

THE AMERICAN  
CLUB  
SINGAPORE

ISSUE 150 • SEP / OCT 2017

Happy  
Halloween

Find out what's brewing at The Club  
this Halloween!

LARGER THAN  
LIFE  
LEARNING  
IS HERE



Visit  
the Village at  
Stamford's monthly  
Open House.

## STAMFORD AMERICAN'S NEW EARLY LEARNING VILLAGE IS NOW OPEN

In great news for young families in Singapore, Stamford American's brand new, state-of-the-art Early Learning Village is now open. The stunning new facility is educational by design and purpose-built to encourage a child's natural curiosity. Plus it has the one thing that can be notoriously hard to find here in the little red dot – space. Space to learn Space to explore. And space to grow.

STAMFORD AMERICAN  
International School

SEE OVER



# DELIGHTFUL VILLAGE FAIR MARKS GRAND OPENING

The Early Learning Village, the first campus of its kind in the world, was finally opened on Saturday July 29. To celebrate, all parents and their children were invited to a special Village Fair event, where they were able to see and experience the new facilities. Visitors were shown the Hive, swimming pool, specialist classrooms and they enjoyed fun and games in the outdoor spaces.



## Inspired by the Reggio Emilia approach

The new campus was inspired by the Reggio Emilia educational philosophy, which affirms that how a child learns is just as important as what they learn and that the environment nurtures the child. From the abundance of outdoor space, to the design of fittings and fixtures, to the use of natural materials and colours, everything about the Village has been carefully considered with early learning in mind.

## A curriculum that works with the building

The ideal environment needs a curriculum that complements it. Stamford American has years of experience developing early learning programs and they've put that experience to good use combining the International Baccalaureate (IB) curriculum with units of inquiry in STEAMInn.

## Technology to inspire innovative thinkers

The new Early Learning Village has been built to foster immersive, inquiry-based learning and encourage hands-on problem solving. The curriculum integrates science, engineering, arts and math

with technology like virtual reality, simple circuitry and robotic programming. So it's the ideal environment in which children can develop their observational, analytic and collaborative skills, and become the problem solvers of tomorrow.

## Physical education that drives academic success

The physical education curriculum at Stamford American starts at 18 months with the acclaimed SMART Steps Program and moves on to the Perceptual Motor Program (PMP) at age 5. The Village is equipped with plenty of specialist indoor and outdoor spaces that support the specialist physical education and help children thrive physically, socially and academically.

## Musical learning that boosts brainpower

Stamford American was a pioneer in early years musical education. They were the first school in Singapore to offer the Suzuki Violin Program from the age of 3. Today, in addition, the young maestros can choose from violin, cello, piano and drums with one-to-one lessons or group instruction in dedicated music suites.



## The Shipyard playground

Features a huge sunken shipwreck with sand and water play. Children can also cycle along the riding circuit and even pump up their tyres, just like at a petrol station.



## Specialist Teaching Classrooms

Specialist classrooms are bright and spacious. There are also music instrument suites ideal for one-to-one music lessons or group instruction.

### The gift of languages

Stamford American's well-established World Language Program encompasses Mandarin, Spanish and English. Taught by native speaking specialists, daily Mandarin or Spanish lessons start from 18 months while the Mandarin/English Bilingual Program begins at any age from 3 – 10 years.

### Co-Curricular Activities (CCAs) beyond the classroom

The Early Learning Village is equipped with specialist and multi-functional spaces, inside and out, which can accommodate a wide range of after-school activities. Children can choose from ballet, soccer, tennis, drama, circus skills, basketball, swimming, gymnastics, show stoppers and mini-maestros. CCAs are offered daily after school, for age 3 – 6 years.

### Unmatched facilities for fun and learning

The Village offers a selection of tailor-made facilities. The 20m swimming pool helps develop confident, capable swimmers. There are 6 large playgrounds, all of which provide 75% UV protection and rain coverage so children can play outside whatever the weather. The Hive is an air-conditioned indoor arena suitable for gymnastics, performances and parades.

### Classrooms that change as children grow

Attached to every classroom is a discovery space that adapts as children develop. There are three configurations depending on the age and developmental needs of the children.

### Toddlers (18 months – 2 years)

A treasure trove of fun for young learners; there's a sandpit where they can build and dig, sift and pour plus water play and bikes.

### Explorers (3 – 5 years)

Full of natural materials for children to explore. The little learners are encouraged to be independent with the option to choose their own activities.

### Creators (5 – 6 years)

A flexible maker-space that caters for multiple small-group art projects and encourages creative expression. The space may also be used for open-ended play or more structured extended classroom activities.

### A flexible schedule for busy parents

Parents at The Village are free to choose a 3, 4 or 5 day week for their children. Not only that, each school day is flexible. The optional Breakfast Club starts with drop off at 7.15am and the Afternoon Club extends pick up until 6pm.



Stamford American is accepting applications for enrollment at the new Early Learning Village. Pioneer Lions will receive a complimentary back pack, water bottle and plushy Stamford Lion. The only way to learn more about the benefits of this extraordinary new campus is to visit.

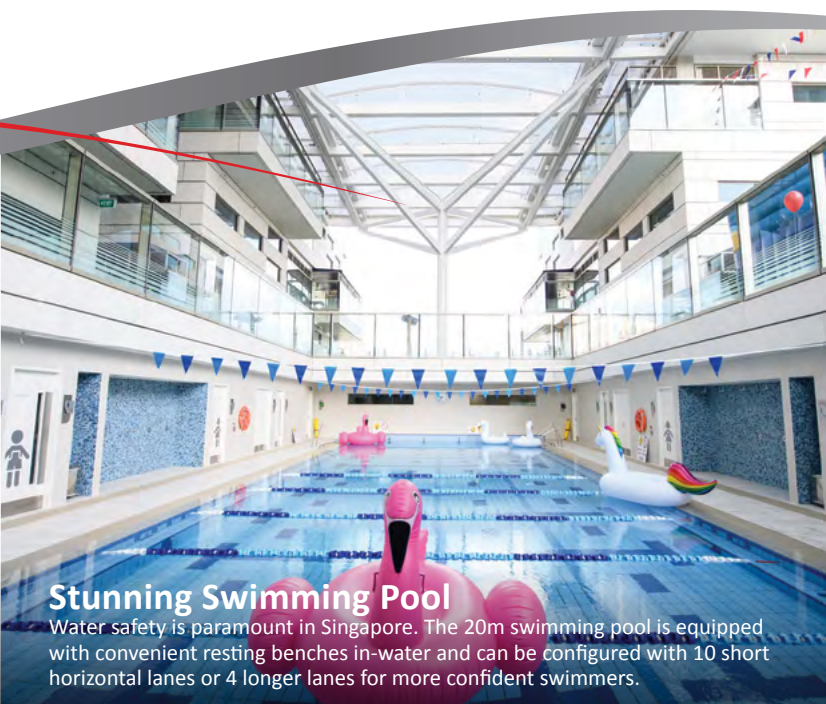
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# STAMFORD AMERICAN

International School



Stamford American International School Registration Number: 200823594D  
Period of Registration: August 10, 2014 to August 9, 2018



### Stunning Swimming Pool

Water safety is paramount in Singapore. The 20m swimming pool is equipped with convenient resting benches in-water and can be configured with 10 short horizontal lanes or 4 longer lanes for more confident swimmers.



### 6 Outdoor Discovery Playgrounds

There's something for everyone here. A suspension bridge, tunnels, storytelling hills, stepping stones and balancing beams, not to mention a fireman's pole the children can slide down like a true fire fighter.





# THE AMERICAN CLUB SINGAPORE

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Strategic Partners:





FROM THE  
PRESIDENT



Dear Members,

During the summer, life slows down at The Club. While Members head for home and holidays all around the world, The Club uses this downtime to tackle projects that get neglected during the year. Many are housekeeping matters, but this summer the Marketing and Communications team began an exciting project to memorialize The Club's long and valuable history.

Time for a pop quiz. What group started the American Club? Answer: The American Association of Singapore. How many attempts did it take to get The Club formed? Answer: Three! AAS tried to start The Club in 1932 but was unable to gather enough interest. They tried and failed again in 1939. It wasn't until 1948 when the American Association sent a survey to all Americans in Singapore to gauge interest that they finally garnered enough support

to start The Club. (It's interesting to see that surveys were successful in obtaining member feedback even then!)

On September 10, 1948, The Club officially opened with 111 founding American members, 35 founding members of other nationalities and 15 honorary members, including Singapore's then governor Sir Franklin Gimson.

Here are some other interesting historical facts I discovered from this project:

- The original American Club was located in Singapore's first skyscraper – the Cathay Building (now known as The Cathay). It was decorated with furniture and plants donated by the community.
- In 1955, The Club moved to 21 Scotts Road where a portion of it still remains today.
- In 1958, the Club opened a cocktail lounge called The Manhattan Room, a popular meeting spot and predecessor to our beloved Union Bar.
- The first pool was added in 1963, parts of which were uncovered earlier this year during the demolition of the Scotts Road building and pool.
- The American Club was home to Singapore's very first bowling alley, opened in 1966.

The Club will be celebrating its 70th birthday next year, a wonderful milestone that will coincide with the completion





of our long-awaited redevelopment. We will be highlighting The Clubs' history with a wall of photographs in the new lobby, along with other fun ideas to commemorate this momentous year.

In other news, in June The Club was honored to host Minister of State for Manpower, Mr. Sam Tan and NTUC Deputy Secretary General Mr. Heng Chee How. They toured The Club to learn about changes we made to enhance our older staff members' productivity. I felt incredibly proud to see long-term staff members, such as Chef Tan from the Production Kitchen, Mr. Ho from Housekeeping and Rich from F&B, share their stories and demonstrate how The Club's new technology allows them to keep up with their more junior colleagues.



I'm grateful that these employees have opted to spend their golden years with The American Club family. There are staff members who have known my kids since they were born – Lily in the kitchen who has a hug ready every time they see her, Abdul who gives them a high five before they leap into the pool, and, when she isn't climbing mountains in Nepal, Betty from Essentials who always greets them with a smile. We are so fortunate to have these employees with us, some of whom have been with our family for over 40 years. They are an integral part of The Club's history, as well.

How can we make history ourselves? Martin proposed a wonderful idea to bury a time capsule before the final slab is poured. What do you think we should include in the time capsule? Email us at [president@amclub.org.sg](mailto:president@amclub.org.sg) with your ideas.

As always, if you have any suggestions, ideas or issues, please don't hesitate to email me.

**Kristen Graff**  
President



FROM THE  
**GENERAL  
MANAGER**



Dear Members,

Welcome back from summer! Whether you spent the past two months travelling or back home visiting loved ones, I hope you enjoyed a fruitful and well-deserved break.

As the redevelopment continues, our team has been busy preparing for the new outlets and doing a lot of back-of-house work so that we are ready when the building opens. Chefs Malik, Paul, and Michael took a two-and-a-half week trip to Texas to learn all they could about the techniques, traditions, and culture of barbeque. Texas-style barbeque will be a feature of our new poolside menu, so stay tuned to taste some of the learnings from their trip. To read more about their adventures, please turn to page 29.



Our Spa sub-committee and users have helped us clarify what we should be offering in our new spa. We recently conducted a spa survey and were pleased to have 115 Members give us their feedback. We appreciate your comments and viewpoints and will be incorporating many of them into our operations. Our Spa sub-committee has reviewed and finalized the plans and finishes for the new spa and is now working on testing new products and treatments, marketing, and bylaws so that we can offer you the best experience possible when the new spa opens.



It's been almost a year since Level 3 has opened, and we are happy to report the Business Center has seen a 63% increase in usage versus the old space from March to May. In its old location, the Business Center faced up to 40 hours of compaction a week with the desktop computers, but with the addition of five new computers in the new space this trend has reversed, allowing us to conveniently serve more Members. With the addition of available seating in the Commons area and the Library, those with laptops also have ample seating available. Another big improvement to the Business Center space over the old space is the addition of the Canon Uni-Flow System. This system allows Members to remotely access the printer, scan to their own emails via their laptops, print in color, as well as fax out. Use of this system has increased 17% and we anticipate it will continue to grow as more Members learn about it.

We have a variety of terrific promotions and events coming up that you'll want to take advantage of. On September 5, we will be launching our new menu on The 2<sup>nd</sup> Floor. Chef Paul has come up with some truly tantalizing dishes you'll be sure to want to try including Watermelon Tataki with Goat Cheese, a Roasted Cod Fillet with Tiger Prawn Tempura, the Ultimate Wagyu





*watermelon tataki with goat cheese*



*roasted cod fillet with tiger prawn tempura*

Burger, and our Roasted Scottish Salmon. Be sure to stop by and try something new.

On September 8 & 9, The Club will be organizing our first-ever Staff Emergency Fund Tennis Tournament. It will be two days of fun, live auctions and games, with all proceeds from the event going towards our newly created Staff Emergency Fund – a truly exciting initiative.

Just a few days later, we will be celebrating our 69th birthday with a Club-wide birthday bash. As a way to say thank you for your membership and support, you can

enjoy some great deals at the Eagle's Nest and Union Bar; from September 11–14 you can relish in 69¢ Crispy Breaded Chicken Wings, \$6.90 Nachos Supreme, and \$6.90 Singapore Laksa. From September 15–17, be sure to dig into our Texas Beef Chili Dog with Fries for only 69¢!

September also brings our annual Christmas in September, which is always a big hit. Roam the lobby area and sample some of our delicious holiday offerings or tuck into brunch in the Eagle's Nest or on The 2<sup>nd</sup> Floor to taste all our holiday delights.



*christmas in september - Chef's Selection Platter*

Come October, we will be celebrating our neighbors to the North with our Canadian Thanksgiving on October 8 (brunch) and 9 (dinner). You can expect all your favorites including a live Poutine station, Tourtière and Bone-in Gammon Ham with Pineapple, among other delicacies. And of course our youngest Members (and those young at heart) will delight in our Pre-Halloween brunch on October 29. Be sure to come dressed in your Halloween costume to up the fun factor!

With all that's going on at The Club, I look forward to seeing many of you in the hallways and restaurants.

*Martin*

**Martin Rudden**  
General Manager



## 1 NICHE GROUP LUCKY DRAW

Congratulations to our lucky niche group winners for June and July!

Niche group (10K, 15K, Elite & VIP) Members are invited to continue dropping their spending chits into the draw box at Concierge for a chance to win more fantastic prizes each month.



**June - Iqbal & Kimberly Bux**  
Aveda hair, skin and body care hamper worth \$1,000



**July - Iswar Samtani**  
2N Villa stay at Four Seasons Resort The Nam Hoi, Hoi An, Vietnam for 2 worth \$2,400

## 2 HAPPY FATHER'S DAY

Free beer and bites sure made for happy dads at The Club's Father's Day celebration on June 18! We hope all our wonderful pops had a fantastic time with their loved ones.



## 3 MOM LEARNING JOURNEY

We were esteemed to be invited by the Ministry of Manpower to host a Learning Journey at The Club on June 23. Led by Minister of State for Manpower, Sam Tan, a group of over 50 participants including distinguished guests and industry partners took the opportunity to learn about some of the technological initiatives we employ at The Club to overcome the challenges of an aging workforce.

The MOM Learning Journey is a platform providing opportunities for employers in Singapore to learn best practices, innovative ideas and the latest programs from progressive companies in Singapore.





## 4 THANK GOD IT'S FRIDAY!

There's no better way to kick off the weekend than with a few glasses of exotic reds – and that's exactly what some Members did by delving into the fascinating world of unknown wines like Romorantin, Coda di Volpe, Torrontes, Tannat and Samling 88 at an intimate tasting session on June 26. Don't miss our TGIF themed wine tasting sessions at The 2nd Floor every last Friday of the month!



## 5 AAS INDEPENDENCE DAY

The American Club team serving cheeseburgers, corn dogs, mac & cheese and more in support of the American Association of Singapore's Independence Day celebration on July 1!



## Taste OF ASIA

## 6 VIP PARTY

Thank you to all 300+ VIP Members who turned up for our VIP party on July 17! It was a fun night of cocktails, rich and colorful Asian cuisine, and the rekindling of ties and reminiscing of good ol' memories among the longest serving Members of our Club.





## 7 COMFORT FOOD AT ITS BEST

It wouldn't be The American Club without some classic American favorites! The July installment of our International Buffet series went back to basics with classic American comfort food for a little taste of home. Don't miss our themed International Wednesdays Buffet every last Wednesday of the month!



## 8 STAFF DINNER & DANCE

Thank you to all Members for generously allowing us to close The Club early on August 7 for our Annual Staff Dinner & Dance celebration! It was a spectacular and special way to honor our team members for their hard work and dedication throughout the year, as well as recognize the many dedicated and exceptional individuals among us. On top of celebrating 44 employees for achieving milestone years of tenure at The Club, we also awarded 5 outstanding individuals with special accolades. Flip to page 7 to see our list of awardees.





## 9 HAPPY BIRTHDAY SINGAPORE!

The Club was a bustling sea of red and white at our National Day celebration on August 9. A Singapore holiday would of course not be complete without a spread of hearty local fare, compliments of The Club to mark the special occasion!



## 10 RIEDEL WINE TASTING

Do wine glasses maketh the wine? We were delighted to host an exclusive, one-night masterclass and wine tasting session with Victor Ulrich, Vice President of Austrian Wine Glass Company, Riedel Asia on August 12. The sold-out event saw Members learning tips and tricks on how choosing the right glasses can improve the taste of wines.

## 11 TENNIS COURT IMPROVEMENTS

Tennis enthusiasts will be pleased to know that The Club will be installing new LED lights on the tennis courts to improve our Members' playing experience. The new lighting will be ready by early September. Plans are also underway to procure 'soakers' that will assist with the quick drying of courts post-rain.

## 12 WHAT'S ON AT THE AMERICAN CLUB

If you haven't already done so, be sure to subscribe to our fortnightly e-newsletter to learn about upcoming events, Club news, staff updates, fun facts, and for many chances to win attractive prizes in our regular giveaways! Simply email [info@amclub.org.sg](mailto:info@amclub.org.sg) to indicate your interest. (An unsubscribe option is available at all times)



# SEND US YOUR STORIES!

We want your stories!

If you are a Member of The Club and have a unique or interesting story relating to lifestyle, family, or your experience at The Club / life in Singapore, we want you to share it with our readers via The Club magazine!

Email your write-up (1,000 words or less) and high-resolution pictures (or download link) to [jacklyno@amclub.org.sg](mailto:jacklyno@amclub.org.sg) / [constancey@amclub.org.sg](mailto:constancey@amclub.org.sg) titled "Magazine submission".

\*Articles will be subject to review and approval by The Club, and may or may not be published in The Club magazine.







# MORE BANK FOR YOUR BUCK

## **What is the REYL Group's profile in a nutshell?**

The REYL Group is an independent banking group with offices in Switzerland (Geneva, Zurich, Lugano), Europe (London, Luxembourg, Malta), Dallas, Singapore and Dubai. REYL manages assets in excess of CHF 13 billions and employs more than 200 professionals. Managed exclusively by a family of entrepreneurs, the global bank boasts an innovative approach to banking. REYL advises international private banking clients, entrepreneurs and institutional investors through its *Wealth Management, Asset Management, Corporate & Family Governance, Corporate Advisory & Structuring* and *Asset Services* business lines. Within the *Wealth Management* business line, the REYL Group has set up a 100% owned entity called REYL Overseas Ltd, an SEC registered Investment Adviser authorised to service fully declared US persons.

## **How can REYL Overseas Ltd benefit American expats based in Singapore?**

The American clientele, especially the non-U.S. residents, is looking for a banking partner with an expertise in International markets, with a proven track record of performance through investment diversification across asset classes, industries, currencies and geographies. This is a competitive advantage that U.S.-based banks do not often offer. REYL offers all that and more by delivering 360-degree management of client personal and corporate wealth across borders and activity segments – perfect for entrepreneurs and transient professionals.

## **What sets REYL apart from other wealth management companies and banks?**

A key differentiator for REYL is that while its boutique structure enables it to deliver bespoke solutions for its clients more efficiently than larger banking institutions, it also offers a breadth of services that very few boutique banks have the ability to provide. Contrary to larger institutions, and as the Group expands, it is important to REYL that this 'pick-up-the phone' "no-silo" mentality remains at the heart of the client service it provides.

## **What is key for a Swiss bank such as REYL when developing an American clientele?**

REYL Overseas Ltd has been set up exclusively to meet the particular needs of U.S. persons in line with regulatory requirements of the U.S. market while still retaining the core qualities of a Swiss bank. REYL operates on four continents, including in the U.S from its Dallas office. As such, REYL's global presence combined with its boutique quality of service and performance, makes REYL unique in the Wealth Management industry, especially for Americans living in the U.S. and abroad.



# RANT & RAVE

We receive hundreds of valuable feedback from our Members each month. Positive or constructive, your comments are important in helping us assess our services and offerings, and enable us to identify ways to better meet your needs.

Read on for a selection of our most recent Member feedback.

I wish to thank all Club personnel who responded so quickly and professionally to our family emergency on Sunday, July 16. My elderly father suffered a minor stroke. When we asked for assistance, Ronald and Yusman were there immediately and especially comforting in our time of distress. My father is now recovering in hospital. I am so proud to be a member of a Club that has a heart. No wonder my son insisted on being a member when he turned 21! Truly a caring Club! Thank you once again.

*Thank you for your email,  
and we appreciate  
your kind words.*

We are glad our staff exemplified the values we stand by during the incident, and we hope your father is recovering well!

Ever since I have developed allergies to wheat and gluten, I have not been able to enjoy many of the buffets. It would be nice if there were more gluten-free options available in the buffets.

*Thank you for  
your feedback,*

and that is something we will certainly take into consideration when planning buffet selections in future. On a side note, Eagle's Nest has started offering an a la carte gluten-light menu since February. Dishes include Club signature Wasabi Prawns, Salmon Cobb Salad, customized pizza, Crispy Battered Fish & Chips and more. Based on Members' feedback, this menu might be expanded in future – do keep a lookout!


Last year I won a 2N stay at The Ungasan Cliff Resort in Bali. We just returned from 3 nights there. It was absolutely amazing!!! We are definitely planning to stay there again this year!!! We took many pics and had a really relaxing long weekend.

*We are glad you enjoyed  
your stay at the resort!*

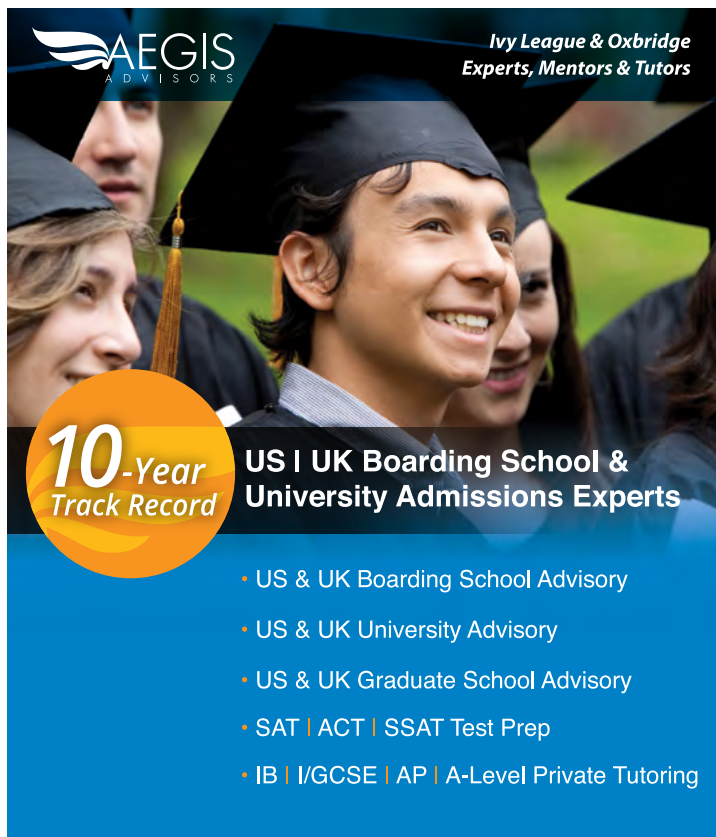
This is just one of the many ways The Club gives back to our Members to thank them for their support, especially during this Redevelopment period. Do look out for our upcoming 12 days to Christmas Lucky Draw from December 14-25!

We want to hear from you!  
Email your feedback to [info@amclub.org.sg](mailto:info@amclub.org.sg).  
Your comments may be published in subsequent issues of our magazine.





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# THE AMERICAN CLUB REDEVELOPMENT PROJECT UPDATE

We've taken the hottest topics and collated them here. The comments you see here are a sampling of your remarks on each topic and were taken directly from survey responses.

Although you might not see your specific comment here, it is likely represented by a similar observation. As the survey was done anonymously, we are unable to reply directly to Members with feedback.

If you have a specific question about Level 3, the survey, or the redevelopment, please feel free to drop us an email at [redemption@amclub.org.sg](mailto:redemption@amclub.org.sg).

**01** Please bring back the cookies.

**02** I miss free coffee and cookies.

**03** Miss the cookies that were in the old Business Center. Thanks for the improved coffee.

**04** I miss the free coffee from the Business Center, but if the privilege was being abused, then I understand.

**05** Barista coffee would be nice in the Business Center.

**Coffee and Cookies**  
The Club has standardized charging for coffee and cookies across the clubhouse to be fair to all Members. The charging for coffee was proposed and agreed upon by the Business Center focus groups, which were held in November 2015.

## A BIG THANKS

to the 265 of you who took the time to write in comments on our Level 3 survey

**01** The lighting could be brighter but less glaring for those who are reading at tables or sofas.

**02** The lighting in the Business Center needs improvement - it's placed poorly at the desks overhead.

**03** The Library has dark areas still.

**04** The overhead lighting is very bright and shines directly on the keyboard making it hard to see the keys.

**05** The Library lighting is too bright. Please disconnect some bulbs.

**LIGHTING**  
You'll be happy to know additional lighting is in the pipeline. We will be working with the contractor to brighten up dark areas, minimize shadows, and dim overlighted spots. We'll keep you posted on the scheduling of this work.

**01** I like that there are Macs.

**02** Would have liked more cubicles for laptop users.

**03** Need more free desks with no computer.

**04** In the Business Center, I prefer more workstations without computers, so I can bring my own.

**05** We need more desks that are clear for Members to bring our own laptops and files.

**WORKSTATIONS**  
On June 1 we removed two desktop computers from cubicles to offer Members more free space. In addition, there is plenty of seating within the Library and Commons area for people looking for laptop workstations. Level 3 was specifically created as a fluid space, so that areas can be used for different activities.



We ask all Members to pick up their trash after they have finished using spaces on Level 3. Our Housekeeping team regularly cleans the area, but heavy usage requires everyone to do their part to keep the space tidy. We appreciate your consideration on behalf of all our Members.

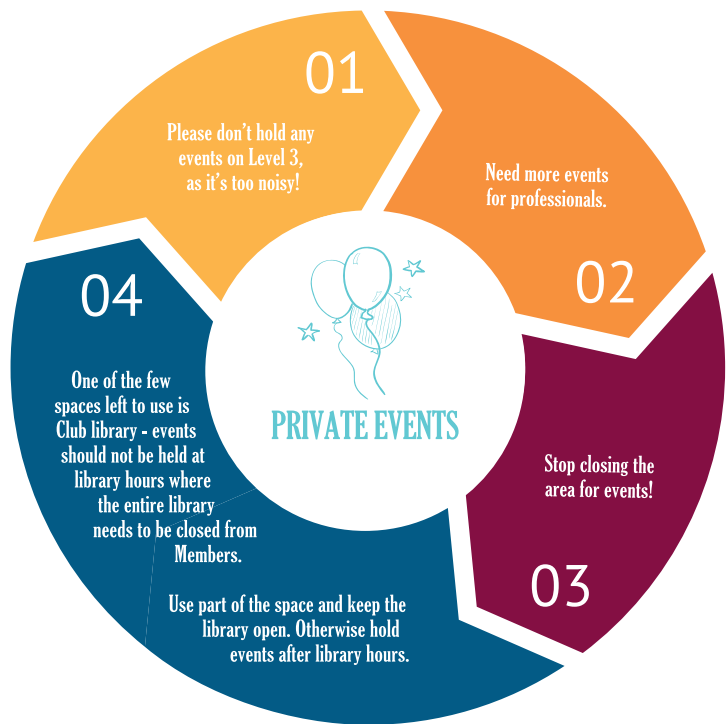
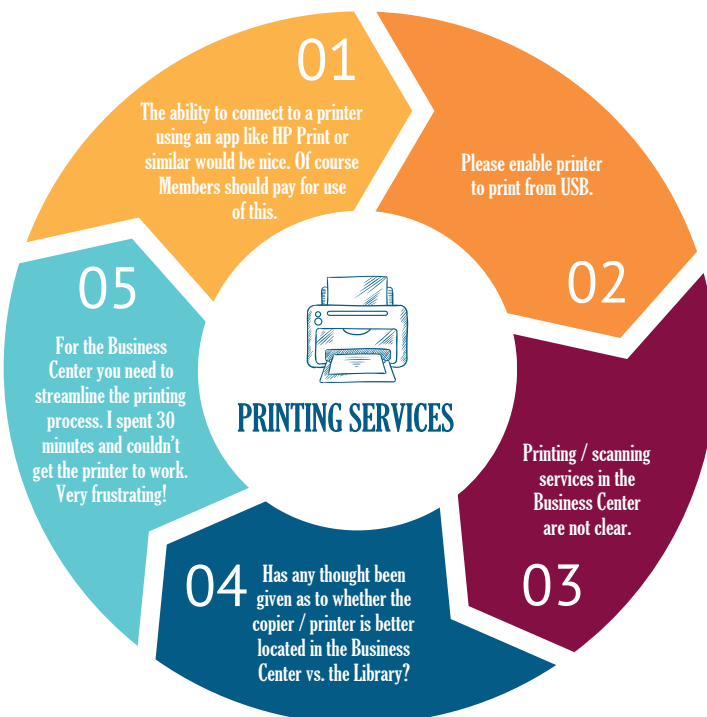


We ask that all Members familiarize themselves with the rules around Level 3 usage including where you can use handphones, conversation levels, "chope-ing" seats, leaving items unattended, and food and drink policies. This will ensure that everyone can enjoy using the space. We appreciate your cooperation.

We appreciate your feedback.

A few points:

- Thanks for your suggestion. We've added a usage guide next to the printer to help you print and scan.
- The location of the printer was decided upon by our Member focus groups as they felt it would make excessive noise and be a disturbance in the Business Center.
- Printing from your own computer is possible, however, scanning back to your own device is not possible as that is not provided by Canon.



When Level 3 was being designed in conjunction with our Member focus groups, one consideration was how to create revenue from the space. Developing an entire floor of The Club without a revenue stream would not be responsible from a fiscal point of view, and fiscal responsibility was an underlying pillar of the redevelopment. Making this a multi-purpose space, which could accommodate a variety of activities was deemed the ideal solution. When Club or private events are held in the Library, the space will be unavailable for sitting from 5:00 p.m. to allow our staff to set up; however, Members are still able to use the Library to return / check out books during this time. The Commons area and Business Center are typically open during these events, allowing Members alternative seating arrangements for reading and conversation.

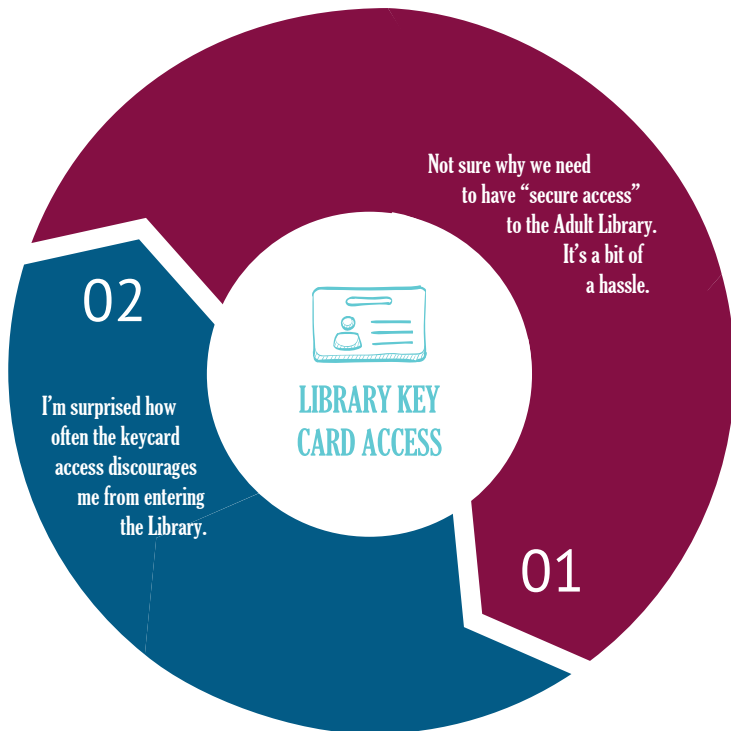
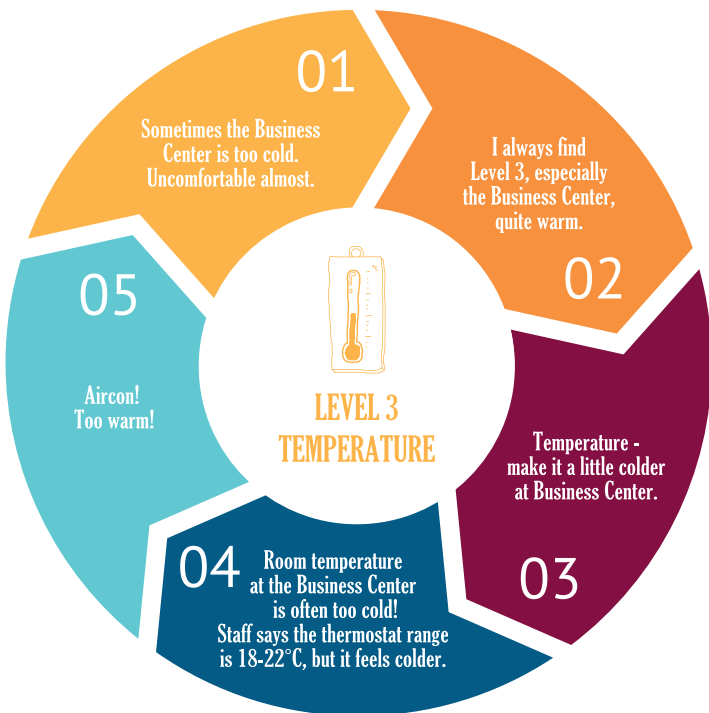


The Kids' Library holds monthly story time sessions, which are conducted by Member volunteers on either Thursdays or Saturdays. More details can be obtained from the Library or via our website.



In early July, we began trialling the self-checkout kiosk in the Adult Library as the sole check-out solution for Members. Based on testing we conducted, it cuts Member transaction time to 25%. It also frees up our counter staff to assist Members with finding books, shelving, wrapping, and cataloguing items. This trial period will run until October 15. As an incentive to try this out, all self-checkout chips can be presented at the L3 reception to redeem a complimentary pack of chips and qualify for month-end lucky draws. If the trial is successful, we will install an additional self-checkout machine in the Kids' Library, which will help our smallest Members use the facilities more easily.

Our temperature on Level 3 is detected and maintained by sensors. The temperature is set to 23°C with a +/-1°C variation.



This was discussed as part of the Level 3 focus groups in November 2015. The decision was made to install the key card access to prevent young children from entering the Adult Library space. If you forgot your card or have your hands full, ask our helpful staff and they'd be happy to tap you in.





# YOUR POSITIVE FEEDBACK ABOUT LEVEL 3

## THANKS FOR THE COMPLIMENTS!

WE APPRECIATE ALL THE POSITIVE COMMENTS YOU WROTE IN ON THE SURVEY. THEY MEAN A LOT TO OUR TEAM, OUR MEMBER VOLUNTEERS, AND THE CONSULTANT TEAM WHO Poured TOGETHER COUNTLESS HOURS INTO CREATING THE SPACE. HERE IS A SAMPLING OF SOME OF YOUR KIND WORDS.

## THE LOOK & FEEL OF THE SPACE

- 01 | I love the new area.
- 02 | Elegant layout and has a professional look and feel.
- 03 | I love the new center's decor and comfort.
- 04 | This is gorgeous, serene space. Well done!
- 05 | I like the look/design of the area.
- 06 | Area looks wonderful. Well done.
- 07 | The new areas are great!
- 08 | We love the new space. Really great resource.
- 09 | Excellent design and atmosphere.
- 10 | Altogether, very nice. Happy with space.
- 11 | Level 3 looks great!
- 12 | This whole space including area outside is amazing! A big upgrade!
- 13 | Absolutely love the look and feel and functionality of the space on Level 3 - we should aspire to a similar level of light, space, functionality in whatever we do once renovation is done.

## THE NEW COMMON AREA, BUSINESS CENTRE AND LIBRARY

- 01 | I love the new Library space.
- 02 | Business Center is amazing.
- 03 | Good place to work.
- 04 | Common area is FANTASTIC. Love the workspace.
- 05 | Beautiful redevelopment. Nice environment to work in.
- 06 | Like the Common area, very relaxing ambience.
- 07 | The new Library and Common area is great.
- 08 | The Library and Business Center look great! Very useful!
- 09 | The children's library is a wonderful resource for our family.
- 10 | Absolutely wonderful!
- 11 | Love the Library and Business Center. Much improved over before!
- 12 | The Library is classy and is a significant improvement on the previous facility.
- 13 | Library is now more spacious and very good to have a separate children's library.

## EXCELLENT SERVICE FROM STAFF

- 01 | Happy with the staff—good gems service.
- 02 | Staff are easy to deal with and very helpful.
- 03 | The staff is great, place has a warm feeling.
- 04 | Library staff are very friendly and helpful.
- 05 | Excellent service and approachable and great staff :)
- 06 | Super service.
- 07 | Service at desk is exceptional.
- 08 | Attitude of staff manning the center is fabulous.
- 09 | First class, no complaints.
- 10 | Really enjoy the Level 3 facilities. Thank you!
- 11 | I really like the staff. They were very helpful and polite.
- 12 | Congrats to The Club for providing consistently good service.
- 13 | Absolutely wonderful! I find the new Business Center and Library really well put together and the staff are all so pleasant and happy. Keep up the good work!





# HALLOWEEN COLORING CONTEST

Get your kids' creative coloring juices flowing this Halloween! We've got some attractive prizes up for grabs so don't forget to pick up a coloring sheet from the Library from Friday, September 22. All entries will be displayed in the Library.

**September 22 – October 22**

**Age groups:**

3- to 5-year-olds / 6- to 8-year-olds / 9- to 10-year-olds

All entries must be submitted to the Library staff by Sunday, October 22.  
Winners will be contacted on Monday, October 23.

Happy coloring!



## SELF-CHECKOUT AND BE REWARDED!

Save time and avoid the line at our Reception Desk by using our self-checkout machine to borrow and return your books. From now till October 15, present your self-checkout chit to the Level 3 reception team and enjoy a pack of chips on us! All Members who complete self-checkouts will also be eligible for a month-end lucky draw to win an attractive Tea Forte gift set.

## Book Club



Calling all book lovers – join our monthly Book Club meetings and meet other avid readers! Members are invited to read the book of the month in their own time then join us for an engaging discussion. All adult Members welcome!

Meetings are complimentary and light refreshments will be served.

**Thursday, September 28**

**Adult's Library, Level 3**

**7:30 p.m. – 9:00 p.m.**

**And Then All Hell Broke Loose: Two Decades in the Middle East by Richard Engel**

Based on two decades of reporting, NBC's chief foreign correspondent's riveting story of the Middle East revolutions, the Arab Spring war, and terrorism seen up-close – sometimes dangerously so.

**Thursday, October 26**

**Adult's Library, Level 3**

**7:30 p.m. – 9:00 p.m.**

**Bettyville by George Hodgman**

When George Hodgman leaves Manhattan for his hometown of Paris, Missouri, he finds himself in a head-on collision with his aging mother, Betty, a woman of wit and will. Yet he can't bring himself to force her out of the home both treasure – the place where his father's voice lingers, the scene of shared jokes, skirmishes, and, behind the dusty antiques, a rarely acknowledged conflict: Betty, who speaks her mind but cannot quite reveal her heart, has never really accepted the fact that her son is gay.



All books of the month are available at the Club Library, Kinokuniya, the National Library and Amazon. For more information or to register, please call 6739-4308 or email [library@amclub.org.sg](mailto:library@amclub.org.sg).



## MEMBERSHIP REWARDS PROGRAM

WHO SAYS YOU CAN'T HAVE YOUR CAKE  
AND EAT IT TOO?

**NOW EXTENDED TO  
OTHER CATEGORIES**

Recommend your friends to join The  
American Club and you will each be  
rewarded with F&B dining vouchers!



### Referred Membership Type

Ordinary Membership  
Service Membership  
Term Membership  
Pathway Ordinary  
Pathway Service

### Rewards

\$500 F&B Dining Vouchers each  
\$250 F&B Dining Vouchers each  
\$150 F&B Dining Vouchers each  
\$150 F&B Dining Vouchers each  
\$75 F&B Dining Vouchers each

### Three easy steps to claim your rewards:

1. Fill up this proposal form and hand it in to the Membership Office or the Concierge Desk. To qualify, proposal form must be received before your friend participates in any of The Club's membership marketing initiatives that may be running throughout the year, and also before the new Membership Application Form is submitted.
2. The Membership Department will contact your referred friend to discuss Membership options.
3. Upon election of new Members following General Committee approval and full orientation, you and your referred friend will each receive F&B dining vouchers based on your friend's Membership category type.

### Notes:

- Each proposal form is valid for 6 months from the date of receipt.
- Vouchers will only be awarded if the above steps are followed.
- Terms and conditions are subject to change.
- Vouchers are not exchangeable for cash.

For more information, please call **6739-4335**  
or visit [www.amclub.org.sg](http://www.amclub.org.sg).

## WIN/WIN REWARDS PROGRAM MEMBERSHIP PROPOSAL FORM

Name of Member: \_\_\_\_\_ Membership Number: \_\_\_\_\_

**I wish to propose the following individual/family for Membership at The American Club.**

Name: \_\_\_\_\_ Citizenship: \_\_\_\_\_  
Please print name and underline surname

Name of Company: \_\_\_\_\_ Address: \_\_\_\_\_

Email: \_\_\_\_\_

Day-time Contact Number: \_\_\_\_\_

### FOR OFFICIAL USE ONLY

Date joined: \_\_\_\_\_ New Membership Number: \_\_\_\_\_

Date credited: \_\_\_\_\_ Initial: \_\_\_\_\_



# NICHE GROUP *Program*



The American Club Niche Group Program was started 15 years ago and comprises the VIP, 10K, 15K and Elite categories, that recognize Members either for membership tenure or spending loyalty. These programs have grown from strength to strength and niche Members now make up 47% of total membership.

The niche group program is our way of showing how much we value and appreciate your membership at The Club. It is a great way to enhance your Club experience and get the most out of your membership.

Each niche group brings its own recognition and rewards and these range from annual gifts to special parties, early registration for key Club events, discounts and promotions at Club outlets, as well as ad hoc Club treats like invitations to tour US Navy ships on stopover in Singapore or special discounts off birthday and anniversary celebrations at The Club.

#### LOYALTY TIER

**VIP**  
**10K**  
**15K**  
**Elite**

#### QUALIFYING CRITERIA

Membership tenure  $\geq$  25 years  
Spending\* from \$10,000 to \$14,999  
Spending\* from \$15,000 to \$19,999  
Spending\*  $\geq$  \$20,000 or VIP Members with spending  $\geq$  \$10,000

*\*Based on cumulative calendar year spending, excluding monthly dues and reciprocal club spending. Your year-to-date spending is printed at the bottom of your monthly statement of account.*



## PROGRAM BENEFITS

Our VIP, 10K, 15K and Elite programs accord exclusive promotions, discounts and privileges to Members all year round, with benefits getting better with each niche group tier reached.

### VIP

- New VIP Member will be welcomed to the program with \$200 (4 x \$50) dining vouchers
- Invitation to yearly VIP party
- Dining privileges of up to 40% at F&B outlets
- Up to 20% off treatments at sên Spa
- Special rates for selected Club events
- Ad hoc privileges for wine events and festive takeaway, etc.

### 10K

- \$25 off at The 2<sup>nd</sup> Floor during birthday month, along with complimentary 1lb chocolate cake
- Invitation to yearly 10K party
- Dining privileges of up to 25% at F&B outlets
- Up to 15% off treatments at sên Spa
- 10% off dry cleaning and laundry services at Essentials
- Waiver of charge for membership card replacement
- Special rates for selected Club events
- Ad hoc privileges for wine events and festive takeaway, etc.

### 15K

- New 15K Member will be welcomed to the program with \$200 (4 x \$50) dining vouchers
- \$40 off at The 2<sup>nd</sup> Floor during birthday month, along with complimentary 1lb chocolate cake
- Invitation to yearly 15K party
- Dining privileges of up to 25% at F&B outlets
- Up to 15% off treatments at sên Spa
- 10% off dry cleaning and laundry services at Essentials
- Waiver of charge for membership card replacement
- Special rates for selected Club events
- Ad hoc privileges for wine events and festive takeaway, etc.
- Free parking for 1 car

### ELITE

- New Elite Member will be welcomed to the program with \$250 (5 x \$50) dining vouchers and \$150 (3 x \$50) sên Spa vouchers
- \$50 off at The 2<sup>nd</sup> Floor during birthday month, along with complimentary 1lb chocolate cake
- Invitation to 2 yearly Elite parties
- Dining privileges of up to 40% at F&B outlets
- Up to 20% off treatments at sên Spa
- 10% off dry cleaning and laundry services at Essentials
- Waiver of charge for membership card replacement
- Special rates for selected Club events
- Ad hoc privileges for wine events and festive takeaway, etc.
- Free parking for up to 2 cars
- Annual welcome gift
- Wedding anniversary privilege – enjoy \$100 off dining at The 2<sup>nd</sup> Floor

For additional information on our niche group programs, please contact our Membership Manager at [membership@amclub.org.sg](mailto:membership@amclub.org.sg).

## NICHE GROUP AUTO RE-QUALIFICATION

All Niche Group Members that have qualified for the program as at December 2015 will be automatically re-qualified to their respective niche group status and continue to enjoy all the privileges until December 31, 2019. This applies also to all new Niche Group Members that qualify in 2017. This is our way of thanking you for your tremendous support to The Club during the redevelopment period.

# THE AMERICAN CLUB'S *Extra*ORDINARY MEMBERSHIP

For a limited time, new Members who sign up for Ordinary or Service Membership will enjoy \$6,000 of Club credits or up to a year of free spending\* at The Club!

The American Club..... where ORDINARY membership feels

**“EXTRAORDINARY!”**

Call the Membership Office at 6737-3411 or email [membership@amclub.org.sg](mailto:membership@amclub.org.sg) today to enquire about membership criteria. Terms & conditions apply.

*\*\$6,000 Club credits to be spent within the first year*

*Valid for membership applications submitted between July 1 and December 31, 2017*

*The Club reserves the right to change terms and conditions without prior notice.*



THE AMERICAN CLUB  
Singapore



## Schedule of Fees:

**Ordinary Membership** **S\$20,865.00**

**Service Membership** **S\$10,432.50**

**Operations Surcharge (one-time fee)** **S\$3,500.00**

An Operations Surcharge of \$3,500 is payable for every new Membership application.

## Monthly Dues:

**Family Dues** **S\$211.86**

**Single Dues** **S\$170.67**

**Junior Member Dues (12 to below 21-years-old)** **S\$16.05**

**Junior Member Dues (21 to below 25-years-old)** **S\$170.67**

## Terms & Conditions:

1. Only valid for new Ordinary and Service Membership sign-ups, does not apply to Pathway Membership nor Pathway Membership upgrades.
2. For new Members referred via the Win/Win Program, Win/Win rewards will only be applicable to the sponsoring Member; no further rewards will be extended to the new Member.
3. Members that purchase the ExtraOrdinary Membership after the 2-week sampler will not be accorded the \$300 F&B vouchers.
4. Spending utilizing Club credits will not count towards niche group qualifying spending.
5. Upon joining, the new Member will receive \$6,000 in Club credits that can be used to offset against Club charges.
6. The credits are strictly valid for 1 year, from the date of joining e.g. A Member that joins on July 1, 2017 will have credit validity period of July 2017 to June 2018. No extension of credits will be allowed.
7. This promotion is only valid with the following membership fees payment options:
  - full payment
  - the 12 monthly installments via OCBC/UOB credit card (*Visa/Mastercard only*)
8. The Management reserves the right to change, amend, add or delete any of the Terms and Conditions without prior notice.



# NICHE GROUP LUCKY DRAW

Our Niche Group Lucky Draw is back by popular demand!

Stand to win a slew of fantastic prizes this year – simply drop your spending chits into the lucky draw box at Concierge and you could be our lucky winner each month. Drop as many chits as you can to increase your chances of winning!

All Elite, 15K, 10K and VIP Members are invited to participate.

## SEPTEMBER 2017

### CLUB MED SAHORO HOKKAIDO, JAPAN

5D4N Resort stay inclusive of 3 daily International buffet meals with free flow beverage for 2  
Worth \$2,300

### QUALIFYING PERIOD: SEPTEMBER 1-30, 2017

Winner will be notified by October 2, 2017

*Winners will be published on The Club magazine and Facebook page  
Limited to one prize per membership*



### UPCOMING PRIZES IN 2017...

**Club Med Peisey Vallandry, France**  
8D7N Resort stay for 2 worth \$5,000

**Resorts World Sentosa**  
1N stay in a Deluxe Room at Hard Rock Hotel + 2 Adult tickets to Universal Studios Singapore

**Kerstin Florian**  
\$1000 cash + SpaRitual hamper worth \$800







# Pathway Membership

**One year Membership  
is available  
for North Americans  
for a limited time!**

**Visit [www.amclub.org.sg/membership](http://www.amclub.org.sg/membership)  
or call 6739-4386  
or email [membership@amclub.org.sg](mailto:membership@amclub.org.sg)  
for information and to book a Club tour.**

Terms & Conditions apply.  
The Management reserves the right to change any  
of the Terms and Conditions without prior notice.



**THE AMERICAN CLUB**  
*Singapore*



# THE FURTHEST COAST



RIPPLE ROOT

RIPPLE ROOT is the artist moniker of Liquan Liew and Estella Ng. They make collaborative, carefree works reflecting themes of nature.

In their work is a distinct Southeast Asian ornamentation, seen in their dense, interwoven patterns that borrow from arabesque tiles and textiles. Folkloric elements, based upon naive renderings of birds and various wildlife are given a modern twist.

The Furthest Coast is Ripple Root's fourth showcase. Specially curated for The American Club, the pieces speak of being out in open water – such is the nature of life, full of ghastly great unknowns. A reminder to never lose faith, but with renewed optimism make steady transitions towards new shores and greater destinations.

AUGUST 31 – OCTOBER 31, 2017

ART LAUNCH

September 8, Friday The Commons on Level 3, 6:30PM to 7:30PM  
*complimentary glass of wine and cheese*

To register or for more information, please drop by the Concierge,  
call 6737-3411 or email [concierge@amclub.org.sg](mailto:concierge@amclub.org.sg)

INSTAGRAM: [rippleroot](https://www.instagram.com/rippleroot) | EMAIL: [art@rippleroot.com](mailto:art@rippleroot.com) | TEL: 9455 0722 | WEB: [rippleroot.com](http://rippleroot.com)



# PRIVACY

## HAS NEVER BEEN SO SUITE.

WELCOME TO DELTA ONE SUITES.

Delta's first all-suite cabin in the new A350-900 aircraft puts unparalleled privacy in your hands with a full-height door.

Available on select route to the U.S. via Tokyo (Narita) from October 2017 onwards.



KEEP CLIMBING



DELTA





TRAVEL



# Angkor

TRACING THE STEPS OF THE KHMER EMPIRE



For hundreds of years, many believed that the lost city of Angkor was mere legend. Now, the UNESCO world heritage site of the stunning Angkor Wat is just a plane ride away.

Step away from the bustle of city life and enter the utopian landscape of Cambodia. Beyond the temples, the lush countryside is dotted with rice fields and white sandy beaches border the coastline. Head into the capital city of Phnom Penh and experience the booming vibrancy and effervescent nightlife.

Alternatively, explore the sprawling labyrinth of Banteay Kdei with its Hall of Dancing Girls. Or, drive through the forest and enjoy a traditional gondola ride on the peaceful Angkor moat, the perfect setting to enjoy a late afternoon drink and catch the sunset over water.

### **ANANTARA ANGKOR RESORT**

For a truly laid-back vacation, check into the luxurious Anantara Angkor Resort for some well-deserved rest. A seamless melding of sophisticated Khmer elements with modern comfort, the resort offers unparalleled service complete with a personal butler.



### **4 DAYS ANGKOR FINEST**

Discover Angkor's finest treasures: temple tours including Angkor Wat, exclusive sunset dining at private countryside, still villages of Kompong Phluk, and more.  
**From \$1,880/- per person (min. 2 pax)**

### **5 DAYS FACES OF CAMBODIA**

Discover Phnom Penh's colorful city by cyclo (rickshaw) to uncover the city's hidden gems and its tumultuous past. Unplug from technology, explore Angkor's archaeological wonders and embark on an adventure on Tonle Sap Lake.  
**From \$2,390/- per person (min. 2 pax)**

Enjoy a complimentary 1-day Angkor Temples tour, return airport transfer and 30-minute foot massage for 2 (worth \$460) when you book an Angkor package with Country Holidays, valid for Suite booking at Anantara Angkor Resort.



**For more information, please drop by the Travel Desk, visit [www.countryholidays.com.sg](http://www.countryholidays.com.sg), call 6735-1033 or email [traveldeskt@amclub.org.sg](mailto:traveldeskt@amclub.org.sg).**



# A BARBEQUE TOUR OF TEXAS!



Our team is gearing up, and we are laying the groundwork for the new poolside restaurant, which will offer traditional Poolside favorites and feature Texas barbeque items. As part of our preparation, Chefs Malik (Executive Chef and F&B Director), Paul (The Second Floor), and Michael (Eagle's Nest) went to Texas for two and a half weeks this summer to learn the nuances of different barbecuing techniques first hand from some of the greats.

Their journey took them to Houston, Austin, and San Antonio, with a short stop in New Orleans as well. They sampled barbeque delights from over a dozen of the most popular restaurants, trying everything from brisket and ribs to coleslaw, pickled onions, and mac and cheese. "This was really an opportunity for us to get a feel for Texas barbeque, including the culture and the people," says Chef Malik. Everyday they ate barbeque for lunch and had Tex-Mex for dinner, so they could try a variety of flavors and cooking styles.

Malik, who lived in Houston for a decade prior to living in Singapore and is a big fan of Texas barbeque, acted as the group's tour-guide and organized several back-of-house and kitchen tours for the trio including stops at Killen's in Houston, Terry Black's BBQ in Austin, C&J's in College Station, and Franklin's in Austin.

In grand Texas fashion, they were fortunate enough to attend Brisket University in Houston, where they spent two intense days learning all about the particulars of smoking meat, deep frying turkeys, and tending a pit. Taught by a group of five men with over 110 years of barbecuing experience between them, our team enjoyed a day of one-on-one instruction followed by a day with 60 other attendees.

While they were in Austin, they took a road trip at 3:00 a.m. to CJ's in College Station, Texas. When they arrived at 6:00 a.m., they helped prepare a 120-lb pig that had been put in the smoker at 9:00 p.m. the previous night. When the pig was finished and pulled from the smoker, they were able to shred the meat using just their hands. "What you realize is that barbeque is not a fast food," shares Chef Paul. "It takes 12, 16 hours to cook the meat so that it is ready to serve. It's a long process that can't be rushed."

Later, in San Antonio, they attended the Culinary Institute of America to take part in its two-day course "Barbeque Boot Camp." Taught by one of only ten certified Master Chefs in the US, this boot camp taught the science behind barbecuing techniques and the specifics of flavor profiles. This knowledge, coupled with their hands-on experiences, and kitchen tours was priceless. "The CIA course really showed us that barbequeing is a lot more complex than we initially thought," says Malik. "The attention to detail around every aspect of the process is amazing."

"It was great to really learn about the people who produce this cuisine. It's a way of life for them; it's a passion. And that was inspiring to see and be a part of," shares Malik.



## WHAT WILL THE NEW POOLSIDE MENU FEATURE?

Our new concept is decidedly American. Look out for salads, wraps, burgers, pizzas, and sandwiches!



We'll have a mini-barbeque menu within our new poolside menu. We'll be tempting you with brisket, pulled pork, and pork ribs each and every day.



Keep your eyes open for barbeque combo platters on the weekends featuring everything from sausages to smoked turkey breast to tacos. We'll also have local barbeque delights on the weekends as well—stingray, satay, and more!



# MEET OUR NEWLY MINTED *Sommeliers*

Being a Sommelier means a lifetime of learning and tasting. Gone are the days when wine servers drift around the dining room just to open bottles. A modern-day Sommelier needs to be knowledgeable, personable and hardworking, with the ability to think on his/her feet.

There are several channels of Sommelier education available in the market, the preeminent and most internationally recognized of which is the Court of Master Sommelier (CMS). CMS was conceived in the UK back in the late 1960s. There are operating branches in both America and Oceania (Australia and New Zealand) today.

The course starts with an Introductory Sommelier certificate (Level 1) and continues through to Certified Sommelier (Level 2), Advanced Sommelier (Level 3) and Master Sommelier (Level 4) – dubbed by Forbes magazine as the “World’s Toughest Test” in 2013. There are currently only 236 Master Sommeliers in the world.

The various qualifications are centred on theoretical knowledge, blind tasting competency and practical service skills in a restaurant. All candidates are required to know everything from wine regions in Bulgaria to the latest American Viticultural Area, as well as be able to identify wine regions, grapes and vintage from just the taste of a wine in the tasting glass. The candidate is then put through a series of restaurant-simulated environments, which could include a crying guest or a wine snob ordering the most expensive bottle.

The difficulty increases substantially from level to level; with the Master Sommelier exam averaging just a 10% passing rate.

We are proud and pleased to announce our 2 newly Certified Sommeliers at The American Club! Lei Dong and Justin Wee recently travelled to Auckland and successfully completed both levels 1 and 2 of this very difficult exam. They were among 5 of 15 who passed the Certified Sommelier test.

Months of preparation prior to the exams, including daily mugging and weekly blind tasting sessions with other Singapore Sommeliers – on top of regular work hours and family commitments – were just a small fraction of the worthwhile sacrifices Justin and Lei Dong put into their journey towards achieving this remarkable milestone. Do give them a pat on the back the next time you see them at The Club.



Justin Wee



Lei Dong





# Carpet Auction

@ 15 Dempsey Road #01-09

9<sup>th</sup> Sept (Saturday Night)

**Make an offer !!!**

Come join us for a drink & light finger food as we auction off 80 beautiful Contemporary, Traditional, Tribal & Antique handknotted carpets from our latest shipment. **No reasonable offer will be refused.** All carpets fully guaranteed with Certificates.

*Be the first 20 to register and receive a Mystery Gift & Stand a chance to win in our 6 Lucky-Draws worth \$6,000 !!*

Buy with confidence:



**Registration Required :-**

**Call 64620028**

**or E-mail to**

**hedgerscarpets@singnet.com.sg**

** Hedger's Carpet Gallery Facebook**





# *THE* AMERICAN BOARDING SCHOOL EXHIBITION *IN* SINGAPORE

**SUNDAY, NOVEMBER 5, 2017**  
**2:00 - 5:00 P.M.**

ADMISSION OFFICERS'  
PRESENTATION AT 3:00 P.M.

**REGENT SINGAPORE**

1 CUSCADEN ROAD  
SINGAPORE

## **PRESENTATION TOPICS:**

Why Choose a U.S. Boarding School or Junior Boarding School  
How U.S. Boarding Schools Best Prepare for Leading Universities  
The Benefits of Summer School  
What Schools Look for in a Candidate  
How and When to Apply  
The Importance of Fit  
Why Choose an Educational Consultant

For more information,  
please contact  
[joycekwik@virginiabush.com](mailto:joycekwik@virginiabush.com)



To pre-register for this  
free event, scan here.





Phillips Academy  
**ANDOVER**



**MERCERSBURG**  
VIA LUCIS  
**M**  
1893



**Fay School**  
POTERIS MODO VELITIS

**NMH**  
Northfield Mount Hermon

**STEVENSON SCHOOL**

**A**  
Est. 1927  
**AVON OLD FARMS SCHOOL**



**VJB**

**VIRGINIA & JENNIFER BUSH & ASSOCIATES**

**INDEPENDENT EDUCATIONAL CONSULTANTS SINCE 1975**

# 中秋

## Mid-Autumn Festival

THE AMERICAN CLUB MOONCAKES

Available at Thyme Café and The 2<sup>nd</sup> Floor  
from August 30 to October 4.

Indulge in our exquisitely crafted mooncakes this mid-autumn festival. Our perennial favorite, Lotus Paste with Salted Egg Yolks, features traditional baked mooncakes with creamy single or double yolks nestled in smooth and mildly sweet lotus paste. For those with alternative palates, opt for our traditional Lotus Paste and Melon Seed mooncakes to complete your selection. Best enjoyed with a cup of hot Chinese tea, these well-loved delicacies will always be a joy to savor.

All mooncakes are available individually or in a beautiful carrier set of 4.

For more information, please call 6739-4359  
or email [thyme@amclub.org.sg](mailto:thyme@amclub.org.sg).





**69<sup>TH</sup> BIRTHDAY CELEBRATION**

# THE GREAT WESTERN RODEO

Come dressed in your best cowboy and rodeo costumes and stand to win our 'Best Dressed' prize – a 2-Night Villa stay at The Ungasan Clifftop Resort, Bali



Giddy up and mosey over to The Club's Great Western Rodeo party! We are celebrating our 69th birthday, and what better way to commemorate this happy occasion than with a quintessentially American party?

Play fun carnival games, enjoy a smorgasbord of complimentary bites, and capture fun memories with our rodeo photobooth! For those game enough, hang on tight to our mechanical bull and vie for the record of longest ride!

**Sunday, September 10**  
**Claymore entrance and the Lobby**  
**3:00 p.m. – 7:00 p.m.**

*Complimentary event; Members only*

*For more information, please drop by the Concierge, call 6737-3411 or email [concierge@amclub.org.sg](mailto:concierge@amclub.org.sg).*

## THE GREAT WESTERN RODEO FOOD SPECIALS

It's our birthday, and we want to share the joy with you!  
Enjoy these special promotions at Eagle's Nest and Union Bar.

### **September 11 – 14**

Singapore Laksa @ \$6.90

Nachos Supreme @ \$6.90

Crispy Breaded Chicken Wings @ 69 cents per piece!\*

### **September 15 – 17**

Texas Beef Chili Dog with Fries @ 69 cents!

*\*Maximum 2 dozen per pax*

*Available during lunch and dinner only*

*No reservations required; walk-in only*

*Not applicable in conjunction with niche group privileges or other promotions*

*Applicable for dine-in only*

# THE ENTREPRENEURS SERIES

Our networking event, The Entrepreneurs Series caters to those who want to understand more about global start-up trends in this digital age. Held every third Tuesday of the month, the event will feature Asia-based entrepreneurs and their success stories. Emceed by Landy Eng, former CNBC host of Driven and serial entrepreneur.

**Tuesday, September 19**

**The Commons, Level 3**

**7:00 p.m. – 8:30 p.m.**

Member: \$25

AAS/AWA/AM Cham Member: \$30

Guest: \$35

Light refreshments will be provided



## SEPTEMBER'S SPEAKER:

### PETER MACH

#### Location Location Location, Vietnam and Me

After leaving Wall Street in 2007, Chinese-Vietnamese-American Peter Mach dived head first into the world of entrepreneurship as the Regional Managing Director at Credit Suisse In Hong Kong. He later co-founded Vietnam's first hedge fund and set up AMA Education Foundation to give back to society. Today, the ambitious entrepreneur is developing the Melia Ho Tram hotel and resort while starting another property venture in Vietnam.

Registration required  
A 48-hour cancellation policy applies

For reservations, please drop by the Concierge, call 6737-3411, or email [conciierge@amclub.org.sg](mailto:conciierge@amclub.org.sg).



Want investors for your start-up?  
Or are you looking to  
become an angel investor?  
**JOIN US NOW!**

# THE ENTREPRENEURS SERIES

## SKIN IN THE GAME

Our regular networking series gets a new spin! In cooperation with the Distinguished Universities Alumni League (DUAL), The Club will hold its first elevator pitch for start-ups. This classic format of entrepreneurs presenting ideas to early stage investors will be a golden opportunity to boost awareness for new business concepts.

Only 12 selected entrepreneurs and start-ups will get the chance to give a 5-minute pitch, with an additional 5-minute Q&A session. Pitch session is open to The American Club and DUAL Members only.

If you are interested in participating either as a presenter or angel investor, please contact the Events team at [f&bevents@amclub.org.sg](mailto:f&bevents@amclub.org.sg) (for Club Members) and Mr Angelo Roxas at [penning@gmail.com](mailto:penning@gmail.com) (for DUAL members) by Friday, October 6.

**Tuesday, October 24**  
**The Commons, Level 3**  
**5:30 p.m. – 9:30 p.m.**

Admission fee: \$100 per entrepreneur or start-up\*  
Member: \$35

AAS/AWA/AmCham Member/Guest: \$45

Light refreshments will be provided

All participants will receive a complimentary \$10 F&B voucher

### Program

5:30 p.m. – 7:00 p.m.: Registration and mingling  
7:00 p.m. – 8:30 p.m.: Elevator pitches and Q&A (short break included)  
8:30 p.m. – 8:45 p.m.: Closing  
8:45 p.m. – 9:30 p.m.: Networking

*In conjunction with:*

**dual**

\*Limited to 2 representatives per start-up

• Registration required. • A 48-hour cancellation policy applies.

For reservations, please drop by the Concierge, call 6737-3411, or email [concierge@amclub.org.sg](mailto:concierge@amclub.org.sg).

# Christmas

## IN SEPTEMBER WEEKEND

Saturday & Sunday, September 23 & 24  
Lobby  
3:00 p.m. – 5:00 p.m.

It's the most wonderful time of the year...in September! Come celebrate our Club's timeless tradition and have an early taste of Yuletide this year with an American Club Christmas weekend.

Drop by the Lobby and sample Club-made turkey roasted to perfection and luscious desserts by our pastry team. Sit down to a hearty brunch at Eagle's Nest or The 2nd Floor, complete with succulent roasts, finger-licking good stuffing and festive treats.

## CHRISTMAS IN SEPTEMBER BRUNCH

Sunday, September 24

### Eagle's Nest

First seating: 10:00 a.m. – 12:00 p.m.

Second seating: 12:30 p.m. – 2:30 p.m.

Adult Member: \$49.95

Adult Guest: \$59.95

Child Member (under 12 years): \$24.95

Child Guest (under 12 years): \$30.95

Child (under 5 years): \$9.95

Child (under 3 years): Free

*Reservations required*

*A 48-hour cancellation policy applies*

*A la carte menu is not available*

*Buffet inclusive of regular coffee or tea and free-flow soft drinks*

For reservations, please call the Concierge at 6737-3411 or email [concierge@amclub.org.sg](mailto:concierge@amclub.org.sg).

### The 2<sup>nd</sup> Floor

11:30 a.m. – 2:30 p.m.

Adult Member: \$69.95

Adult Guest: \$79.95

Child Member (under 12 years): \$34.95

Child Guest (under 12 years): \$40.95

Child (under 5 years): \$9.95

Child (under 3 years): Free

*Reservations required*

*A 48-hour cancellation policy applies*

*A la carte menu is not available*

For reservations, please call The 2<sup>nd</sup> Floor at 6739-4329 or email [2ndfloor@amclub.org.sg](mailto:2ndfloor@amclub.org.sg).





# Canadian THANKSGIVING

Feast into comforting Thanksgiving fare, lovingly prepared by our Chefs.

## PRE-CANADIAN THANKSGIVING BRUNCH

Sunday, October 8

The 2<sup>nd</sup> Floor

11:30 a.m. – 2:30 p.m.

Adult Member: \$38

Adult Guest: \$46

Child Member (under 12 years): \$20

Child Guest (under 12 years): \$25

Child (under 5 years): \$9.95

Child (under 3 years): Free

*Reservations required*

*A 48-hour cancellation policy applies*

*A la carte menu is not available*

For reservations, please call The 2<sup>nd</sup> Floor at 6739-4329

or email [2ndfloor@amclub.org.sg](mailto:2ndfloor@amclub.org.sg).

## CANADIAN THANKSGIVING BUFFET DINNER

Monday, October 9

Eagle's Nest

6:00 p.m. – 9:00 p.m.

Adult Member: \$34.95

Adult Guest: \$39.95

Child Member (under 12 years): \$18.95

Child Guest (under 12 years): \$23.95

Child (under 5 years): \$9.95

Child (under 3 years): Free

*Walk-in only; reservations not required*

*A la carte menu is not available;*

*Buffet is inclusive of regular coffee or tea*

For more information or for table of 6 or more,

please drop by the Concierge, call 6737-3411

or email [concierge@amclub.org.sg](mailto:concierge@amclub.org.sg)



## PREMIUM WINE TASTING II

Stock up your cellar for the upcoming festive season! Savor premium labels from all over the world at our ever-popular Premium Wine Tasting II, featuring fine labels at exclusive Member prices. Accompanied by an extensive buffet of scrumptious hors d'oeuvres, this is an event not to be missed.

Saturday, November 11

The 2<sup>nd</sup> Floor

7:30 p.m. – 10:30 p.m.

Member: \$108

Guest: \$128

Adults only, 18 years and above

Reservations required

A 48-hour cancellation policy applies

The 2<sup>nd</sup> Floor dress code applies

For reservations, please call the Concierge at 6737-3411

or email [concierge@amclub.org.sg](mailto:concierge@amclub.org.sg).

**EARLY BIRD  
SPECIALS**

Member: \$98

Guest: \$118

Book by  
October 28





# HALLOWEEN AT THE CLUB

## HALLOWEEN MERCHANDISE AT HOME From October 1

Trick or treat! Drop by HOME and pick up themed candies, accessories and Halloween décor to make this Halloween a frightfully fun one!

For more information, please drop by HOME, call 6739-4344 or email [home@amclub.org.sg](mailto:home@amclub.org.sg).



### PRE-HALLOWEEN PARTY

Groove to the beat with blues band Skunk Jive – back by popular demand! Featuring guest appearance by Club Member Greg Tucker-Kellogg on the lap steel guitar. Come and enjoy the infectious Halloween mood with a potent mix of blues, funk and rock music.

**Saturday, October 28**  
**Union Bar**  
**7:30 p.m. onwards**

*No reservations required; 18 years and above*  
For more information, please drop by Union Bar or call 6739-4340.



### PRE-HALLOWEEN BRUNCH



**Sunday, October 29**  
**Eagle's Nest**  
**10:00 a.m. – 3:00 p.m.**

Adult Member: \$49.95  
Adult Guest: \$59.95  
Child Member (under 12 years): \$24.95  
Child Guest (under 12 years): \$30.95  
Child (under 5 years): \$9.95  
Child (under 3 years): Free

*Reservations required*  
*A 48-hour cancellation policy applies*  
*A la carte menu is not available*  
*Buffet inclusive of regular coffee or tea and free-flow soft drinks*  
For reservations, please call the Concierge at 6737-3411 or email [concierge@amclub.org.sg](mailto:concierge@amclub.org.sg).



## EVENTS AT



## THE 2<sup>nd</sup> FLOOR NEW MENU LAUNCH

Tuesday, September 5

We are launching our brand new menu at The 2<sup>nd</sup> Floor! After weeks of planning and hard work, we're excited to unveil our new epicurean conception. Be the first to taste our inspired new dishes or savor signature staples – all lovingly-conceived to meet our Members' discerning tastes.

## THEMED SOCIAL NIGHTS

The night is still young! Join us at our themed social nights for lots of revelry and socializing. Each month will feature different themed nights.

## OYSTER & SASHIMI TUESDAYS

Partake in delicious oyster and sashimi with loved ones – the more the merrier. Enjoy them at specially discounted prices!

The 2<sup>nd</sup> Floor Bar & Alfresco area  
Happy hour from 5:30 p.m. – 7:30 p.m.

## LADIES' NIGHT THURSDAYS

Girls run the world! Slip on your heels and grab your favorite girlfriends for a relaxing evening. To make your night even more special, enjoy premium house pour wines and spirits at only \$10 per glass!\*

The 2<sup>nd</sup> Floor  
5:30 p.m. – 10:00 p.m.  
Cocktail Platter menu available  
\*Only applicable to ladies

For more information, please call 6739-4329 or email [2ndfloor@amclub.org.sg](mailto:2ndfloor@amclub.org.sg).





# WINE FRAUD GENIUS

200-year-old auction house Acker, Merrall & Condit broke records by selling more than \$35 million worth of wines from a young collector named Rudy Kurniawan in a 2006 auction. What truly shocked the wine community was the discovery of a heist that eclipsed that amount of money transacted – a genius orchestration that defrauded the world of wine-drinking tycoons with big egos, and bigger cellars.

Rudy, an ethnic Chinese and native of Jakarta who was born Zhen Wang Huang, resided and spent his time in California. He was a flamboyant and flashy wine collector who made his name in the California elite wine circle; and was nicknamed “Dr. Conti” for his penchant for Domaine de la Romanee Conti – a famous Burgundy estate highly sought-after by wine lovers around the world. The charming connoisseur was generous with his wines and known to splurge in wine auctions across the country, sweeping up old vintages from France.

Rudy burst into prominence when Acker Merrall auctioned off two lots of wines from his private collection for \$35 million. In 2008, red flags began surfacing around the authenticity and credibility of his wines when Acker Merrall had to withdraw a certain lot of Domaine Ponsot back vintages. Laurent Ponsot of Domaine Ponsot, who had flown into New York City to attend this auction at the now defunct Cru restaurant in Manhattan, had received information that a parcel of wines, the vintages of which were never produced by his Domaine, was to be auctioned. Though he had spoken with the chairman of Acker Merrall to have the wines removed from the auction, he wanted to be doubly sure they were.

Laurent delved into what would then be a 4-year pursuit of wine counterfeits. Much evidence pointed to the fact that Rudy was not merely trying to re-sell the wines as an unwitting buyer. In 2009, billionaire Bill Koch, brother of the notorious Charles and David Koch, sued Rudy after discovering that he had procured more than \$4 million in fake wines from the Asian tycoon.



In 2012 the FBI raided Rudy's home in a Los Angeles suburb to find bags filled with old corks, bundles of brand-new wine labels and handwritten blending notes for old Bordeaux wines. The rare wine gems of Rudy Kurniawan were nothing more than old, used bottles filled with different wines from different blends! The detectives had discovered 'Chateau Kurniawan of master winemaker Rudy' in a home in California. What a find!

It was reported that Rudy was mired in debt despite selling off millions upon millions of dollars of wine. The first person ever to be convicted of wine fraud, he is serving a 10-year term in Taft Correctional Institution in California and is expected to be released sometime in 2021. Further investigations revealed that this heist was possible because many collectors never had a prior chance to taste or identify the old vintages that he had sold. Laurent of Domaine Ponsot claims that 80 percent of pre-1980 Burgundies being sold in auctions are fake.

In case you're interested, the documentary “Sour Grapes” about Rudy Kurniawan is available on Netflix.

### Wine Fraud Prevention Tips

You don't have to worry too much if you're buying a \$30 or \$40 bottle of wine, but if you're planning to part with thousands of dollars on collectible or 'trophy' bottles, it's wise and prudent to ensure some due diligence is undertaken around the authenticity of the wines. Being caught in a fraud is both infuriating and embarrassing.

1. Never buy from unreliable sources regardless of pricing. If purchasing from auction houses, check for fraud history. If purchasing from local merchants, go for the ones with long histories. Take note of vintages; when it comes to Bordeaux most of the fakes are of top and most expensive vintages.
2. Remove the foil/capsule and check that the vintage on the cork (through the glass) is the same as that on the label before uncorking.
3. Check the label for alignment. If it is straight, check for glue residue at the edges. Classic white glue is used only after the 60s.
4. Be sure that an old vintage bottle is not in too perfect condition. If the level of wine in the bottle is too high it may be too good to be true. Foil/capsule should not be too new and will generally be thinner than modern ones.
5. Read and study the facts. Does the label information chime with history? For example, would a Lafite 1811 vintage mention the Pauillac AOC, which dates from 1936, or the Rothschild family, owners from 1868?

Remember that there are risks involved in buying super old, collectible, unicorn wines. Some auction houses and merchants use caveat emptor to push the onus on the buyer to buy at their own risk! Good luck!





## Stylish Living

Discover elegance and exclusivity at Orchard Road's newest and most fashionable address, Ascott Orchard Singapore. Be transported to a world of luxury. Our fashionably-designed rooms and serviced suites, fully equipped with the modern amenities of home, are the ideal home away from home. Experience the sophisticated lifestyle and tailored services that you deserve. **Because life is about living.**

————— **Win a 3D2N stay at Ascott Orchard Singapore valued at \$1,200!** —————

To qualify, simply e-mail your name and membership number to [info@amclub.org.sg](mailto:info@amclub.org.sg) by 30 September 2017.

Two lucky winners will be notified via e-mail on 2 October 2017. Limited to one prize per membership.



# September & October PROMOTIONS

Enjoy these special deals during our Redevelopment period!

## BEAUTY:

Signature Caviar Facial by Kerstin Florian: \$198 (U.P. \$258)

## HAIR:

Receive a complimentary post-treatment remedy worth \$35 with any hair coloring service

## MASSAGE:

60 minutes: \$68

90 minutes: \$102

*Not valid for Guest Therapist, Sports and Physiotherapy treatments  
Not to be used in conjunction with other promotions, niche group privileges or loyalty packages*

## HAWAIIAN KA HUNA BODYWORK

By Carita Wong

October 26 – November 19



Crowd favorite guest therapist Carita will be visiting again! Her previous stint at The Club left many Members awed, especially first-timers of Hawaiian Ka Huna Bodywork.

Hawaiian Ka Huna Bodywork is a combination of movement, dance, rhythm, breath and massage. This special massage requires the therapist to be in constant movement around the table, following specific patterns of foot placement and body posture. The therapist's arms will also have to sweep over the body in long, flowing movements to the pulse of music. All these combine to provide a relaxing experience for the mind, body and soul.

It takes a certain level of skill to be able to deliver this unique massage. Carita is an experienced Ka Huna bodyworker, facilitator and yoga teacher at High Spirits Retreat in Queensland, Australia. The certified Life Coach and Visionary Craniosacral practitioner's massages are so highly sought after that some Members have secured their appointments five months in advance!

**To avoid disappointment, book an appointment with Carita now.  
Please drop by sên, call 6739-4449 or email [spa@amclub.org.sg](mailto:spa@amclub.org.sg).**

"Thanks for your recommendation of Carita – I got to enjoy a fantastic massage! It was the best massage I've had in 10 years, the last one being the reiki massage in Los Angeles 11 years ago. Carita's technique is nurturing, healing and unique. Please convey my appreciation to her. Please also see if it's possible for her to come more often? She is a high quality addition to sên Spa's services. She has wonderful hands – my pain was also gone and I feel fantastic!" - **Member**

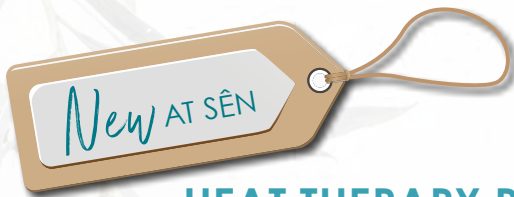
"I was a walking advert as I tried to leave the spa. I am sure I looked like I was on another planet. Well I was...the relaxed planet. I posted on FB so others from The Club could hear of my very best massage in Singapore and will spread the word to others." - **Member**

*Guest Therapist Treatments are not valid with niche group privileges or loyalty packages*

## SÊN E-NEWSLETTER

Get first hand updates on product and service launches, discounts and promotions when you subscribe to our sên e-newsletter! To opt in, simply email your name and Membership number to [info@amclub.org.sg](mailto:info@amclub.org.sg) with the subject title: **"I would like to subscribe to sên e-newsletter"**.



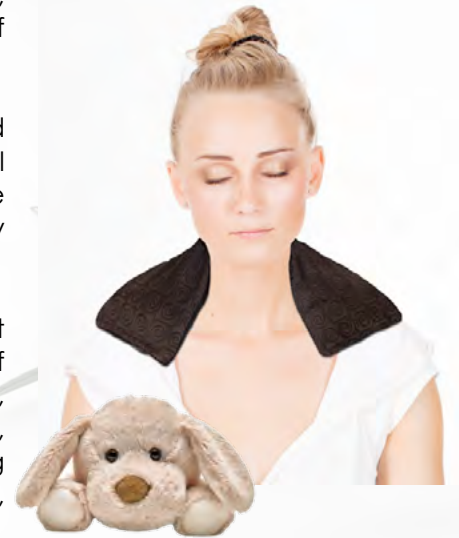


## HEAT THERAPY PRODUCTS BY WARM BUDDY COMPANY

If lower back aches, stiff necks or period cramps are familiar occurrences, Warm Buddy Company's heat therapy products will warm the cockles of your heart.

With improved heat holding capabilities and addition of herbs and essential oils, these heat therapy products are widely used by medical practitioners and massage therapists in their treatments. They even come in the form of adorable plush animals to help one fall asleep comfortably at night.

sên now carries a selected range of Warm Buddy Company's heat therapy products, so everyone in the family can have a Warm Buddy of their own. Choose from Anti-Stress Shoulder Wrap, Lavender Neck Wrap, Ultra Body Wrap, Warming Pillow and Sports Therapy Wrap to reduce pain, stress and promote restful sleep. The Original Warm-Up Animals comprising Little Buddy Labrador Puppy, Beary Bear, Sleepytime Duck and more, are perfect for kids.



## INSTRUMENT-ASSISTED SOFT TISSUE MOBILIZATION (IASTM) BY PHYSIOTHERAPIST, ERWIN



IASTM is performed using specially designed stainless steel instruments, along with appropriate therapeutic exercise, to specifically detect and effectively treat areas exhibiting soft tissue fibrosis or chronic inflammation. The instruments are used diagnostically to follow the kinetic chain, to locate and treat the cause of the symptom as well as the specific area of pain. It's also frequently used as an effective protocol to maintain range of motion.

Erwin is a trained physiotherapist registered with the Singapore Physiotherapy Association. With over 10 years of experience under his belt, he successfully blends his knowledge of Personal Training with physiotherapy to help clients improve balance, coordination, develop strength and prevent injury. His techniques work best on chronic conditions of the neck, back, pelvis and other body parts affected by physical injury.

*Physiotherapist Treatments are not valid with niche group privileges or loyalty packages*

**Call 6739-4449 to find out more or to book an appointment.**

# PRINCESSES AND KNIGHTS PARTY



Princesses and Knights across the land are summoned to our castle by royal decree – for a grand ball of a time! Little highnesses will slay the Dragon piñata, go on a fantastical Magic Potion Hunt and enjoy royal face-painting and magical glitter tattoos!

**Sunday, September 24**

**The Zone**

**10:30 a.m. – 12:30 p.m.**

Child Member: \$35

Child Guest: \$40

Adult Member: \$12

Adult Guest: \$17

# Halloween SPOOKTACULAR PARTIES

Get your little ghouls dressed up in their scariest Halloween costumes for a fabulously spooktacular time! Come join us if you dare.

**Saturday, October 28**

**The Zone**

**6:30 p.m. – 8:30 p.m.**

8- to 13-year-olds

**Sunday, October 29**

**The Zone**

**10:30 a.m. – 12:30 p.m.**

3- to 6-year-olds

Child Member: \$35

Child Guest: \$40

Adult Member: \$12

Adult Guest: \$17

*Registration required; a 48-hour cancellation policy applies. The computers, Xboxes and Wii will not be available for use during the parties; the child-minding zone will be moved to the Yankee Doodler room.*

For more information or to register, please drop by The Zone, call the Youth Desk at 6739-4413 or email [youth@amclub.org.sg](mailto:youth@amclub.org.sg).





# FALL CAMP

OCTOBER 11 TO 27

Out of activity ideas for your kids this Fall break?  
Celebrate the semester hiatus with our Stars n' Stripes Fall camp!  
Youngsters will enjoy two and a half weeks of fun and friendships. Don't miss out!

## GUESTS ARE WELCOME!

2- to 3-year-olds: \$275 per week; \$60 per day  
4- to 5-year-olds: \$360 per week; \$80 per day  
6- to 8-year-olds: \$430 per week; \$95 per day  
9- to 11-year-olds: \$550 per week; \$120 per day

*Additional 20% fee applies to guests*  
*Sibling discount: 5% off the weekly rate*  
*Elite/VIP Members: Enjoy \$40 off the weekly rate per Member child*  
*10K/15K Members: Enjoy \$20 off the weekly rate per Member child*  
*Discounts are not valid in conjunction with other promotions*  
*\*Terms and conditions apply*

Register  
between  
September 1-15  
and enjoy 5% off\*  
your total camp  
booking fee

To sign up, or for more information, please drop by The Zone,  
call the Camp Desk at 6739-4432 or email [camp@amclub.org.sg](mailto:camp@amclub.org.sg).





# FALL CLASSES & SCHEDULE

Our new Fall class schedule is out! Sign your kids up for our popular Taekwondo classes, or have them learning the art of beautiful calligraphy or building their very own race cars. Visit our website for the latest schedule, class terms and breaks.

## BIRTHDAY PARTY

What better way to celebrate your kid's birthday than right here at The Club? Let our experienced birthday party crew take care of all the nitty-gitty details while you sit back, relax and enjoy your child's special day. From an entertaining program to scrumptious snacks and a delicious birthday cake, our team will make sure your child and his/her friends have a memorable day! We can also move the party to Bukit Merah Lifestyle Complex. If you have an alternate venue in mind (e.g. Trampoline park or indoor playgrounds), our crew will be able to assist you too!

For more information or enquiries, please drop by our Youth desk, call 6739-4413 or email [youthparty@amclub.org.sg](mailto:youthparty@amclub.org.sg).





AN ORIGINAL MUSICAL THAT WILL GET  
YOUR FAMILY CLUCKIN' WITH LAUGHTER

# CHICKEN LITTLE



Recommended for  
3 year-olds and above

Book and Lyrics by Jake Brunger  
Music and Lyrics by Pippa Cleary  
Directed by Kate Gollidge

The **Little**  
company

A Division of The Singapore Repertory Theatre

**FROM 25 OCT 2017**

KC Arts Centre – Home of SRT

TICKETS ON SALE VIA [WWW.SISTIC.COM.SG](http://WWW.SISTIC.COM.SG)

COMPANY PARTNERS





# FLAT SERVE

By Tomas Biernacki, Tennis Director

Along with the return, the serve is the shot players have to start the point with. Without the serve and return, a point cannot be started. Unfortunately, many players do not put enough importance on this crucial shot. Read on to learn some handy tips to improve your serve!

## WRIST

The wrist is extremely important in a serve. The wrist has to be loose and relaxed. A stiff wrist leads to added pressure on the shoulder and makes one more susceptible to injuries. On the contrary, a loose wrist will add speed and compensate for a poor toss while preventing injuries.

## BALANCE

Not having a good grip on balance is one of the most common causes of mistakes on court. The serve is a challenging shot since players have to beat the net while constrained by the amount of space on the court. This requires players to hit with high precision, along with efficient body usage, which means players need to have extreme balance. Balance will minimize falls during motion and contact with the ball. A loss of balance will affect body position and change the angle of the racquet. A small change of the racquet face angle can lead to a big change in the direction of the ball.

## ANGLE OF THE RACQUET FACE

The correct angle of the racquet face helps the player to achieve an appropriate ball direction. It will also aid in adding different rotations to the ball, which will result in a flat serve. The ideal serve requires a perfectly perpendicular racquet face to the direction of the ball.

## GRIP

The most appropriate and efficient grip for a serve is the continental grip. It allows players to hit with different rotations without changing the grip, and gives players the best wrist mobility, highest speed and racquet acceleration. However, most players today (especially at lower levels) prefer the forehand grip due to its lower difficulty level. Ironically, it may indeed be much easier to keep a strong wrist using a forehand grip initially, but as players become more skilled at the sport, the continental grip will aid in producing stronger serves than the forehand grip.





## CORRECT HEIGHT OF CONTACT

A common misconception is that the highest contact is the best contact for a flat serve. However, most do not know that different grips require different heights of contact. While grips have the same level of wrist mobility at different heights of contact, the elbow and shoulder mobility changes. Since the wrist can only move a limited amount when using the forehand grip, players will find it more convenient to hit slightly low. By not being able to snap the wrist, players cannot create angle for a sharp shot. Hence, a high contact might prove problematic with the forehand grip.

## TOSS IN APPROPRIATE RANGE

Many might believe the toss is the most important part of the serve. The reality is that it is impossible for most to achieve the perfect toss. The probability of it happening is low, as there are continuous adjustments one has to make due to the weather, fatigue and pressure. Having a loose wrist and good balance can potentially mitigate a bad toss. However, even though the toss is not the most important part of the serve, players still need to stay within a certain range in order to maintain the desired racquet face angle and proper balance.

## COMMON MISTAKES WHEN SERVING

### Ball in the net

- Toss too far in front
- Loss of balance

### Ball too long

- Low contact
- Contact too far behind

### Ball to the left (for a right-handed player, and vice-versa)

- Toss to the left
- Loss of balance
- Excessive turning to the left while hitting

### Undesired slice serve

- Wrist not loose
- Loss of balance
- Excessive toss far forward and to the right with a continental grip
- Early shoulders rotation

### Not enough speed

- Limited extension of the arm on the contact (low contact)
- Wrist not loose

## TENNIS CAMPS

Winter Holiday Program: December 18 – January 5

## TERM COACHING PROGRAM

Term 1 (Fall Program): August 7 – December 16  
Term 2 (Spring Program): January 8 – June 9, 2018

## WEEKLY SOCIALS

Monday Men's Socials: 6:30 p.m. – 9:30 p.m.  
Wednesday Ladies' Socials: 9:00 a.m. – 12:00 p.m.

## MEN'S DROP-IN

Saturdays: 10:00 a.m. – 11:30 a.m.  
24-hour advanced booking is required

## LADIES DROP-IN

Fridays: 9:30 a.m. – 11:00 a.m.  
Not available during Summer and Winter breaks;  
24-hour advanced booking is required

## MIXED TEAM TENNIS SOCIALS

Fridays, October 6, November 3 & December 1:  
7:00 p.m. – 9:30 p.m.  
Registration is compulsory

## WELCOME BACK THEMED MIXED ADULT SOCIAL

*"Whites & Woodies"*

Friday, September 15  
Visit our website for more information

## TOURNAMENTS

**September 8 & 9:** Member- Guest Tournament  
for Staff Emergency Fund

**September & November:** STA Interclub Doubles 2017

**September 16:** Mini Tennis Junior Tournament  
(*rescheduled*)

**October 13 – 15:** Fall Junior Singles Championship

**November 10 – 12:** Adult Mixed  
Doubles Championship

**November 18:** Mini Tennis Junior Tournament



# ALL ABOUT OSTEOPOROSIS

By Ghazali, Personal Trainer



Adults reach their peak bone mass in their thirties, which is the period when bones are the strongest and densest. After this age however, the body breaks down bone tissue at a faster rate than they can be replaced.

This leads to weaker bones and in some extreme cases, osteoporosis. Osteoporosis is a condition characterized by thinning and weakening of bones, making them more prone to fractures, and usually occurs in women over 55 years of age.

There are two types of osteoporosis: primary and secondary. The former is commonly related to old age coupled with reduced testosterone and estrogen in men and women respectively. The latter is seen in both children and adults and is related to other diseases or conditions. Cancer, hormone problems or use of certain medications can all lead to secondary osteoporosis.

Some factors that contribute to osteoporosis include family history, gender (female), smoking, lack of exercise, poor diet and excessive alcohol consumption. Bones may break or fracture easily due to the weight of the body and pressure from everyday activities such as climbing stairs or lifting heavy boxes. Common areas where fractures occur include the wrist, spine and hips.

Although old-age osteoporosis might seem inevitable, there are some foods (rich in calcium, magnesium or Vitamin D) and exercises one can consume and perform to delay its onset – or prevent it entirely!

Food that can prevent or treat osteoporosis	Food to avoid if you already suffer from osteoporosis
Milk	Excessively salty food
Yogurt	Carbonated beverages
Broccoli	Caffeine
Flaxseeds	Alcohol
Spinach	
Soy beans	
Eggs	
Cheese	
Butter	

## Exercises that can help with osteoporosis

- Weight bearing exercises (e.g. aerobics, hiking, elliptical, jogging)
- Resistance training (e.g. free weights, resistant bands, weight machines)
- Whole body vibrational training

For more information, please drop by the Sports Counter, call 6739-4312 or email [sportscounter@amclub.org.sg](mailto:sportscounter@amclub.org.sg).



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Bouncing back from a sluggish beginning, recent news regarding the upcoming 14th general election and China's increasing investments in Malaysian infrastructure and the development sector, has led to a positive change in property investors' sentiment.

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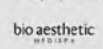
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# BOAT FISHING

Spend a day with fellow anglers and feel the rush of adrenaline when a fish takes the bait! Enjoy some well-deserved peace immersed in nature and away from the hustle of urban living.

**Saturday, September 30**

**Meeting point: Lobby**

**7:00 a.m. – 6:00 p.m.**

Member: \$135

Fee includes two-way transport to venue and light lunch

Recommended for 15-year-olds and above

**Optional:**

Rental of fishing rod at \$30 per piece

*Registration is compulsory;*

*slots will be allocated on a first-come, first-served basis*

*Registration closes Wednesday, September 6*

*A 48-hour cancellation policy applies*

*Minimum of 8 participants for event to commence;*

*maximum of 10 participants*

# ROCK CLIMBING

Test your strength and challenge your limits! Get a taste of this extreme sport and experience the thrill of climbing while training your upper-body strength and stamina.

**Saturday, October 14**

**Meeting point: Lobby**

**9:00 a.m. – 12:00 p.m.**

Member: \$96

Fee includes two-way transport and light lunch

Recommended for 12-year-olds and above

**Program:**

- Introduction to climbing & equipment
- Safety briefing and climbing time on Auto-belay platform (8-meter walls)
- Safety briefing and climbing time on BelaySafe (12-meter walls)
- Safety briefing and climbing time on Boulder walls (3 to 4 meters)
- Team game

*Registration is compulsory; slots will be allocated on a first-come, first-served basis*

*Registration closes Sunday, October 1*

*A 48-hour cancellation policy applies*

*Minimum of 8 participants for event to commence;*

*maximum of 20 participants*

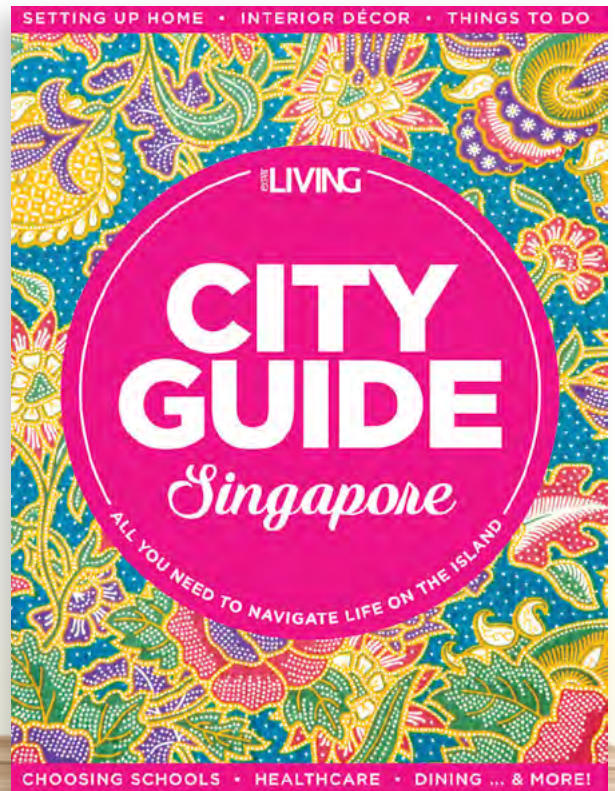
For more information or to register, please call the Sports Counter at 6739-4312 or email [sportscounter@amclub.org.sg](mailto:sportscounter@amclub.org.sg) with your name, age, membership number and contact number(s).



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# Splashing!

## GOOD FUN OVER SUMMER!

### SUMMER SWIM ACADEMY & SUMMER SWIM LAB

Our little swimmers sure had fun working out and bonding with old and new friends at Summer Swim Academy! Fall swim term began on August 14 - sign up now if you haven't!



### MADWAVE CHALLENGE

Our team of young swimmers gamely took part in the Madwave Challenge, organized by the Aquarian Aquatic School on June 23. Megan Eyring went home with a grand total of 6 medals – 1 Gold, 3 Silvers and 2 Bronzes! Leo Bauldaf and Owen Bauldaf had a blast at their first NEZ novice meet and did well even though most of their events were rained out.

### SINGAPORE LONG COURSE CHAMPIONSHIPS

Our praise also goes to Megan, our sole junior member, Paul, our only Master's member, and our very own Coach Efren who attended the Singapore Long Course Championships!





## INFANT AND TODDLERS WORKSHOP WITH JUDY WATTS

Our Aquatics team had the opportunity to attend a workshop with world-renowned infant and toddler coach Judy Watts on July 1, where our coaches learned valuable tips and tricks from one of the very best in the world. Judy Watts has over 40 years of experience in coaching swimmers and opened the Judy Watts Swim School in Australia in 1977. She is also the author of 7 international swimming related DVDs.



## 4TH OF JULY CELEBRATION SWIMMING PROGRAM

It may have been Independence Day but our hardworking swim team continued to hone their strokes in the water!



## REGISTER FOR FALL SWIM ACADEMY AND FALL SWIM LAB

We hope everyone had fun over Summer! You can now register your kids for our Fall swim term for a swimmingly good time. Visit our website or call Aquatics Manager Elspeth at 6739-4450 / 470 for more information.





The American Club Aquatics program is thrilled to be returning to our Orchard home next year! Our team cannot wait to welcome you all back with a great lineup of programs and events to kickstart the new swim term at our brand new pool at The Club.

**Here's a quick glimpse of what's to come once our new pool is fully operational:**

- A 25m training pool
- A recreation pool for our littlest swimmers
- Inflatable play time for kids
- BBQ-themed restaurant, complete with plenty of delicious items off our new menu
- And of course, all the familiar faces of our Aquatics team!

Before our big return, we want to encourage all Members (whether currently enrolled in our swim programs or not) to sign up now for the new swim term, which commences with the launch of our new pool. Spaces are limited! Drop us an email at [aquatics@amclub.org.sg](mailto:aquatics@amclub.org.sg) to indicate your interest and we will send you the swim schedule and a link to the registration form.

**A few important points:**

- If you are not enrolled in our Fall 2017 swim term at Bukit Merah Lifestyle Center, pre-enrollment assessments are compulsory before you / your kids are placed into our programs. Contact our team to reserve your slot in an assessment session.
- Pool access at the Bukit Merah Sports Lifestyle Center ceases at the end of December 2017. Members can still access the Hollandse Club swimming pool until our new pool re-opens at The Club – we will keep you informed of this date in due course.

Here's a quick overview of our various swim programs. If you are unsure, our instructors will be able to advise you on which program would be a best fit for you / your child(ren).

**Babies, Toddlers & Kids:**

- Babies (ages 2 months - 3 years)
- SwimAmerica (Learn-to-swim)
- Swim Team

**Adults:**

- Adult Learn-to-swim
- Masters

Visit our website for more information on the above programs. If you have any questions, please don't hesitate to call us at 6739-4450 / 470 or email [elspethl@amclub.org.sg](mailto:elspethl@amclub.org.sg).

We look forward to seeing you soon!







# DARE TO EAT DIFFERENT

Forget one dimensional hot sauces that only burn and numb your tongue. Dave's gourmet creamy hot sauces are rich, zesty, fresh, and pack a punch! Gluten-free and vegan, these flavorful powerhouses are perfect on everything from sandwiches, salads, burgers, eggs, grilled meats and vegetables, and is even great as a cooking sauce or dip.

For more information, please drop by Essentials or call 6739-4332.

## Try this creamy hot sauce recipe! Flatbread Pizza with Creamy Jalapeño Hot Sauce and Grilled Shrimp [Serves 2-3]



### Ingredients

- 1 bottle Dave's Gourmet Creamy Roasted Jalapeño Hot Sauce
- 4-6 pieces store bought pita or flatbread
- 1 pound shrimp (16-20), raw, cleaned, shelled
- ¼ cup pumpkin seeds
- ½ cup cotija cheese, crumbled
- ¼ cup cilantro, minced
- salt
- cracked black pepper

### Directions

1. Heat a gas grill or grill pan on the stovetop to 400F. Preheat oven to 350F. Toss the shrimp with a pinch of salt and fresh cracked black pepper and 2oz of Dave's Gourmet Creamy Roasted Jalapeño Hot Sauce.
2. When the grill or grill pan is hot, grill the shrimp until cooked through and set aside, loosely tented with foil. Evenly coat flatbreads with Dave's Gourmet Creamy Roasted Jalapeño Hot Sauce. Put flatbreads onto a cookie sheet and warm in the oven for 5 minutes.
3. While flatbread warms, lightly toast pumpkin seeds in a dry sauté pan. Toss repeatedly in the pan to ensure even toasting. Remove flatbreads from oven and move to a cutting board.
4. Top with grilled shrimp, toasted pumpkin seeds and crumbled cotija cheese. Garnish with cilantro and cut each flatbread into individual pieces. Enjoy!



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