Manager - Laguna National Golf & Country Club*

### **Eric Piatti**

*General Manager - Dusit Thani Laguna Singapore*

### **Lionel Roberts**

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### **Ng Jin Tong**

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### **Ryan Regodon**

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### **Sue Gan**

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### **Victoria Oon**

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### **James Foo**

*Director of Human Resources*  
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### **Elizabeth Tan**

*Director of Sales*  
elizabeth.tan@dusit.com

### **Maggie Tuya**

*Senior Membership Manager*  
maggie.tuya@lagunanational.com

### **Stephen Moriarty**

*Leadbetter Golf Academy Director*  
stephen.moriarty@leadbetter.com

### **Laguna National Main Line**

T 6542 6888

### **Hotel Mainline**

T 6841 8888

### **The Shop & Golf Bookings**

T 6326 1950 / 1951 / 1952 / 1953  
clubconcierge@lagunanational.com

### **Golf Operations**

T 6326 1935

### **Membership Sales**

T 6326 1901  
maggie.tuya@lagunanational.com

### **Membership Services**

T 6542 6888  
membership@lagunanational.com

### **Membership Accounts**

T 6321 6707  
finance@lagunanational.com

### **Corporate Events & Banquets (Social / Hotel)**

eventsdtls@dusit.com

### **Corporate & Tournament Golf**

T 6321 6748  
regine.ubusan@lagunanational.com

### **Food & Beverage**

T 6321 6798  
ryan.regodon@dusit.com

### **The Nest**

T 6321 6792  
7.00 am to 9.00 pm  
thenest@lagunanational.com

### **Laguna Practice**

T 6741 1111 (Main Line)  
T 6542 2204 (Management Office)  
T 6542 2200 (Bunker Lounge)  
T 6542 2201 (Academy Office)  
T 6542 2202 (Flightpath Café)  
T 6542 2203 (Golf Shop)  
practiceinfo@lagunanational.com



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# WELCOME TO THE FAMILY

We would like to extend a warm Lagunian welcome to the following new Members who have recently joined us.

---

Glenn Anderson  
Hugh Andrew  
Ang Lian Chye  
SA Ang  
Patrick Aronson  
Salim Ali Asghar  
Arjun Badhwar  
Patrick Bance  
John Barrett

Jacques Bertrand  
Kunal Bhargava  
Prem Bhatia  
Andrew Bond-Webster  
Jesper Brund  
MJ Burke  
Koen Cardon  
Brian Carter  
Tom Caviar  
Greg Crovo  
Mark Dargan

Roni Daryanto  
Steve Dawson  
Mark Deery  
Deng Jiaqiang  
Arienne de Vries  
Kieran Ebbs  
Kevin English  
Fan Min  
Dan Feldman  
Feng Lijun  
Anton Fok  
Jared Francois  
Andrew Fraser

Gao Yaokun  
Chris Gillespie  
Gautam Goel  
John Hancock  
Andy Hariman  
Ed Higgs  
Charles Houssa  
Frank Hu  
Igianto Joe  
David Ingleson  
Jon-Paul Jones  
Yoshiaki Kageyama  
Prashant Kedia



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|                      |                    |                  |                 |
|----------------------|--------------------|------------------|-----------------|
| Victor Keong         | Jon McBride        | Juho Savenius    | Rick Ullman     |
| Kim Hyoung-ryoul     | Angus McLeod       | Norbert Seo      | Shinsuke Umada  |
| Kim Hyung-joon       | Jai Mehra          | William Shaw     | Winnie Wan      |
| Kim Young-sang       | Takahisa Miura     | Matsunaga Shinya | Wang Wei        |
| Koh Yang Kee         | Per Norr           | Sim Giok Lak     | Wang Yapeng     |
| Abhijit Kumta        | Kyoko Nukina Ogawa | Herve Simon      | David Whyte     |
| Harold Langley-Poole | Richard Ong        | Daniel Simons    | David Wong      |
| Ivy Lee              | Yusuke Ono         | Vinay Singh      | Adam Wright     |
| Li Jun               | Ian Ovenden        | Warrick Sonn     | Wu Hao          |
| Lina Li Ying         | Park Chang-hoon    | Rob Springett    | Dorin-Blanchard |
| Liang Jun            | Gautam Paul        | Donald Stroh     | Xavier          |
| Dale Lim             | Malcolm Pedley     | Sui Sen          | Xu Yan          |
| Samantha Lin         | Adrien Picard      | Sun Rongcai      | Marcello Xue    |
| Liu Weiguo           | Francois Pourprix  | JK Sung          | XP Yang         |
| Liu Zhiyang          | Mohammed-Redha     | Iwaki Takayuki   | Koichi Yashima  |
| Lu Zhanqiang         | Rahim K.           | Tan Soo Poi      | Lyn Yeo         |
| Andrew Luscombe      | Hamish Ravindran   | Thomas Tan       | Jimmy Yi        |
| Jasan Manghnani      | Darren Robinson    | Christopher Tew  | Yu Fei          |
| Nathan Manzi         | Runa Saeki         | RPF Thompson     | Yuan Shangxian  |
| Tomita Masayuki      | Sachin Saharawat   | James Tiarks     | Zhang Ziquan    |
| Pritash Mathur       | Simon Sall         | Kiyoshi Tomikawa | Zhou Xi         |





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# MESSAGE FROM THE EDITOR

TRADITIONALLY AS WE ENTER THE FINAL QUARTER EACH YEAR, WE BEGIN TO REFLECT ON THE GOLFING HIGHLIGHTS WE'VE ENJOYED OVER THE PRECEDING MONTHS.

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As well as recalling our own personal bests and favourite moments on the Classic and Masters courses, we fondly remember marvelling at the feats of the world's best golfers in The Masters from Augusta National in April, the US Open in June and the Open Championship in July.

However, 2020 has been no ordinary year. Anything but. In some shape or form, each and every one of us have had our lives disrupted by the Covid-19 pandemic and the protocols and guidelines laid down by our political leaders to try and counter the virus.

In Singapore that meant Laguna National, along with all other sports clubs in the country, was placed under lockdown for a 10-week period. The club resumed operations on June 19, since when both of our courses have been packed to the hilt.

In the United States and United Kingdom, surveys have revealed that a record number of rounds have been played over the past few months as golfers – old and new – flock to courses to take advantage of the game's many virtues, including being out in the open air and natural social distancing.

It's been a similar story in many parts of Asia, where there's evidence of a rise in golfing participation, driven by former team sports players turning to golf for their regular sporting fix.

At the same time, research has identified that uncertainty surrounding international travel and a fear of having to quarantine on return has driven, and will continue to drive, increased domestic golf tourism. With less than 50 per cent of golfers believing it will be safe to travel abroad for a golf break before April 2021, expect that trend to continue for a while yet.

While it's been good to see friends and families enjoying regular golfing outings at Laguna National, the cancellation of club tournaments, predominantly due to restrictions regarding size of gatherings which would prevent any award ceremonies, has been regrettable.

While we staged a Ladies Meet Up in January and the ever-popular Hong Bao Competition on the first day of February, the only other club events we were able to hold were the Monthly Medals for January, February and March.

We'd normally now be gearing up for our club championships for men and women, always among the highlights on our annual calendar of events. The club had also been in discussions to stage a couple of professional events at our venue in the final quarter on 2020. Sadly these, too, have been put on hold.

It is the hope of all that tournament golf – amateur and professional – will return to the fairways of Laguna National at the first available opportunity, as will inter-club contests and overseas trips.

This year it had been the intention for a group of Members to attend the Masters Tournament. As we now know, The Masters was postponed and the trip was cancelled.

Good news for golf fans is that the 2020 Masters has been rescheduled and will go ahead from November 12-15, the first time in its storied history it's been played at this time of year. For the first time also, there will be no patrons on the hallowed site, to the regret of all, including Augusta National Chairman **Fred Ridley**.

"Even in the current circumstances, staging the Masters without patrons is deeply disappointing. The guests who come to Augusta each spring from around the world are a key component to making the tournament so special," said Ridley.

"Augusta National has the responsibility, however, to understand and accept the challenges associated with this virus and take the necessary precautions to conduct all aspects of the tournament in a safe manner. We look forward to the day when we can welcome all of our patrons back, hopefully in April 2021," he added.

Laguna National's Augusta-bound contingent will share those sentiments.



“ It is the hope of all that tournament golf will return to the fairways of Laguna National at the first available opportunity, as will inter-club contests and overseas trips. ”

**Spencer Robinson**  
*Editor*



# WEEKDAY PLUS+ MEMBERSHIP

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CLASSIC COURSE



THE NEST



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WEEKDAY PLUS+ CLASSIC : **\$55,000\***

WEEKDAY PLUS+ DUAL : **\$70,000\***

### FOR YOUR PERSONALISED CONSULTATION

Please contact Senior Membership Manager Maggie Tuya  
at **+65 6326 1901** or [maggie.tuya@lagunanational.com](mailto:maggie.tuya@lagunanational.com)

### MEMBERSHIP PRIVILEGES

- Unlimited playing privileges on weekdays with the option to select Masters or Classic Course, or both courses at Laguna National.
- Additional golfing privileges on Sundays and Public Holidays after 1:30 pm for a fee of \$100 nett (subject to availability).
- Social and recreation privileges on weekdays (excluding Public Holidays).
- Spouse and children (below 21 years of age) included under the Membership with no additional fees.
- Enjoy member pricing at our award-winning restaurant – The Nest.
- Enjoy member pricing at Laguna Practice, retail outlets, Leadbetter Golf Academy and complimentary access to the Short Game Practice Zone.
- Weekday access to an extensive reciprocal and affiliated network of international golf clubs.
- Preferred rates at Dusit Thani Laguna Singapore.

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\* Subject to GST



## ADAPTING TO 'NEW NORMALS'

### IN HIS LATEST MESSAGE TO MEMBERS, LAGUNA NATIONAL GOLF & COUNTRY CLUB GENERAL MANAGER MARK ISLEY PROVIDES AN UPDATE ON A VARIETY OF FRONTS.

**A**nother few months have flown by and now we find ourselves entering the final quarter of 2020 – arguably the most tumultuous year in the lifetime of many of us.

The Covid-19 pandemic has caused unseen and unprecedented upheavals and prompted changes for us all, both on a personal level and professionally. Through necessity, we are having to become accustomed to 'new normals' in all aspects of our existence.

At Laguna National Golf & Country Club, every conceivable step and measure has been taken to ensure the safety and well-being of our Members, guests and staff. That has always been our primary goal and where our attention has been most keenly focused.

As you'll be aware, we've gone to extraordinary lengths to enable our golf courses to remain open, providing a welcome dose of normality to the lives of so many.

I'd like to take this opportunity, therefore, to publicly pay tribute to all of our golf course personnel and agronomy team who have performed their tasks so admirably during what have often been trying times, and while having to implement new standard operating procedures that adhere to strict Government guidelines.

It is testament to their skill, dedication and professionalism that both the Classic Course and Masters Course have been presented in such outstanding condition. Especially so when you consider the record-breaking number of rounds that have been taking place at Laguna National in the past four months.

Considering the circumstances, it's pleasing to receive so many words of praise from Members, who clearly have appreciated the efforts and attention to detail that have been put into maintaining our courses.

On behalf of the management, I'd also like to thank all of our Members – those of long-standing and the more recent arrivals – for their continued support, patience and understanding.

Which brings me on to the topic of our online booking programme. Demand for tee-times continues to be high and although there have been improvements to the system, we have still had experience with error messages and some inconsistencies on the booking calendar.

As we continue our efforts to introduce more efficient tee time booking procedures, we have been monitoring the booking results and the behaviour of Members' bookings within our current regulations.



As a result, we are making adjustments to the booking procedures which will allow us to better manage fairer booking behaviour to allow more equal and efficient access to all tee times. These changes will help to reduce unnecessary traffic and superfluous bookings on the booking portal.

We have implemented a stricter cancellation policy designed to ensure Members are not blocking/booking times which they are not completely committed to using from the onset of booking, therefore making them more available and accessible to other Members from the onset of our booking start dates.

These changes came into effect for **ALL BOOKINGS FOR DATES OCTOBER 1 ONWARDS**, and will remain in effect until the club determines there are significant changes in demand for tee times as a result of changes to current Covid-19 restrictions.

### Temporary Amendment to Booking Policy

■ Bookings will open at 7 am, seven days in advance for all tee time bookings.

■ Although encouraged, you are not required to input all of the names in your initial booking as searching Members names is sometimes slowed by the high traffic at peak times.

■ You are required to have the names of **ALL** golfers updated in the system:

- Weekday times\* – **48 hours** in advance
- Weekend times\* – **72 hours** in advance

\* Times that are not updated within this period **WILL BE RELEASED** and passed to Members on the waiting list. Full cancellation fees will apply.

Update names of your booking via My Bookings on the web portal or by email to the Club Concierge at [clubconcierge@lagunanational.com](mailto:clubconcierge@lagunanational.com)

### Temporary Amendment To Cancellation Policy

■ ALL tee time cancellations will be subject to cancellation penalties **REGARDLESS OF ADVANCE TIMING**. The free cancellation periods **NO LONGER APPLY**. Members are encouraged to only book tee times they are fully committed to make full use of. Communicate with your fellow flight mates to ensure you do not make separate or multiple bookings for the same flight as **ALL** cancellations will be charged the appropriate fees.

■ Reduction of players within a flight will also carry the appropriate cancellation fees.

■ Although names of accompanying golfers may change, changing the name of the **BOOKING** Member is **NOT PERMITTED**. If the **BOOKING** Member's name needs to change, the entire flight will be cancelled and appropriate cancellation fees will be charged.

■ Cancellation must be done via email to the Club Concierge at [clubconcierge@lagunanational.com](mailto:clubconcierge@lagunanational.com)

■ Cancellations fees:

- Weekday\* – **\$30/player**
- Weekend\* – **\$60/player**

\* Cancellation fees will be applied to the **BOOKING** Member. No show fees will be charged at **DOUBLE** the cancellation fee.

Meanwhile, we continue to monitor all incoming bookings and are analysing the data accordingly. We remind all Members that it is **STRICTLY PROHIBITED** to use any computer-assisted 'bots', scripts, codes, malware, or other programmes designed to give an unfair advantaged access to booking times.

Finally, I wish all of you a fabulous festive season and very much look forward to seeing you enjoying the wonderful new facilities and amenities that will be coming your way at Laguna National and Dusit Thani Laguna Singapore in the coming weeks and months.



“ It is testament to the skill, dedication and professionalism of our golf course personnel and agronomy team that both the Classic Course and Masters Course have been presented in such outstanding condition. ”

**Mark Isley**  
*Laguna National Golf & Country Club*  
*General Manager*

# ACE PERFORMERS



## LAGUNA NATIONAL GOLF & COUNTRY CLUB HAS WELCOMED FIVE NEW HOLE-IN-ONE ACHIEVERS TO ITS ROLL OF HONOUR.

*Lam Man Choong (pictured above left) made the first ace of his life at the 17th hole on the Classic Course.*

*The 11th hole on the Classic Course was the scene of Yasuhito Imaizumi's second ace at Laguna National in 2020 (pictured above right).*

**G**olf, to coin a well-worn phrase, can be a funny old game. Just ask Laguna National members **Lam Man Choong** and **Yasuhito Imaizumi**.

After many years of trying, the duo finally added their names to the list of Laguna National members who have recorded an 'ace'.

Remarkably, in the instance of Imaizumi, he actually had the distinction of making two holes-in-one at his 'adopted' Singapore club within the first seven months of the golf-interrupted year.

Meanwhile, as so often seems to be case in this sport, Lam's magical moment came at a point where he was feeling growing frustration at the state of his game.

By his own admission, Lam had low expectations when he teed-off alongside his wife, **Yvette**, and the husband-and-wife pairing of **Loh Fook Meng** and **Siew Kheng**, on the Classic Course on August 25.

"I had been playing badly since the re-opening of the courses after the initial phase of the circuit breaker ... and that day was no



“When I hit the shot, I was just glad I didn't see a splash in the water. With the sun in my eyes, I didn't see the ball go into the hole.”

Lam Man Choong



exception,” said Lam, who will celebrate his 20th anniversary as a Member at Laguna National next August.

Heading out in the first flight of the day at 7 am, Lam raised his hopes of a return to form with an early birdie. But his optimism was short-lived. “It went downhill, thereafter,” he admitted.

However, his mood would change for the better at the notoriously difficult 17th hole, which yielded just a single hole-in-one during 2019.

Opting to use his five-iron from the hybrid tee to a pin cut near the front of the green, Lam struck the shot well – but was unclear where it came to rest.

He said: “When I hit the shot, I was just glad I didn't see a splash in the water. With the sun in my eyes, I didn't see the ball go into the hole. It was Siew Kheng who suspected I holed it. But she thought maybe she shouldn't say it until she was sure when we approached the green.

“Having a hole-in-one saved the day for me. Not many golfers that I know have not had a hole-in-one ... and many others have done it multiple times. I'm just glad that I now have at least one! I hope to do this again at the right time – when a car is on offer!”

For Imaizumi, from a golfing perspective 2020 will be remembered as an *annus mirabilis* or ‘miraculous year’.

In January, he achieved the first ‘ace’ of his life on the fifth hole of the Masters Course when playing in a two-ball with his wife. “Regretfully, I didn't report it to the golf club,” said Imaizumi, who joined Laguna National in May, 2018.

There was no such reticence on his part on July 25 when he holed out with his six-iron from the blue tee at the 11th hole on the Classic Course.

“I hit the shot well, but did not see it on the green. But my flight mates watched the ball roll into the hole and got excited,” said Imaizumi, whose playing partners were **Terence Tan**, **Fred Tay** and **Arnold Lim**.

“It made me realise that I was much calmer than when I witnessed other players make an ace. Maybe it was just too fantastic for me to accept,” added Imaizumi, a single-figure handicapper.

Meanwhile, it was **Chia Joong Luang** who became the first golfer to record a hole-in-one at Laguna National following the re-opening of the club's facilities on June 19.

On July 14, playing from the red tee, Chia holed out with her seven-iron tee-shot at the 107-yard fourth hole on the Classic Course.

In the case of **Ramagopal Rao** and **Mike Stephen**, Friday, September 18 proved to be a day to remember.

Using an eight-iron, Rao ‘aced’ the fifth hole on the Masters Course – the third time this year the feat has been achieved from the white tee there, measuring 155 yards.

For Stephen, his hole-in-one came just a week after taking up membership at Laguna National.

Quick to make himself feel at home in his new surrounds, Stephen holed out with his rescue club on the 11th hole of the Classic Course.

General Manager at Alliance Energy Solutions Group, Stephen was playing alongside two other new Members in **Craig Muir** and **Gerard Fitzgerald** and **Jonathan Miles**, a Member of 18 months standing.

By their own admission, Stephen and his flight mates were surprised to find his ball nestling in the hole on the elevated green.



“I hit the shot well, but did not see it on the green. But my flight mates watched the ball roll into the hole and got excited.”

Yasuhito Imaizumi

CONTINUED FROM PAGE 15

“We knew the shot was on line, but we all thought it had run through the back of the green. When we got to the green and couldn’t see my ball, we checked in the hole – and there it was,” said Stephen, whose only previous hole-in-one came at Austin Heights Golf Club, across the Causeway.

“Due to Covid, celebrations were somewhat subdued,” added Stephen, who settled for a meal and a beer at The Nest.



**July 14: Chia Joong Luang**  
 Classic Course 4  
 Red Tee, 7-iron, Titleist ball

**July 25: Yasuhito Imaizumi**  
 Classic Course 11  
 Blue Tee, 6-iron, Srixon ball

**August 25: Lam Man Choong**  
 Classic Course 17  
 Hybrid Tee, 5-iron, Srixon ball

**September 18: Mike Stephen**  
 Classic Course 11  
 Hybrid Tee, 4 Rescue, TaylorMade ball

**September 18: Ramagopal Rao**  
 Masters Course 5  
 White Tee, 8-iron, Ram ball

**TELL US ABOUT YOUR HOLE-IN-ONE**

Recording a hole-in-one is something to shout home about. So, don’t be shy! We’re asking anyone who makes an ace at Laguna National to share that special moment, either with a picture of your celebration or a description of how you achieved your feat (*in not more than 100 words*). We’ll publish the best of them within the pages of *Laguna Lifestyle*.

Please email your images and hole-in-one accounts to [editor@lagunanational.com](mailto:editor@lagunanational.com)





# THE RANGE MADE SOCIAL

## ENHANCING THE GAME OF GOLF ON TV AND AT THE RANGE

Take your driving range practice sessions to new heights with a tech-driven experience through Toptracer technology. Utilising the same technology used on televised golf tournaments to track the shots of the game's best players, guests can set personal objectives and improve your game through 6 different modes of Toptracer games or use it to analyse your shots on interactive game screens and make instant adjustments on your golf swing. Golfers and non-golfers can also set up team challenges of up to 4 players per bay whilst socialising in the comfort of each other's company.

### RATES (Inclusive of 100 balls)

**Toptracer Practice** (Level 1) – Members: **\$20** (Peak), **\$15** (Non Peak)  
– Public: **\$32** (Peak), **\$25** (Non Peak)

**Toptracer Lounge** (Level 2) – Members: **\$40** (Peak), **\$25** (Non Peak)  
– Public: **\$60** (Peak), **\$45** (Non Peak)

### FOR BOOKING OR ENQUIRIES

Email: [practiceinfo@lagunanational.com](mailto:practiceinfo@lagunanational.com) or call **6741 1111**  
610A Upper East Coast Road Singapore 465404 [www.lagunanational.com](http://www.lagunanational.com)





# PRIVILEGE



*The par-five 18th hole at Kuala Lumpur's award-winning Kota Permai Golf & Country Club.*







# MEMORABLE TIMES AHEAD

**ERIC PIATTI, GENERAL MANAGER  
AT DUSIT THANI LAGUNA  
SINGAPORE, LOOKS AHEAD  
TO THE OPENING OF AN ICONIC  
NEW LANDMARK IN THE  
ISLAND REPUBLIC.**

**Dusit Thani**  
LAGUNA · SINGAPORE

**E**ver since I arrived on these shores in mid-2017 to take up my post with Dusit Thani Laguna Singapore, I've been amazed and excited at this project and the prospect of bringing a new brand into the Singapore marketplace. With a hotel, you only get one chance to open it right.

As we all know, exceptional unforeseen circumstances that have afflicted and disrupted the entire world, resulting in our own 'circuit breaker', inevitably caused further delays in our construction progress. The good news, though, is that we've been catching up.

It certainly hasn't been an easy time, but through all the frustrations we've remained positive, optimistic and agile.

It's a combination of that upbeat mood, a determined attitude and a drive to succeed that will be prevalent among the management team and all of our team members when the doors to Dusit Thani

Laguna Singapore are belatedly swung open.

With so many uncertainties and associated issues beyond our control, providing an accurate soft opening date for the hotel and its extensive amenities has proved to be an inexact science.

As I put together this message in mid-September, it's our genuine hope that Dusit Thani Laguna Singapore will be up-and-running by the end of 2020 – and in a position to look ahead with verve and enthusiasm to an exciting and vastly improved 2021 for us all.

While the Covid-19 pandemic has forced all of us in the hospitality industry to rethink our business strategies and standard operating procedures, with an over-riding focus on cleanliness and safety, my beliefs about the huge potential for Dusit Thani Laguna Singapore have not changed.



Right now, the safety and comfort of our guests and residents are the number one priority. We want to ensure that when we open, our full bandwidth will focus on ensuring that hygiene protocols and our signature Thai-inspired hospitality are integrated into the heart of the luxury urban resort's operations.

To ensure the safety of guests, residents, and Laguna National Members, there will be decreased contact, via digitalisation, and heightened hygiene, from arrival to departure, which are all part of our Dusit Care – Stay with Confidence programme.

As I said when I stepped foot on the site for the first time just over three years ago, the design of the hotel is fantastic – and so is the location. To be 10 minutes from the airport, 15 minutes from downtown and to have stunning golf course views is exceptional.

For Dusit International, it's been well documented that the opening of Dusit Thani Laguna Singapore represents a key milestone in the history of the company in relation to expanding its horizons outside Thailand.

As those of you who have previously stayed at one of Dusit's hotels will be aware, traditional Thai grandeur, a rich heritage and world-renowned hospitality are pre-requisites.

As such, you can expect to see significant Thai influences at the Singapore property – from standards of service, to cuisine and spa treatments. Gracious Thai hospitality is the very essence of the Dusit philosophy. The genuine warmth, respect and commitment of our staff will affirm our brand promise – 'the delivery of an experience that enlivens the individual spirit, no matter the journey'.

I believe that team member engagement is key to driving performance and guest satisfaction. Traditionally, there is a 'people culture' at the Dusit with an emphasis on service. That's what we're looking to build here in Singapore.



“ It's our genuine hope that Dusit Thani Laguna Singapore will be up-and-running by the end of 2020 – and in a position to look ahead with verve and enthusiasm to an exciting and vastly improved 2021 for us all. ”

**Eric Piatti**  
*Dusit Thani Laguna Singapore*  
*General Manager*

As well as an extensive food and beverage operation, pre-opening marketing campaigns have focused on attracting MICE groups and functions such as wedding receptions at the 520-seat ballroom.

At this time, international travel remains severely restricted. Whenever essential travel does re-start, we'll be primed to welcome business and transit travellers.

Meanwhile, our long-held opinion that there's also a significant domestic market to be tapped has not been altered. With our setting and scenery, we are unique in Singapore. Given that right on our doorstep we have Singapore Expo and Changi Business Park, we've always been of the opinion that 'staycations' will be an important segment.

The local market, which will be eager and hungry to discover new experiences due to travel restrictions, will find that Dusit Thani Laguna Singapore meets their needs from a wellness and destination getaway perspective.

From the outset, we've also said that we want to embrace the Members at Laguna National Golf & Country Club with the offer of attractive benefits and special privileged pricing at all of the hotel's food and beverage outlets as well as having access to state-of-the-art fitness facilities, hotel pools and the Devarana Spa.

Furthermore, the intention remains for the hotel and golf club to co-ordinate specially curated events for Laguna National Members on a regular basis.

Once everything has been completed here, we'll have a high-class hotel with two fabulous golf courses and a range of other outstanding facilities. With all these services in one place, we're in no doubt that Laguna National Members, as well as hotel guests, will be in for a memorable treat.

# DISCOVER A WORLD OF EXCLUSIVE PRIVILEGES



LAGUNA NATIONAL GOLF & COUNTRY CLUB MEMBERS CAN LOOK FORWARD TO RECEIVING A RANGE OF EXCITING BENEFITS AT THE SOON-TO-OPEN DUSIT THANI LAGUNA SINGAPORE.

*Restaurant Benjarong in Dusit Thani Maldives.*

With the imminent opening of Dusit Thani Laguna Singapore (DTLS), the Thailand-based, global hospitality company, Dusit International, is adding another distinctive resort to its growing portfolio.

With 198 tastefully decorated rooms and suites, this luxurious hotel also features world-class dining and leisure facilities including swimming pools, tennis courts and Devarana Spa.

As Dusit International's first property in Singapore, guests will be privy to an uplifting and warm hospitality experience that is rooted in Thai culture and tradition.

"We are thrilled to expand our footprint in a developed destination like Singapore with the opening of Dusit Thani Laguna Singapore. Its status as a modern metropolis and gateway to Asia markets will propel Dusit's growth momentum as we seek to deliver our unique brand of Thai hospitality in other countries," said Khun **Suphajee Suthumpun**, Group Chief Executive Officer of Dusit International.

To commemorate the unveiling of the five-star luxury urban resort, all Members of Laguna National will receive complimentary enrolment into the new DusitLife loyalty programme.

As well as attractive discounts at all food and beverage outlets, Members will receive special pricing on hotel stays and when they make use of the social and recreation facilities.

**Eric Piatti**, General Manager at Dusit Thani Laguna Singapore, said: "We're looking forward to welcoming Laguna National Members into the Dusit Thani family. They'll be able to benefit from the enhanced facilities brought on by the multi-million-dollar project.

"Being part of the DusitLife loyalty programme, they'll enjoy access to a wide range of exclusive benefits and privileges – from dining discounts to complimentary nights.

"With no cards to carry and no points to track, the programme is easy to follow and use, and Members will be recognised as a valued DusitLife member from the moment they arrive at any of our participating properties."

Operating 37 hotels and resorts and with almost 70 hotels and resorts in pipeline, Dusit Thani has earned a reputation for excellence in its native Thailand and beyond.

Its frequent guest programme is designed to reward and enrich its loyal customers when they stay and dine at Dusit's finest participating hotels, resorts

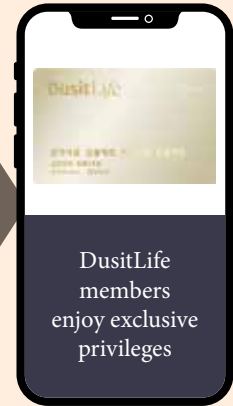
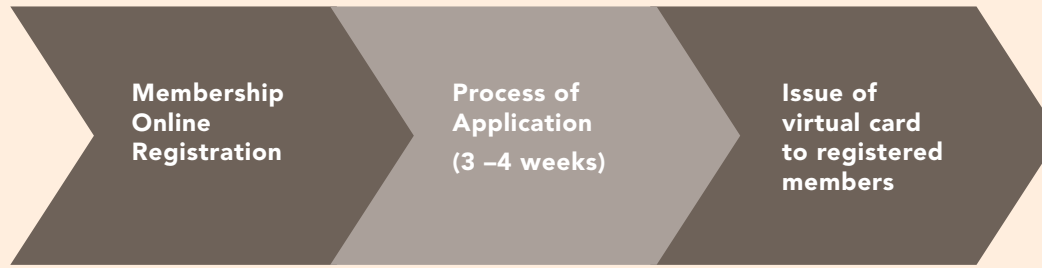


“ We are thrilled to expand our footprint in a developed destination like Singapore with the opening of Dusit Thani Laguna Singapore. ”

**Khun Suphajee Suthumpun**  
Group Chief Executive Officer  
of Dusit International.



## DUSITLIFE ENROLMENT PROCESS



### Step 1

All registration must be carried out online via a registration link which will be emailed to all Members in November.

For Members who do not have an email address, our team will assist with registration when the Member visits the club or hotel.

### Step 2

Accessing the account will be via **Dusit mobile app** or **www.dusit.com/loyalty**



# DusitLife

and luxury villas worldwide.

DusitLife offers three membership tiers – Silver, Gold and Platinum. The higher the status, the more privileges you'll enjoy. Members may maintain or reach a higher membership by accumulating a fixed number of eligible nights or spend or points within 12 months after signing up or tier promotion from eligible stays at participating Dusit Hotels & Resorts worldwide.

All Laguna National Members will be able to enjoy the DusitLife benefits according to their card level at the Singapore property. Heritage Members will be allocated Platinum status, while all other membership holders will be upgraded from Silver to Gold status.

By the end of October, Laguna National Members will be directed via an EDM to a link for the DusitLife sign-up. From there, Members must register online in order for Dusit Thani's Bangkok office to complete the activation process.

Piatti said: "Upon enrolling, Members will enjoy a host of exclusive benefits and services right away, such as special room rates, dining credits, laundry discounts and complimentary amenities.

"The new DusitLife rewards members with benefits and perks that are relevant to

them based on their personal preferences which they can enjoy instantly, every time they stay with Dusit."

Specifically, Laguna National Members will receive access to the Dusit Club Lounge, where refreshments are served throughout the day, as well as discounts on the variety of dining experiences on offer at all food and beverage outlets (25% for Gold and 30% for Heritage) and continued special Member rates at The Nest.

At Dusit Thani Laguna Singapore, Members will be able to indulge in a rich variety of cuisines; dine indoors and al fresco, surrounded by the elegance of nature and served with traditional Thai elegance.

Furthermore, Members can take advantage of a 15% discount at Devarana Spa (20% for those with Platinum status) and preferential rates when using the hotel's tennis courts and personal training and fitness programmes.

Additionally, Members will be entitled to free use of the indoor gym and swimming pool. Sunbeds and cabanas with special booking fee need to be pre-booked.

For every US\$1 spent, 10 DusitLife points will be awarded. Points can then be used to unlock extra perks, from free nights to luxurious dining and spa experiences.

Benefits extend beyond, with exclusive lifestyle privileges from Dusit's partners, including international airlines, banks and cosmetics brands, as well as special offers from The Vintage Club, a highly-rated Bangkok golfing destination.

DusitLife loyalty programme members can keep track of their status and redeem rewards easily at any time, via the Dusit mobile app or at **www.dusit.com/loyalty**

Meanwhile, in the wake of the Covid-19 pandemic, all Dusit Thani properties are implementing new hygiene measures and systems, and establishing new standards of customer service, to ensure the safety and well-being of guests, customers, employees, and local communities.

Khun Suphajeer said: "We have enhanced our already stringent health and safety practices, which have included tracking and monitoring arrivals and regularly disinfecting all rooms and public areas, to include additional measures across three key areas – physical distancing, contactless service and screening of guests, customers and employees.

"We have also trained our staff to follow all the latest recommended hygiene practices for accommodating and taking care of customers in a post Covid-19 world."

# TIMELESS MOMENTS

AT DUSIT THANI LAGUNA SINGAPORE





A wedding destination like no other, creating  
Timeless Moments for you ... and with you.



## CELEBRATIONS AND PARTIES

**S\$3,888++** FOR UP TO 30 GUESTS

Subsequent guest at **S\$110++** per person

## WEDDINGS

**S\$800++** PER TABLE OF 5 GUESTS

Minimum guarantee of **100 persons**

*(Applicable on Mondays to Sundays including auspicious dates, eve of and public holidays)*

### THE FEAST

- Choice of 8-course Chinese Set or 4-course Western Set

### WITH COMPLIMENTS

- One-night stay in Prestige Verandah Suite with breakfast for two
- S\$100.00 nett F&B dining credit (not applicable for banquet charges)
- Preferential rates for room upgrades, day use room for helpers and / or family & friends
- One VIP car park lot for bridal car
- Complimentary car park coupons for up to 30% of the guaranteed attendance

### THE CELEBRATION

- Unlimited serving of soft drinks, mixers and Chinese tea (Chinese Set Menu)
- Unlimited serving of soft drinks, mixers, coffee and tea (Western Set Menu)
- Discounted rates for wine purchased from the hotel
- Complimentary bottle of Champagne for toasting ceremony
- Corkage charge waiver for duty-paid and sealed hard liquor
- Choice of complimentary one 20-litre barrel of beer or 10 bottles of house wine

For enquiries on our wedding packages, please contact our Event Sales team  
at **+65 6841 8888** or email **weddingsdtls@dusit.com**



# Dusit Thani

LAGUNA · SINGAPORE

11 Laguna Golf Green, Singapore 488047

www.**Dusit**.com

# GREENHOUSE GLORIES

IF IT'S DIFFERENT FOOD CULTURES THAT SET YOUR PULSES RACING, THEN DUSIT THANI LAGUNA SINGAPORE OFFERS THE PERFECT VENUE.

*An artist's impression of The Greenhouse*

**W**ith its extensive F&B offerings, Dusit Thani Laguna Singapore is primed to attract discerning foodies from all corners of the Island – and beyond.

Among its five food and beverage outlets is The Greenhouse, an all-day dining, multi-ethnic restaurant with show kitchens, serving an enticing line-up of cuisines.

These include:

■ **Tandoor Kitchen:** Northern Indian spice-marinated skewers smoked to perfection in a traditional clay oven.

■ **Virgin Olive Cuisine:** The best of Mediterranean fare, including wholesome and keto-friendly sourdough thin-crust pizzas, freshly baked in a pizza oven.

■ **Lanna & Pak Tai Cuisine:** Authentic Thai cuisine with origins from across the northern and southern areas of the Land of a Thousand Smiles.

■ **Yue Cuisine:** Popular Cantonese favourites, from house-roasted meats to wok-fried noodles and a selection of dim sum.

■ **Cuts & Catch:** Premium dry-aged meats and fresh seafood cooked over sizzling volcanic stones.

■ **Nikkei Bar:** Contemporary confluence of Peruvian ingredients and traditional Japanese culinary art.

■ **Beverage Selection:** Curated collection of old and new world wines, fortified wines and aged spirits sourced from boutique makers around the world.

■ **Thai-Inspired Tipples:** Creative cocktails and delicious herbal and fruit concoctions prepared by an in-house mixologist.

The dining experience in this lush, forest-themed restaurant is further elevated by picturesque vistas of the Masters Course.

“F&B is a huge part of what Dusit Thani Laguna Singapore does, hence we are excited to bring a variety of dining experiences to our guests and residents,” said **Kim Gates**, Director of Culinary. “Each concept is unique and promises to offer well-executed dishes prepared with the freshest ingredients.”

*Greenhouse*®

## Greenhouse Operating Hours

### Breakfast

6.30 am – 10.30 am (*Weekdays*)

6.30 am – 11.00 am (*Saturday & Sunday*)

### Lunch

12.00 pm – 3.00 pm

**Dinner** (*last order at 10.00 pm*)

5.00 pm – 11.00 pm



# TEEING UP A CULINARY TREAT!



*An artist's impression of Tee Deck – Al Fresco Bar & Grill.*

**FOR THOSE WHO ENJOY DINING OUTDOORS AFTER AN INVIGORATING DAY ON THE GOLF COURSE, TEE DECK – AL FRESCO BAR & GRILL AT DUSIT THANI LAGUNA SINGAPORE IS SURE TO PROVE POPULAR.**

**F**or the most demanding chefs who strive to achieve the highest quality of the age-old art of grilling over charcoal, a Jospet charcoal fired oven is essential.

So it is at Dusit Thani Laguna Singapore where The Tee Deck serves a selection of Thai-inspired BBQ dishes, as well as grilled meats and seafood that are cooked in a Jospet charcoal fired oven.

The Jospet oven not only imparts a wonderfully smokey flavour to the meats and seafood, but also gives it a nice char.

Meanwhile, during the day, guests can visit The Tee Deck for a selection of thoughtfully sourced healthy plant-based power foods like quinoa salad, kale caesar and more. Look out for fresh 'farm-to-table' dishes made with homegrown ingredients.

"Food and beverage is a huge part of what Dusit Thani Laguna Singapore does and we're excited to bring a variety of dining experiences to guests and residents," said **Kim Gates**, Director of Culinary.

"Each concept is unique and promises to offer well-executed dishes, prepared with the freshest ingredients. We are also looking forward to launching our farm-to-table dining experience which is currently in the works and will feature our own herb farm. The plan is to grow a variety of Thai fruits and vegetables to use in our restaurants," added Gates.

Join us at The Tee Deck to experience:

#### ■ Sun-Soaked Street Vibes

- Bangkok's vibrant and mouth-watering street food culture brought to life.
- A Dusit Balance menu featuring innovative plant-based dishes and wholesome 'power foods', showcasing ingredients from the resort's organic farm.

#### ■ 'Meat' in the Moonlight

- Charcoal-grilled premium cuts and fresh seafood served with signature house-made Thai and Mediterranean sauces, dips and salsa.
- Creative Thai-inspired cocktails, herbal and fruit concoctions, and a curated selection of craft beers and boutique wines.



**TEE DECK**  
AL FRESCO BAR & GRILL

#### **Tee Deck Operating Hours**

11.00 am – 7.00 pm  
(Sunday – Wednesday)

11.00 am – 11.00 pm  
(Thursday – Saturday)

Dusit Thani Laguna Singapore  
www.dusit.com

11 Laguna Golf Green,  
Singapore 488047

eventsdtls@dusit.com  
Telephone: +65 6841 8888

# Celebrate the art of *conviviality*

December 20, 2020 – January 6, 2021



**Dusit Thani**

LAGUNA · SINGAPORE



# Thrill your guests with an intimate gastronomic *aperitivo* festivity experience

## Aperitivo Festivity Package (December 20, 2020 – January 6, 2021)

\* Surcharge applies for New Year Eve Countdown booking

Experience magical moments and enjoy traditional year-end festivities at their best in our charming pavilions available for private hire:

- Exclusive nine-hour usage of a well-appointed pavilion with an outdoor plunge pool
  - Unlimited serving of soft drinks, coffee and tea
  - Welcome festive drink (one serving per guest)
  - Complimentary festive party favours
  - Aperitivo Festivity including three trays of canapés (30 pieces per tray) and three hours of unlimited beer, house wine, soft drinks and chilled juices
  - One personal butler for three hours during Aperitivo
- Lunch: 09:00 to 18:00 or  
Dinner: 13:00 to 20:00
- \$1,420<sup>++</sup>** per pavilion\* (Level 1)  
**\$1,820<sup>++</sup>** per pavilion\* (Level 1 & 2)  
*\* Maximum of five persons*
- Dry bar and fully stocked fridge with complimentary non-alcoholic refreshments and snacks



## Elevate your party with a BBQ and a Private Chef for three hours

\* Surcharge applies for New Year Eve Countdown booking

### Meat Galore at additional \$400<sup>++</sup> per booking (Serving for five people)

- Artisan butcher selection of grain fed and dry-aged cuts of beef, lamb and poultry

### Seafood Opulence at additional \$730<sup>++</sup> per booking (Serving for five people)

- Sustainably sourced seafood, including tiger prawns, Maine lobster, mud crab and French oysters



For more information, please call **6841 8888** or email [eventsdtls@dusit.com](mailto:eventsdtls@dusit.com).

*All prices are in Singapore dollars, subject to service charge and prevailing government tax*



# FESTIVE TREATS IN STORE



The festive season is the perfect time to take a break from our fast-paced lives and make memories with loved ones at Dusit Thani Laguna Singapore.

## Greenhouse

### December 24 – Christmas Eve Dinner

6:30pm – 10:00pm

#### 4-Course Gourmet Dinner

\$100<sup>++</sup> per person food only

- Add \$78<sup>++</sup> per person inclusive of free flow of beer, house wine, soft drinks, chilled juices
- Half Price for Kids from 6 years old to 12 years old

### December 25 – Christmas Brunch

12:00pm – 3:00pm

\$108<sup>++</sup> per person food only

*(Multi cuisine - continuous small plate service Chinese, Japanese, Mediterranean, Thai, Grill and Dessert kitchens)*

- Add \$98<sup>++</sup> per person inclusive of free flow of sparkling, beer, house wine, soft drinks, chilled juices.
- Add \$78<sup>++</sup> per person inclusive of free flow of beer, house wine, soft drinks, chilled juices
- Half Price for Kids from 6 years old to 12 years old

### December 25 – Christmas Day Dinner

6:30pm – 10:00pm

#### 4-Course Gourmet Dinner

\$100<sup>++</sup> per person food only

- Add \$78<sup>++</sup> per person inclusive of free flow of beer, house wine, soft drinks, chilled juices
- Half Price for Kids from 6 years old to 12 years old

### December 31 – New Year's Eve Dinner

6:30pm – 10:00pm

#### New Year's Eve 5-Course Gourmet Dinner

\$108<sup>++</sup> per person food only

- Add \$98<sup>++</sup> per person inclusive of free flow of sparkling, beer, house wine, soft drinks, chilled juices.
- Add \$78<sup>++</sup> per person inclusive of free flow of beer, house wine, soft drinks, chilled juices.
- Half Price for Kids from 6 years old to 12 years old
- Pre order your Champagne before 7:00pm to enjoy 10% off (10% off for Countdown Party by the Pool) – Subject to Government Announcement

### January 1, 2021 – New Year's Day Brunch

12:00pm – 3:00pm

\$100<sup>++</sup> per person food only

*(Multi cuisine - continuous small plate service Chinese, Japanese, Mediterranean, Thai, Grill and Dessert kitchens)*

- Add \$98<sup>++</sup> per person inclusive of free flow of sparkling, beer, house wine, soft drinks, chilled juices.
- Add \$78<sup>++</sup> per person inclusive of free flow of beer, house wine, soft drinks, chilled juices.
- Half Price for Kids from 6 years old to 12 years old



*All prices are in Singapore dollars, subject to service charge and prevailing government tax*

## FESTIVE TREATS IN STORE



### TEE DECK AL FRESCO BAR & GRILL

**December 25 – 27**

**3:00pm – 5:00pm**

- Live BBQ Station by the Pool

**December 31 – New Year's Eve Dinner**

**7:00pm – 10:30pm**

**4 Course Gourmet Dinner**

- \$108<sup>++</sup> per person food only
- Add \$98<sup>++</sup> per person inclusive of free flow of sparkling, beer, house wine, soft drinks, chilled juices.
- Add \$78<sup>++</sup> per person inclusive of free flow of beer, house wine, soft drinks, chilled juices.
- Pre order your Champagne before 7:00pm to enjoy 10% off

*(Promotion availability is subject to Government dining and social gathering guideline)*

**December 31 – New Year's Eve Dinner**

**9:00pm – 1:00am**

- Countdown Party by the Pool with Live Band and Deejay
- Limited à la carte snack menu and beverage list will be available
- 10% off for those who dined earlier for dinner in Greenhouse by producing receipt.
- \$168<sup>++</sup> per person inclusive of 2 glasses of beverage (alc) + 2 snacks
- \$568<sup>++</sup> per group of 5 pax (good for 3-5pax), inclusive of 1 bottle of house spirit (incl mixers) + 1 bottle of selected wine + 3 snacks
- \$888<sup>++</sup> per group of 5 pax (good for 3-5pax), inclusive of 2 bottles of Champagne + 1 selected wine or 1 bottle of house spirit (incl mixers) + 4 snacks

**January 1 – 3, 2021**

**3:00pm – 5:00pm**

**Hangover Lunch Specials**

- Live BBQ Station by the Pool



### LEGENDS – BAR –



**December 14 – 18, December 21 – 24,  
December 28 – 31**

**3:00pm – 6:00pm**

**Festive High Tea**

- \$88<sup>++</sup> per couple
- Festive Beverages

**December 19, 20, 25 – 27**

**3:00pm – 6:00pm**

**Festive High Tea**

- \$128<sup>++</sup> per couple inclusive of unlimited refill of food items, coffees and teas
- Festive Beverages

*All prices are in Singapore dollars, subject to service charge and prevailing government tax*



# FESTIVE TAKEAWAYS



Dusit Gourmet offers a tantalising array of delectable goodies for the Festive and New Year season. Orders may be placed from November 16, 2020, for collection from December 1, 2020 to January 7, 2021.

1. **Laguna Buche De Noel** : \$75
2. **Marzipan Stollen** : \$38
3. **Chiostro Pannetone (1kg)** : \$66
4. **Roast Turkey (5 – 6kg)** : \$128 (Serving for 10-12 People)  
Served with Roast Potatoes, Roast Pumpkin, Brussel Sprouts, Cranberry Sauce, Sage and Onion Stuffing with Giblet Gravy
5. **Sous Vide Shoulder of Lamb (Approx 2kg)** : \$160 (Serving for 6-8 People)  
Served with Roast Potatoes, Roast Pumpkin, Brussel Sprouts, Garlic, Rosemary Jus, Dijon Mustard and Horseradish
6. **Roast Australian Angus Beef Brisket (Approx 2kg)** : \$118 (Serving for 6-8 People)  
Served with Roast Potatoes, Roast Pumpkin, Brussel Sprouts, Red Wine Jus, Dijon Mustard and Horseradish
7. **Honey Glazed Baked Ham (Approx 2kg)** : \$88 (Serving for 8-10 People)  
Served with Roast Potatoes, Roast Pumpkin, Brussel Sprouts, Red Wine Jus, Dijon Mustard and Horseradish
8. **Roast Whole 'Rhug' Goose (Approx 4kg)** : \$98 (Serving for 8-10 People)  
Served with Roast Potatoes, Roast Pumpkin, Brussel Sprouts, Red Wine Jus, Dijon Mustard and Horseradish

#### Promotion Date

November 16, 2020 to January 7, 2021.  
Last order on **Monday, January 4, 2021**.  
Please allow **four days** for processing of orders.

#### For orders and enquiries

Please call **6321 6866** or email [festive@dusit.com](mailto:festive@dusit.com)

## DUSIT GOURMET

*All prices are in Singapore dollars, subject to service charge and prevailing government tax*

# OMAKASE ARTIST AT WORK

ACCORDING TO THE MICHELIN GUIDE, 'FEW FORMAL DINING EXPERIENCES ARE AS REVERED OR AS INTIMIDATING' AS OMAKASE. SINGAPORE DINERS WILL NOW BE ABLE TO JUDGE FOR THEMSELVES WHEN SAVOURING A NEW RESTAURANT EXPERIENCE CURATED BY EXECUTIVE CHEF SHUSUKE KUBOTA.



Referring to a meticulously crafted dinner curated by a head chef, *omakase* is a word whose meaning is held in high esteem in Japan. And with good reason.

'Respectfully leaving another to decide what is best' is the English translation, accurately and succinctly reflecting the concept of Omakase@Stevens, an exciting new restaurant that opened its doors to business on October 19.

Curated by Executive Chef Shusuke Kubota, the high-end 16-seater Japanese restaurant is located along the arterial road that leads to Singapore's iconic Orchard Road, sitting within the new lifestyle area of the Novotel and Mercure Singapore at Stevens Road. It's easily accessible and boasts ample covered and open-air car parking spaces.

Tantalising all five senses of his diners is the aim of the acclaimed, 28-year-old chef.

"Customers ordering *omakase* style expect the chef to be innovative and surprising in selecting dishes," said Kubota. "The meal can be likened to an artistic performance."

Born in Nagano Prefecture, Kubota graduated from the Tsuji Culinary Institute, Japan's foremost cooking college.

Subsequently, he spent a year serving his apprenticeship in France at the renowned Michelin star restaurants 'Les Crayeres' and 'L'Atelier d'Edmond'. From there he was recruited to the Sincere, Michelin star in Harajuku as a Sous Chef for four years.

In his latest role as Executive Chef at Singapore's Omakase@Stevens, Kubota says he's committed to staying true to his roots and using the influence of French cooking techniques and style.

"Having trained in Japan and France, I've been inspired to combine the two cultures into my cooking," said Kubota, who uses an unconventional fusion approach, infusing both flavours and the freshest ingredients into an outstanding artistic presentation.

So, when you turn up for your reservation at Omakase@Stevens, just sit back and relax. There's no menu to mull over and no à la carte order form. All you have to do is leave it up to the innovative and imaginative judgement of the chef.

With the majority of the ingredients having been flown in from Japan, he'll duly select, cook and serve his intricate dishes of the day, focusing on seasonal vegetables and seafood, and occasionally meat.

Kubota said: "My passion is to redefine Japanese food and create Japanese food that delights people around the world. Every dish that I prepare is unique."

Initially, the restaurant will open only for dinner from 5.30 pm to 10.30 pm. As the *omakase* experience spans the best part of two hours, last sitting will commence at 8 pm.

With limited seating available, to avoid disappointment, diners are encouraged to book in advance. For reservations and enquiries please call 6735-8282 or 8940-9530 or email [info@omakase.com.sg](mailto:info@omakase.com.sg)





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Despite lockdowns brought on by the Covid-19 pandemic, IMG's global network of world class clubs and resorts continues to expand around the world.

"We are growing at a rapid pace, and despite travel's new rules, we are regularly adding high quality clubs to our global portfolio," said **Paul Burley**, Senior Vice President, IMG Golf Course Services, citing the recent addition to its network of properties in Malaysia (Kota Permai Golf & Country Club and Horizon Hills Golf & Country Club) and Germany (Golf Valley Munchen), each offering a unique and distinctive golf experience.

Furthermore, Burley said IMG Golf Course Design is currently working on new projects in Vietnam, Mauritius and Cambodia, adding to the 100-plus courses the company has designed worldwide. "We are excited to see these new developments progress over the coming months," he said.

At the entrance of the Tegernsee area, Golf Valley Munchen is regarded as one of Germany's finest golfing venues. Located in an idyllic recreation area between Munich and Tegernsee, Canadian architect **David Krause** designed an exceptional 27-hole facility. When you've finished your round, relax on the sun terrace and take in a stunning view of the Alps.

It's not just new IMG Prestige member clubs that look forward to welcoming you when travel resumes, but also clubs such as Italy's Royal Golf La Bagnaia that have re-opened after being forced to shut down for a period of time.

**Brodie MacDonald**, formerly at Bali Nirwana Golf Club and now General Manager at Royal Golf La Bagnaia, said: "We're extremely happy to see Italy being recognised around the world as a safe country to visit. It shows how hard everyone has been working over the last few months to make this happen. Our resort offers a unique Tuscan experience and we thoroughly look forward to welcoming guests to the property."

To learn more about the lifestyle and golfing privileges that you can enjoy under our 'Affiliate and Reciprocal Clubs' programme, please contact Club Concierge at **6326 1950 / 1951 / 1952 / 1953**. You may also preview the full list of Affiliate and Reciprocal Clubs and request for your 'Introduction Card' at <https://www.lagunanational.com/membership/reciprocal-affiliate-clubs>

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Please contact Club Concierge at **6326 1950 / 1951 / 1952 / 1953** or email [clubconcierge@lagunanational.com](mailto:clubconcierge@lagunanational.com) with your date of visit, preferred tee-time, choice of golf course, name of players, membership number(s) and any other special requests.

Club Concierge will contact the destination club, make the booking and furnish you with the appropriate Letter of Introduction. As many of the reciprocal/special access clubs are booked up in advance, please note that reservation of tee-time is subject to availability.

You are highly recommended, therefore, to contact Club Concierge well ahead of your travel dates so they can assist in booking the club of your choice or help to suggest alternatives.

Please **do not** contact overseas clubs directly as a Letter of Introduction from your home club is compulsory.

We thank you for your co-operation and hope to continue making your golf journey a memorable one.

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# FRIENDLY NEIGHBOURS



*With water and sand coming into play off the tee and with the approach shot, the par-five 18th at Horizon Hills Golf & Country Club is a test of skill and mettle.*

**TWO OF MALAYSIA'S MOST CHALLENGING GOLF COURSES HAVE BEEN ADDED TO THE IMG PRESTIGE GLOBAL NETWORK, OFFERING INCREASED BENEFITS TO LAGUNA NATIONAL MEMBERS.**

**G**iven a combination of their reputations for excellence and their proximity to Singapore, Kota Permai Golf & Country Club and Horizon Hills Golf & Country Club will already be familiar to many Members of Laguna National.

Now that these two award-winning Malaysian gems have joined the IMG Prestige global network of clubs and resorts, the opportunity to become better acquainted with them will be further enhanced when cross-border travel restrictions ease.

Owned by leading property developer Gamuda Land, both clubs are recognised among the best in Malaysia, and have an impressive history of hosting high-profile professional golf events, and winning awards for the quality of their courses.

Half-an-hour from Kuala Lumpur's Central Business District and 35 minutes from Kuala Lumpur International Airport, Kota Permai is situated in Kota Kemuning, an up-market suburb of Shah Alam, conveniently located along the KESAS Highway linking Malaysia's capital city to the bustling port of Klang.



As well as superb year-round course conditioning, the **Ross Watson**-designed 18-hole layout that was unveiled in 1998 is characterised by tree-lined fairways and water hazards that place a premium on strategy, adding to a stringent test of golf.

Opened in 2008, Horizon Hills was also sculpted by Australian golf course architect Watson. The course sits within a 1,200-acre freehold township development in the heart of Nusajaya, a flagship zone within the Iskandar Development Region.

Filled with risk-reward holes, Horizon Hills is especially appealing to Singapore golfers as it's accessible by road within an hour (at off-peak times) via the Woodlands Checkpoint or the Second Link at Tuas.

**Tang Meng Loon**, Director of Club, Township & Property Management at Gamuda Land, said: "It's a privilege for our clubs to be associated with IMG Prestige. We look forward to welcoming IMG Prestige members from around the world to experience our two incredible golf courses."

"With over 200 award-winning golf courses in 36 countries, we're confident also that our members will enjoy the many benefits this unique partnership will provide."

The Volvo Masters of Asia, Selangor Masters and Bandar Malaysia Open, staged at the start of March, are among the Asian Tour events hosted by Kota Permai during the course of the past 20 years, leading to the venue also becoming a member of the group of clubs that are part of Asian Tour Destinations.

Tang said: "Kota Permai Golf & Country Club has always embraced the spirit of providing the best golfing experience possible to all our patrons. As one of the leading golf clubs in Malaysia, we would like to ensure that we are aligned with other elite clubs in Asia plus the region's foremost professional golf Tour."

"Becoming a member of Asian Tour Destinations is an honour and an exciting opportunity for Kota Permai to showcase our pristine golf course, excellent club facilities as well as warm hospitality."

Both Kota Permai and Horizon Hills are especially known for the slick pace of their putting surfaces, frequently running at more than 12 on the Stimpmeter, the device used to measure the pace of greens.

Tang said: "A lot of our golfing members at Kota Permai are good players who are quite competitive – and they're always concerned about the green speed."

"Our greens are always regarded as being at a good standard and running fast. We're trying to keep that benchmark that we've set for the local industry and in the region."

**Paul Burley**, Senior Vice President, IMG Golf Course Services, said: "These are two fantastic additions to our growing network of world-class clubs and resorts."

"I'm confident that IMG Prestige members from all over the world will enjoy playing at Kota Permai and Horizon Hills, as both courses are among the best in Southeast Asia. We also look forward to their club members taking advantage of the preferential rates and benefits we have available across our global network."

“It’s a privilege for our clubs to be associated with IMG Prestige. We look forward to welcoming IMG Prestige members from around the world to experience our two incredible golf courses.”

**Tang Meng Loon**



## AT A GLANCE

### KOTA PERMAI GOLF & COUNTRY CLUB

Address: No 1, Jalan 31/100A, Kota Kemuning, Section 31, 40460 Shah Alam, Selangor Darul Ehsan, Malaysia

Phone: +6-03 5122-3700

Website: [www.kotapermai.com.my](http://www.kotapermai.com.my)

Email: [ikpgcc@kotapermai.com.my](mailto:ikpgcc@kotapermai.com.my)



### HORIZON HILLS GOLF & COUNTRY CLUB

Address: No 1, Jalan Eka, Horizon Hills, 79100 Iskander Puteri, Johor Darul Takzim, Malaysia

Phone: +6-07 232-3166

Website: [www.hhgcc.com.my](http://www.hhgcc.com.my)

Email: [general@hhgcc.com.my](mailto:general@hhgcc.com.my)

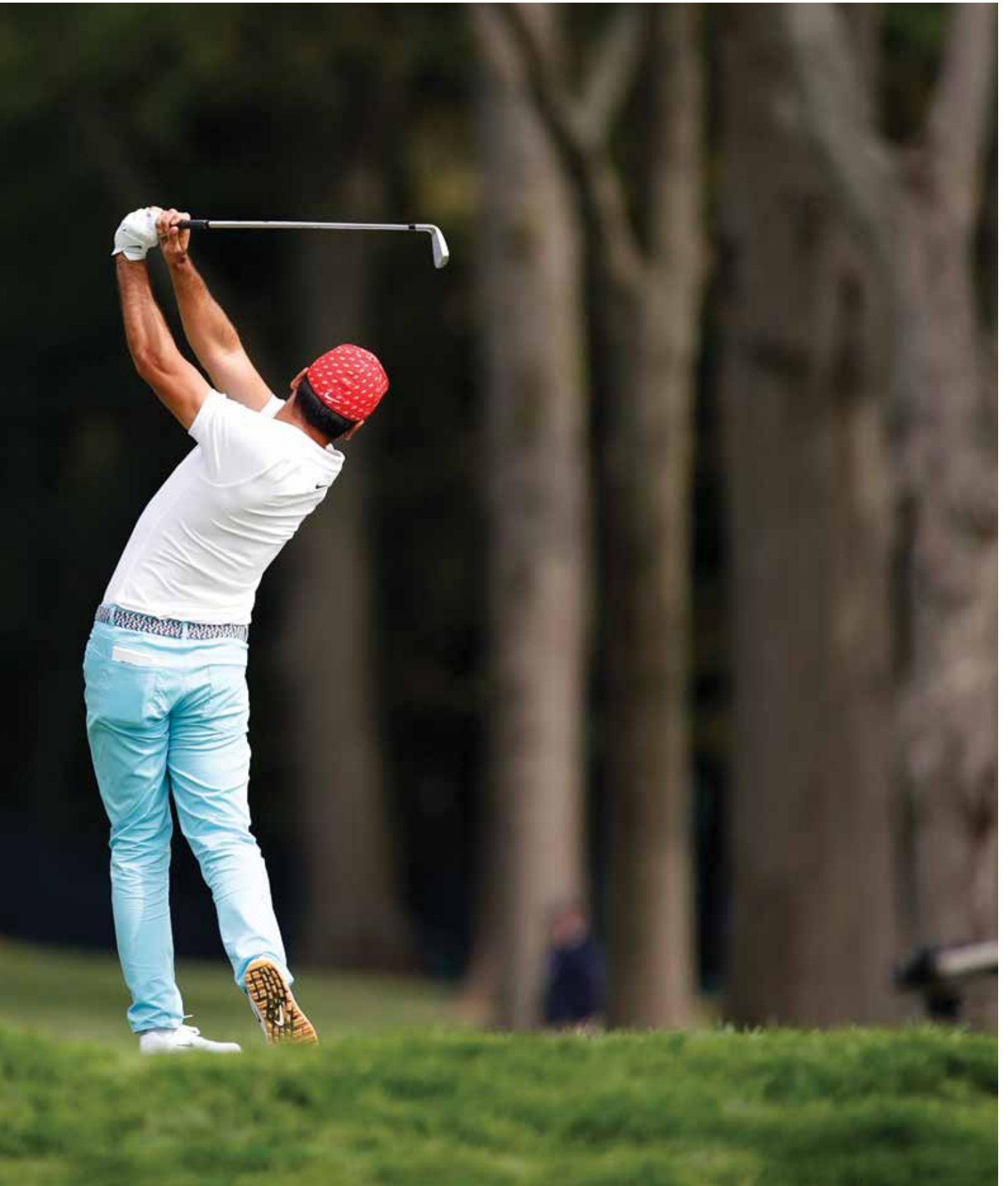
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# PEOPLE



*If you're looking to bring more focus and clarity to your golf game in general and pre-shot routine in particular, then Australian Jason Day is an excellent role model to follow. Picture by Darren Carroll/USGA.*





# STOP PULLING!



**'PULLING' YOUR CLUB IS A SURE-FIRE WAY TO PREVENT YOU FROM IMPROVING YOUR SCORING. IN HIS LATEST EXCLUSIVE INSTRUCTIONAL ARTICLE FOR LAGUNA LIFESTYLE, STEPHEN MORIARTY, DIRECTOR AT THE LEADBETTER GOLF ACADEMY, EXPLAINS.**



**T**here are numerous common denominators that link good golfers. One of the most obvious is that they all possess sharp short games. Not only are they proficient with their putters, but also the techniques they employ ensure they are consistently efficient with their chipping and pitching.

It's no secret that golfers with good short games, that work under pressure, allow the club to return to a position consistently where it reaches the ground without compensation and without the risk of hitting the shot heavy and seeing the club dig in to the turf.

For many amateurs, however, 'pulling' the club in their short game is a major issue. Fundamentally, the problem lies in the way the club responds to this force.

In trying to find a fix for this, it's helpful to have a little understanding of the way in which the short clubs in your golf bag work.





Picture 1a

Wedges are specifically designed to help you in making good contact with the ground and to provide enough loft to hit the ball high with spin. 'Bounce' on the bottom of the club's sole stops it from digging into the ground.

However, the more you lean the club forward, as many amateurs do, the more negative the impact as it will reduce bounce, loft and spin – everything that is essential for good short game shots.

This brings me onto another point, which I believe to be the greatest sin in golf coaching.

Have you ever been told to put the ball back in your stance, lean your weight towards the target, push your hands forward and hit down on the ball? If so, then you were robbed of having any chance of being able to hit the shots you associated with great short game players.

For 99 per cent of the time, these players are doing the opposite. In regard to the other one per cent of the time that you may see them apply some of the above positions, they have the skill and co-ordination to still hit a good shot.

When you pull on the golf club, or try to keep your hands ahead of the clubhead, the club responds by going upwards. To put it another way, it stays high away from the ground.



Picture 1b



Picture 2

“ Wedges are specifically designed to help you in making good contact with the ground and to provide enough loft to hit the ball high with spin. ”



Picture 3

**Pictures 1a and 1b (top)** show this reaction when I pull forwards.

The last thing we want when hitting short game shots is for the club to 'stay high' because that means we have to use another part of our body to bring the club down to the ball and ground.

For example, the club stays up when I pull on it, so I lean my body backwards to bring the club to the ground, as illustrated in **Picture 2 (left)**.

This is a very inconsistent and difficult way of achieving good impact. To create good impact, we want to allow the club to return to a similar position to how I've set up to hit the shot in **Picture 3 (top)**. Here, there isn't too much shaft lean and I've given myself the greatest chance of being able to use both bounce and loft.

At Laguna National Golf & Country Club, we have one of the best short game practice facilities available in Singapore. It's a perfect place for you to work on the correct feeling and hone your short game shots.

In mid-October, we'll be launching new short game clinics to further help golfers in their quest for improved scores. Come and join us! I'd also strongly recommend that you take the time to visit one of the Titleist demo days at Laguna's driving range to see how adjusting your wedge selection can greatly improve the quality of your shots.

## Here are key pointers you need to focus on

- **Set up:** Neutral set up position, small amount of shaft left, weight slightly left, soft elbows and light grip pressure. Grip at the top of the club, not down the shaft.
- **Backswing:** Small turn, maintain the softness in your wrists and elbows to allow the club to swing. Do not try to move the club back without any wrist hinge. Likewise, your wrists do not need to be excessively active.
- **Transition:** Here's the key, again with minimal pressure in wrists and elbows allow the club to start back down without pulling it. A simple feeling would be to maintain a constant swing radius, as illustrated in **Picture 4** (right).
- **Downswing and impact:** With your hands and club working together, you need to add a small amount of rotation from your body to keep the club moving forwards through impact, as illustrated in **Picture 5** (bottom left).
- **Picture 6** (bottom right) illustrates what impact should look like.

“ At Laguna National, we have one of the best short game practice facilities in Singapore. It's a perfect place for you to work on the correct feeling and hone your short game shots. ”



The Leadbetter Golf Academy (LGA) is housed at Laguna National's state-of-the-art Laguna Practice, located at **610A Upper East Coast Road, Singapore 465404.**



Picture 4



Picture 5



Picture 6



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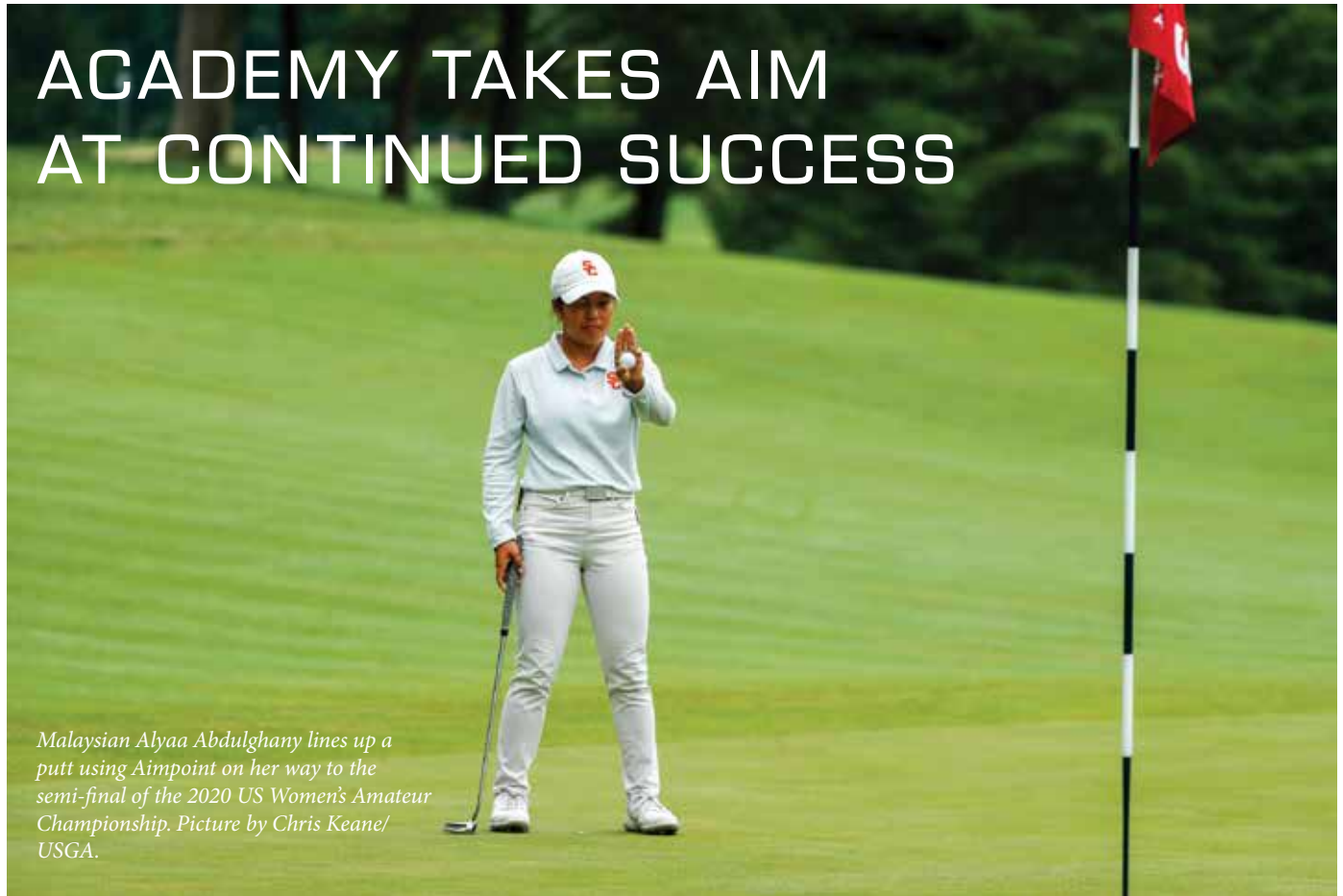


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# ACADEMY TAKES AIM AT CONTINUED SUCCESS



*Malaysian Alyaa Abdulghany lines up a putt using Aimpoint on her way to the semi-final of the 2020 US Women's Amateur Championship. Picture by Chris Keane/USGA.*

**NOW INTO ITS THIRD YEAR OF OPERATION, THE OUTSTANDING REPUTATION OF THE LEADBETTER GOLF ACADEMY (LGA) AT LAGUNA NATIONAL CONTINUES TO BE ENHANCED. HEADING INTO THE FINAL QUARTER OF 2020, THE ACADEMY IS AIMING FOR EVEN GREATER HEIGHTS WITH A SERIES OF SPECIAL CLINICS AND COACHING ACTIVITIES TO BE STAGED.**

**S**eptember marked the start of the third year of the Leadbetter Golf Academy at Laguna National. Not even the impact of the Covid-19 pandemic has dimmed the pleasure and pride felt by LGA Director **Stephen Moriarty** at the way in which his dedicated team of coaches is developing and the progress that has been made since the Academy's doors were opened for business in late 2018.

In June, **Nigel Bark** completed the Leadbetter Certification programme. In so doing, he had the distinction of joining an elite list of coaches globally who have become 'Leadbetter Certified'.

"Tremendous credit goes to Nigel for achieving this landmark," said Moriarty, adding that such has been the demand for Academy instruction that the LGA's team of coaches was expanded to five in late 2019 with the addition of **Joey Poh**.

A former national team player, Poh is currently working through the



“I’ve been working with students on Aimpoint for more than six years now and it’s by far and away the best investment someone could make in their putting.”

**Stephen Moriarty**



certification. "It is our hope that Joey will create a slice of history by becoming the first Singaporean Certified Leadbetter Coach," said Moriarty.

Among other things, Poh has been working closely with **David Bradshaw** to grow the junior programmes at the Academy. "I'm pleased to report that we recently commenced a new class, introducing golf to juniors as young as four and five years old. They will hopefully progress to the LGA Kids programme," added Moriarty.

While the launch of the LGA's eagerly-anticipated full-time programme has been temporarily placed on hold until international travel resumes, there are plenty of other areas in which there's on-going activity.

As well as looking forward to staging new short-game clinics and a six-week programme for ladies, the Academy is relaunching its popular Aimpoint clinics.

For those who are not familiar with this simple green reading system, Aimpoint has been used by no fewer than five world number one players. In total, there have been 65 wins on major professional Tours by players using Aimpoint.

What began as a software programme used on the Golf Channel to accurately predict the break of putts has been developed into an easy-to-use system that allows a golfer to correctly and quickly identify slope, understand how speed will affect break and identify where you need to start your putt.

To set the ball rolling, the LGA will be putting on Aimpoint express Level 1 and Level 2 clinics. It's the intention to follow up with clinics for Level 3 and Level 4 towards the end of the year. All Aimpoint clinics run for two hours. To ensure every participant gets the most from each session, a limit has been set of five students for each clinic.

"If you're serious about improving your putting and lowering your score, then make sure to sign up as soon as possible," said Moriarty, who has guided more than 250 students through the Aimpoint system and will himself be conducting the clinics at the LGA.

"I've been working with students on Aimpoint for more than six years now and it's by far and away the best investment



In completing the Leadbetter Certification programme, Nigel Bark (pictured above) has joined an elite list of coaches globally who have become 'Leadbetter Certified'.

someone could make in their putting.

"Once you have an understanding of how your ball will break on the green you will have a much clearer understanding of speed control and where the putt needs to be started. Even if you feel comfortable reading greens with your eyes, there's still a lot of useful information in the clinic that will help you with your putting and make improvements," added Moriarty.

To commemorate the second birthday of the Academy, a special promotion is running until the year end with the cost of the clinic reduced to S\$200 per person.

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The Leadbetter Golf Academy (LGA) is housed at Laguna National's state-of-the-art Laguna Practice, located at  
**610A Upper East Coast Road,  
Singapore 465404.**

# SPEED MEETS PERFORMANCE



## TITLEIST SAYS ITS NEW HIGH-PERFORMANCE, THERMOPLASTIC URETHANE-COVERED GOLF BALL DELIVERS CATEGORY-LEADING SPEED WITH PRECISE SHORT GAME CONTROL.

Following years of rigorous product development, the introduction of the new Titleist Tour Speed – a high performance, multi-layer golf ball with a proprietary thermoplastic urethane cover – provides golfers with the fastest, best performing golf ball in its category.

Proven through extensive testing with amateur players, the breakthrough performance of Tour Speed is further enhanced by the superior quality and consistency of Titleist's precision manufacturing process.

Available in Southeast Asia golf shops from early October, Tour Speed offers a distinct and compelling performance option in the Titleist golf ball family through its innovative three-piece design, delivering a unique combination of exceptional distance in the long game and precise short game scoring control:

- A new high-speed core formulation combined with Titleist's fastest ionomer casing layer delivers maximum speed and low long game spin for category-leading distance.

- Tour Speed's thermoplastic urethane (TPU) cover is proprietary Titleist golf ball technology specifically formulated by R&D chemists, delivering greenside spin for short game scoring control with soft feel.
- The exceptional distance of Tour Speed is enhanced by a new 346 quadrilateral dipyrmaid dimple design that provides a penetrating, consistent flight.







“Our golf ball scientists and engineers have gone to extraordinary lengths in the development of Tour Speed – testing numerous core formulations and aero-dynamic patterns, while formulating and analysing hundreds of TPU cover blends.”

**Michael Mahoney**

*Vice President, Titleist Golf Ball Marketing*

“Golfers can trust that when they tee up a Titleist, they are getting superior performance and quality versus the competition,” said **Michael Mahoney**, Vice President, Titleist Golf Ball Marketing.

“Our golf ball scientists and engineers have gone to extraordinary lengths in the development of Tour Speed – testing numerous core formulations and aero-dynamic patterns, while formulating and analysing hundreds of TPU cover blends – to deliver on that promise. We have made every investment necessary in these new technologies, including a significant expansion of our manufacturing facility and process,” added Mahoney.

In addition to Titleist’s robot testing protocol, the performance of Tour Speed has been validated through rounds of comprehensive amateur testing, including:

- A three-month R&D test market conducted in the United States and Canada for the experimental golf ball EXP•01 – a prototype created during the development process for what has now become Tour Speed; and
- A golf ball performance study of amateur golfers led by **Fordie Pitts**, Titleist’s R&D golf ball consultant on the PGA Tour. The blind test, conducted at the Manchester Lane Test Facility in Massachusetts, evaluated Tour Speed prototypes versus a wide range of current Titleist and competitive golf ball models.

“All of the data and golfer feedback we’ve collected has been clear: a Tour Speed is consistently the fastest, longest and most preferred golf ball among the competitive urethane-covered products in this category.”

**Scott Cooper**



“Every new Titleist golf ball must exceed our stringent machine and player testing targets in order to advance from the R&D phase,” said **Scott Cooper**, Titleist Golf Ball R&D’s Lead Implementation Engineer for Tour Speed.

“All of the data and golfer feedback we’ve collected has been clear: Tour Speed is consistently the fastest, longest and most preferred golf ball among the competitive urethane-covered products in this category,” added Cooper.



*Titleist Tour Speed balls are available at Laguna National Golf & Country Club’s Pro Shop with special pricing for Members.*

# ZEN GOLF: MINDFULNESS TRAINING



*Focus your full attention on the shot at hand.*

**THE GOLF COURSE HAS BECOME A SAFE HAVEN FOR MANY PLAYERS AMID THE COVID-19 PANDEMIC. LAGUNA NATIONAL IS THE PERFECT PLACE TO BE, NOT JUST BECAUSE THE TWO COURSES OFFER NATURAL SOCIAL DISTANCING, BUT BECAUSE A ROUND OF GOLF PROVIDES AN OPPORTUNITY TO ESCAPE FROM WORK, UNPLUG FROM OUR DEVICES, AND FEEL FREE. SPORTS PSYCHOLOGIST DR JAY-LEE NAIR EXPLAINS HOW YOU CAN ENHANCE FOCUS AND CLARITY ON THE GOLF COURSE.**

**R**esearch has documented the adverse effects on our health of living in busy, dense, urban cities. No wonder psychologists are saying that during these exceptional times it's more important than ever for us to 'create space' in novel ways, because the weekend getaways or travel escapes that created the feeling of space and revival in the past have been so highly restricted for so many months.

Here are some very simple, but powerful, strategies from mindfulness training that can enhance focus and clarity on the golf course to create space and level headedness during these challenging times.

**First, review your habits on the golf course during a typical game.**

- Do you check your email or intermittently answer messages on your phone?
- Do you continue your conversation mid-way through your shot preparation or, even worse, when your playing partner is teeing-off?
- Do you often play 'there-about's' golf, hitting the shot when you know it isn't the correct choice?



If these scenarios sound familiar, then you could be in a perpetual state of multi-tasking that is negatively impacting your focus, performance and enjoyment on the golf course.

In today's information rich society, we have greater opportunity, and temptation, to engage in two or more tasks at once. There is an illusion that this approach makes us more productive and powerful. In contrast, multi-tasking reduces efficiency and focus, contributing to poor decision-making, more mistakes, and higher levels of stress.

Performing multiple tasks in rapid succession requires an individual to reorient to each new task, which itself takes time and other attentional resources. We don't notice the effect on our performance with mindless tasks such as checking our phone while eating lunch, but when it comes to skills demanding intricate synchronisation of the mind and body a heightened sense of awareness is crucial for performance.

If we consider how the world's best golfers create peak performance, it is through an approach that combines fearsome focus in the present moment, a singular focus on one shot at a time, and total immersion in the task until the end result takes shape. Psychologists call this approach a mindful practice, or mindfulness, and it is essentially the opposite of multi-tasking.

In golf, mindfulness is like 'zoning in' one shot at a time. Instead of dwelling on your last bad shot or thinking ahead and predicting your score for the last three holes, you bring careful attention to what is happening in the moment. It is a state of raised consciousness that allows you to make non-reactive, purposeful decisions over the shot at hand.



*For many years, Australian Jason Day has had a distinctive pre-shot routine.*

“ The pre-shot routine isn't just about practice swings and club selection. The pre-shot routine is for letting go of tension in the body, enhancing commitment and clearing the mind right before you hit your shot. ”

For example, rather than ripping your driver off the tee because you three-putted the last green, you will be ready to commit to a smooth, calm swing and focus on your target instead of your score.

Here are **four ways** to bring mindfulness training into your next game for greater enjoyment, relaxation, and improved performance.

1. Minimise multi-tasking and distractions: Instead of reacting to your phone whenever you hear it, choose to reply to messages and emails in these two zones: 1) before the round, 2) after the first nine holes and before the 10th tee.
2. Let go of a poor shot or bad hole: In his prime, **Vijay Singh** had one of the most prominent post-shot routines to leave poor shots behind. Vijay would re-engage his practice swing and visualise the ball going exactly where he wanted it to go, moving to the next shot with a positive image in his mind. To enhance this practice further, place your club back into your bag only after you've wiped the poor shot from your mind.
3. Don't play 'there-about's' golf: Acknowledge that feeling of indecisiveness over the ball. This is an important habit in playing mindful golf. Walk away from the shot and start again if you are not fully committed and take multiple clubs to your ball if needed.
4. Bring more Zen into your pre-shot routine: The pre-shot routine isn't just about practice swings and club selection. The pre-shot routine is for letting go of tension in the body, enhancing commitment and clearing the mind right before you hit your shot. Think of **Jason Day's** routine before he walks into the ball. He gently closes his eyes to visualise the shot and takes a slow deep breath, relaxing his mind and body. In his prime, **Tiger Woods** would talk about feeling so clear of thought but yet so focused on the target before playing a shot he felt his body was on auto-pilot and he couldn't hear a thing around him.

CONTINUED FROM PAGE 51

*When you tee off after a bad hole, commit to a smooth, calm swing and focus on your target instead of your score.*



Probably my favorite example of Zen in a pre-shot routine (although in a different sport than golf), is owned by the Major League Baseball player **Ichiro Suzuki**. I had the pleasure of watching Ichiro at-bat for the Mariners in 2005.

For a sports psychologist like myself, who observes pre-shot routines all the time as part of my day job, there is nothing more memorable than Ichiro's routine. Like a Samurai, he created an effortless, rhythmic flow of movement with his bat and body. As he moved into position at the plate you could literally feel the poise, clarity and commitment he had at every hit. If you've never seen Ichiro's at-bat routine, check it out on YouTube because it is sure to give you some new inspiration for bringing more calmness and clarity into your pre-shot routine.

Experiment with finding a little more Zen in your pre-shot routine with a deep exhale before you address the ball, or try creating a rhythm and flow in your actions with only the target on your mind.

**Dr J L Psychology Practice**

To learn how to shape your performance process, contact Dr Jay-Lee Nair at the Singapore Sports Medicine Centre.

Telephone: 6737 1000



“ In today's information rich society, we have greater opportunity, and temptation, to engage in two or more tasks at once. There is an illusion that this approach makes us more productive and powerful. In contrast, multi-tasking reduces efficiency and focus, contributing to poor decision-making, more mistakes, and higher levels of stress. ”

**Dr Jay-Lee Nair**



# E-WINE FAIR

## SAVE THE DATE!



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### Date of ordering:

December 11, 12 & 13, 2020  
Friday, Saturday & Sunday

### How to order:

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