

tried &
tested

WIN A CASIO PROTREK WATCH

It is now even more lucrative to sign up for an SPH Golf Card membership, or extend their membership for those who already own one.

The fast expanding non-estate golf club is giving away 30 CASIO Protrek PRW-6000SC-7 watches worth \$749 in a lucky draw for new sign-ups and extensions over the next two months.

The PROTREK series leverage on the CASIO sensor technology to measure various outdoor data, keeping you well informed of the constantly changing natural

environment.

The camouflage pattern on the band features a snowy mountain design motif based on the PROTREK logo.

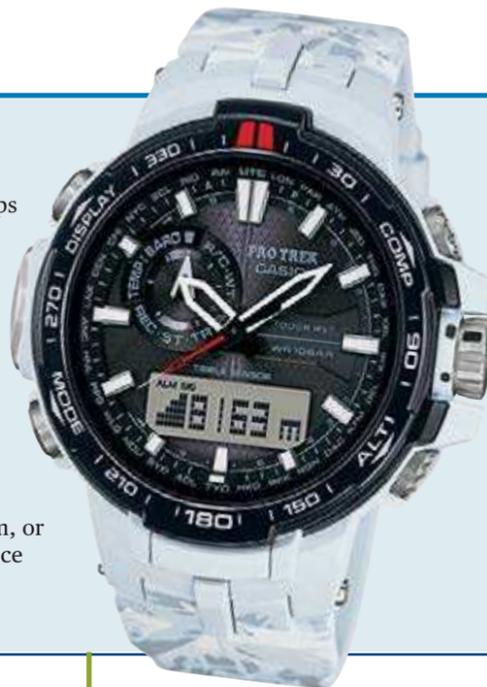
Equipped with triple sensor (bearing, altitude/barometric pressure and temperature), tough solar, low-temperature resistant of up to -10 degrees Celsius, the PROTREK delivers a set of powerful features and functions for outdoor activities.

Chances to win increase for each sign-up or extension over one

year, with 2-year memberships offering two chances for the draw and a new 3-year membership offered at \$520 offering three chances.

All entries (sign-ups) must be submitted between Sept 29 and Nov 12 in order to qualify for the draw on Nov 13, 2017.

Sign up now at www.sphgolfcard.com, or email: SphGolfCard@sphacom.com, or call: +65 63198610 during office hours Monday to Friday.



CENTARA HOTELS



There is now an even more appealing reason to book a golf trip to Bangkok.

UOB Travel now offers a "Stay 3 Pay 2" package starting from \$378 that includes round-trip economy airfare, two nights plus one free night stay with breakfast included and even free GrabPay credits for visitors getting around Bangkok's sprawling golf courses with ease.

Participating hotels include Centara Watergate Pavillion Hotel Bangkok, Centara Grand & Bangkok Convention Centre at CentralWorld (above), and the original Centara Grand at Central Plaza Ladprao Bangkok.

A leading hotel operator in Thailand with 45 properties covering all key golfing centres, it has expanded to another 21 properties across the Maldives, Vietnam, Indonesia, Sri Lanka, Cuba, Oman, Qatar, Laos, Turkey, China and Ethiopia.

Centara Hotels & Resorts also operates 25 branches of the luxurious Spa Cenvaree together with seven branches of its newly-launched value brand Cense by Spa Cenvaree.

This promotion is valid until March 2018 and is based on twin-sharing basis for each person.

For more details, call UOB Travel at +65 62526822, or email UOBTP-Leisure@UOBgroup.com.

OSIM USTILETTO

For ladies venturing outside of the golf course, high heels are de rigueur footwear, whether in the office or at a social event.

But prolonged wear can result in chronic muscle fatigue and strain, or even a sore back, and stress on the knees, calves and feet.

OSIM introduces the uStiletto leg massager for fashion conscious ladies wanting the look but not the pain.

With five programmes tailored specifically for women – Pamper, Relief, Beauty, Reflexology and Sleep – it kneads and compresses tired legs and even under the foot arch through a combination of massage functions with its proprietary 'S-Tone Airbags' and



'S-Care Rollers'.

In addition, the uStiletto also helps reduce water retention and the appearance of varicose veins as well as tone and tighten the muscles. From foot to calf, it is gentle yet firm; a perfect fit to knead away the day's aches and strains.

Available in three designs – Elegant, Homemaker and Kawaii – to suit different tastes.

POLAR PUFFS LESS SUGAR CAKES

A delicious on-course snack, Polar Puffs pastries provides a tasty energy boost during a four-hour long round of golf. Off the course, the company, also widely recognised for baking mouth-watering cakes, can now boast a healthier "Less Sugar" option as well.

In all, there are nine whole cakes that have been adapted to the Less Sugar version to fight the onslaught of diabetes in Singapore – noted for having the second-highest proportion of diabetics among the world's developed nations.

Recipes for traditional favourites such as the Mixed Mango Fruit (\$32.00, with 70 per cent less sugar), the Black Forest (\$28.00, with 35 per cent less sugar), the Chocolate Mousse (\$29.90, with 35 per cent less sugar), the Chocolate Truffle (\$30.90, with 30 per cent less sugar), and the Strawberry Square (\$30.80, with 35 per cent less sugar), have been adapted to preserve that same familiar taste, but without the associated health risks.



From top; the Mixed Mango Fruit, the Black Forest and the Strawberry Square.

play **it**

THE 9TH WARREN-MST AMATEUR OPEN

Since 2008, Warren Golf & Country Club has been the grounds by which the region's finest amateur golfers tee up to seek the honour of becoming the Warren Amateur Open champion.

A world ranking amateur tournament under the auspices of the R&A that has previously seen golfers from as many as 12 countries, including Singapore, take part, it has grown from a humble competition of 60 golfers to consistently exceeding 100 in the past few years, except for 2016 which saw the course closed for renovations.

Players from the United Kingdom, Australia, New Zealand, Myanmar, India, China, Hong Kong, Taiwan, Philippines, Indonesia and Malaysia have travelled here to improve their standings in the R&A World Amateur Golf Ranking Table.

Former winners include national stalwarts Jonathan Woo (2008 and 2012), Koh Dengshan (2011), and recent SEA Games gold medallists Gregory Foo, Joshua Ho (2014) and Marc Ong (2010, 2013).

"Aside from the usual men's, ladies and team divisions, we added in a junior division this year.

"We are also happy to have MST Golf return as the title sponsor after they have supported the last event in 2015," said Jinder Aujla, general manager of the club.

This year's visiting contestants can stay at the Park Hotel Alexandra property at a preferred rate solely for this event. Transportation will be provided to and from the golf course during the tournament.

Entry forms are available at www.warren.org.sg and www.sga.org.sg. Email golf@warren.org.sg for more details.

photos by CASIO, OSIM, POLAR Cake, Centara hotels