

THE AMERICAN
CLUB
SINGAPORE

ISSUE 147 • MAR / APR 2017



Happy
Easter

Celebrate Easter at The Club with a sumptuous selection of dishes at Eagle's Nest or The 2nd Floor.

GIVE YOUR CHILD THE GIFT OF LEARNING THROUGH MOVEMENT

A moving child is a learning child, as movement is at the core of how the brain develops and determines how children think, feel, behave and learn. At Stamford American, we introduce Early Years physical and musical activities for a very defined purpose: your child's development. And the kids love them, so they are learning while they are having fun.

SMART Steps is included in our weekly curriculum from 18 months, and is designed to capture the child's natural development integrating numeracy, literacy and language with physical play.

Suzuki Violin is a world renowned specialist music curriculum which helps to develop children's senses and self-expression. Weekly lessons from age 3, has a proven link to mental development, intelligence and memory.

The best start to your child's lifetime of learning.



**SMART STEPS FROM
AGE 18 MONTHS**

**SUZUKI VIOLIN FROM AGE 3,
CELLO FROM AGE 5**



STAMFORD AMERICAN
International School



sais.edu.sg/early-years



+65 6653 7907



admissions@sais.edu.sg

Stamford American offers an outstanding education for students from 18 months to 18 years. International Baccalaureate (IB) Programme enhanced by rigorous American standards with a holistic heart – to equip your child with academic and social skills to take into the real world.



THE PHYSICAL CONNECTION TO CLASSROOM SUCCESS

What many of us don't realize, is that movement is at the core of how the brain develops. That is why Stamford American has the unique SMART Steps & Perceptual Motor Program included in their weekly curriculum from 18 months of age. It is designed to capture your child's natural development integrating numeracy, literacy and language with physical play.

As an important part of their State-of-the-Heart curriculum at the new Early Learning Village, they include this specialist physical education with a very defined purpose: your child's development.



The Kids' favorite lesson, teaches teachers too

Through fun and engaging exercises, students are carefully challenged in line with key developmental stages expected for normal growth indicators. Specialist educators are trained and mentored by Gill Connell, founder of Moving Smart™, to monitor these physical indicators which may signal potential issues that later manifest as learning challenges in the classroom.

Tailored for individual care

Through careful tailoring of the education process to each child's age and stage of growth, SMART Steps remains sensitive to the physical, cognitive, social and emotional developments of the individual child. This creates the opportunity to gently intervene where children may be lacking in key areas, like core strength which can affect classroom focus due to physical discomfort when sitting still. The aim is for each child to achieve optimal learning growth in their vital early years.

A dynamic, progressive curriculum

SMART Steps provides a well-balanced diet of activity during the normal school day, designed to develop both the body and brain. This allows the young ones to flourish at their own pace and is most effective with a student to teacher ratio of 5:1, ensuring individualised attention.

Children's development can also be influenced through other activities, which Stamford American satisfies through their world renowned Suzuki Violin program and Healthy Start eating program. Music feeds children's senses, self-expression, mental development, intelligence and memory, plus Healthy food feeds their bodies with nutrition and teaches them good eating habits.

“ Children are often misunderstood. Their eagerness to learn sometimes comes across as naughty behavior, especially when children are so used to operating in a sedentary environment. Rather than reprimanding our children for being active learners, we should leverage on education that associates brain development with movement.”

– Mark Williams, Deputy Principal, Stamford American

All these specialist programs are included in Stamford American's curriculum at the new Early Learning Village with purpose-built facilities which provide the perfect spaces. See for yourself the difference their thoughtful environment can make to your child's vital pre-school years.

Bring your little one along, to visit the classroom display pod. Book now +65 6653 7907 or register at sais.edu.sg.

STAMFORD AMERICAN
International School

Enrolment now open





THE AMERICAN CLUB SINGAPORE

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www.amclub.org.sg

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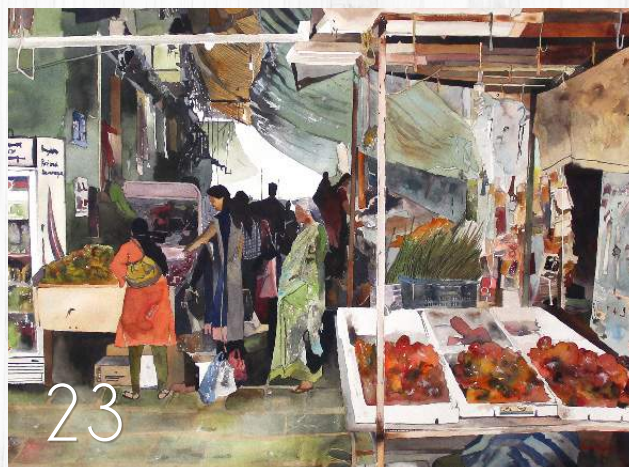
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ESSENTIALS



If you took on the role of president at The American Club, what do you think would surprise you the most? Would it be the competency of the staff? Hopefully not. Would it be the nature of some Members' complaints? Maybe. Would it be the amount of positive feedback we receive about staff who have gone above and beyond what's reasonably expected to provide an outstanding Member experience? Actually many of you might be surprised by the number of compliments we receive; it's wonderful.

For me, the biggest surprise is the number of Members who actually read the President's Message on a monthly basis. I hope that you've found these notes helpful, honest and informative. More importantly, however, I'd like to thank those of you who are reading this for caring about The Club enough to stay informed about what's going on, to learn about the issues, and, in many if not most circumstances, for getting involved. Your participation is what's given me the most pleasure from this role and for that I thank you.

It is time, however, for my wife Sondra and I to announce our departure from Singapore. After 15 years on this wonderful island we've come to call home, we'll be moving to the Bay Area in late April to start the next chapter of our lives. By this, we're joining many, many others who've played pivotal roles in The Club's history and specifically, the Redevelopment project. Fortunately, I believe we're leaving The Club in good hands and with a structure for leadership identification, development and appointment that's far better than it's been in the past. I believe, indeed, that The Club's best and most diverse days are ahead of it.

I would therefore like to express my appreciation to the people who've made everything that's happened over the past year possible. First and foremost, I'd like to thank Martin and the members of the Management team. With

drive, determination, endless patience and enthusiasm, they have continually brought their ideas and initiatives to the table making everything you see, and will see, possible, while continuing to perform their day jobs at the level we've come to expect. There's no other group of individuals I'd choose to work alongside than this particular one.

And then there's the general staff. I'm not going to mention individual names, as the list would be too long, but I see you. It is my hope and desire that you, too, will not only remember the partnerships and friendships we created but that each of you will continue in your efforts to make The Club better every day. I hope you realize what a difference you have made and continue to make in the lives of Members every day. You are what gives this place life; you are its heart. And we are grateful.

Beyond this, I'd also like to thank the 30-40 Members who've served on the General Committee over the last several years and, in particular, Caitlin Fry, Paula Day, Kristen Graff, Carolyn Chan, William Scarborough and Richard Hartung, for their endless hours and willingness to engage in open debate about the issues presented in what have usually been some of the most professional, and productive, discussions of my life. Thank you all for caring and for being a part of what is, I believe, an amazing collection of motivated people who have made fantastic things happen. My appreciation also goes out to all Club Committee Members who provide the ideas, comments and guidance necessary for the GC and management to adapt to trends and respond to problems. There are literally a hundred or so of these people who, again, have offered their time in a self-sacrificial manner without thought of compensation. It is, indeed, a wonderful community.

I'd also like to take some time to recognize a few mentors. Ron Stride provided an outstanding example of dignified, thoughtful leadership. Jim Gribbon, Sally Greene, Kirk Hulse, Kathleen Urquhart...what can I say other than thank you for allowing me to work with you and to learn – especially to persevere and productively manage during challenging times – from you.

And then of course there's my wife Sondra; thank you for putting up with the countless hours of meetings and for being such a fantastic sounding board for ideas and patient listener when I need to vent my frustrations. You never cease to amaze me.

Finally, I'd like to thank you, the Members, for the trust you've put in the team as a whole. Redevelopment, no doubt, is a daunting affair. Your interest in our messages, participation in what seemed at the time were never-ending meetings and committees, and feedback (good and bad), have made all the difference. Thank you for proactively, and productively, raising your concerns with courtesy. I hope you know that we've taken them seriously and that you have, as we have, collectively made a difference for the future of Singapore and the larger community (and not just the American community) within it.

I'd like to close out with four small requests:

1. Appreciate our security and be courteous to them (and all the staff). Always show your membership card without

being asked to. Don't grumble about it. They are, after all, protecting YOU.

2. Say hello to the people who clean up after you; notice them from time to time and say thanks. I've learned so much from them – they are incredibly patient and have a far better perspective on things than you might expect.

3. Always allow, and take time for, opposition and constructive debate. Healthy tension, respectful in nature, garners optimal results.

4. Be open to compromise and don't insist on your own way. It was hard for me to give up on the idea of putting the gym on the south side of the building facing Scotts Road, but this has never been about any one person's desires. It's about a community of Members, staff and others with diverse cultures, ideas, investments, concerns, backgrounds, beliefs, and visions who collectively form something of great value, something worth investing in. That, for me, is The American Club.

So finally, in closing, please allow me to thank you once again for enabling my participation in The Club's past, present and future. It's been an honor for which I'm very grateful. May God bless you all and The Club in the future.

Scott Weber
President



FROM THE
**GENERAL
MANAGER**



If you've read Scott's message in the prior pages you'll know that he and his wife, Sondra, are heading back home to the US. While this is a wonderful professional opportunity for him (not to mention he'll be closer to his children Corbin and Corrine), it also means The Club community loses a truly exceptional and dedicated leader.

There have been many articles written about the 'power of volunteerism', and Scott has been a shining example of each and every one of those outcomes. Never harboring a personal agenda, he has, in his role as President, consistently been driven by his values chief to The Club – Safety, Respect and Integrity. His contributions have been outstanding on many levels, the most evident of which, was his passion for The Redevelopment Project and his drive to future-proof The Club and transform it into an efficient and effective clubhouse for current and future generations of Members and staff alike.

Internally, his connection to the staff community has been second to none. Be it attending staff weddings and funerals, Annual Dinner & Dance events, or staff gatherings to assure the team of job security throughout the Redevelopment, Scott has demonstrated on numerous occasions his commitment to the employees, and in the process forged many robust bonds over the years. Even after his children left Singapore years ago, he (and Sondra) continued to be motivated by the well-being of his fellow Members, staff and their families.



Scott addressing staff at the 2016 Staff Fun Day



Throughout his tenure and work at The Club, Scott has been the epitome of humility, often citing that he has learnt a tremendous amount from other Committee Members, the Management and Club Members. Like all good leaders, he leaves the community in excellent shape. The current Executive and General Committees' commitment to the present and future of The Club is remarkable and unwavering. If you consider that there were over 50 various committee meetings in 2016 relating to the Redevelopment alone, the team of volunteers we have is outstanding.

On behalf of The Club, I want to express my sincere gratitude and appreciation for everything that Scott has done for us and for his amazing dedication. On a personal level, his support has been inspirational and limitless. Whether you believe it or not, The Club business is unrelenting and extremely challenging. Scott has always remained calm, forward-thinking and hardworking with an amazing ability to keep perspective. He will be sadly missed. We wish him and his family continued good health and success.

One of the initiatives that Scott was very supportive of was the addition of more 'bench strength' to The Club's Senior Management team. Over the last 15 years, the team has often consisted of 9 Senior Managers, including co-AGMs. Currently, we have 7 on this team and 1 AGM. With all the additional work around the Redevelopment and preparations required for the re-launching of all outlets, it was agreed that an international recruitment effort should be undertaken by a Search Committee. After a rigorous process spanning months, I'm excited to share that The Club will be welcoming on board Mr. Vijayakumar (Vijay) Raj into The Club family as Co-Assistant General Manager.

Vijay brings with him immense experience from within the Luxury Hotels and Private City Clubs sector. With an M.S. degree in Hospitality Administration from Johnson & Wales University, Providence, Rhode Island and an advanced certification in Revenue Management, Marketing & Foodservice Management from Cornell University, New York, Vijay is a dynamic professional with 20 plus years' experience in the hospitality industry and expertise in high-volume, large-scale operations.



Prior to this, he was with The University Club of Washington, DC since 2008 as Assistant General Manager. The University Club is one of the nation's truly historic membership organizations, whose members constitute an impressive Who's Who of leaders sharing a sense of family and bonded by their intellectual, athletic and cultural pursuits; not unlike Members of The American Club.

In his spare time Vijay loves travelling, watching sports and volunteering in community outreach programs. We're thrilled to have him on the team and look forward to his active role in shaping the future of our Club. Please join me in giving him a very warm American Club welcome when you get a chance to see him.

If you have any questions or feedback, feel free to stop by my office the next time you're at The Club or drop me an email at generalmanager@amclub.org.sg.

Martin

Martin Rudden
General Manager

Congratulations!

Thank you to all who participated in our 12 days to Christmas Lucky Dip and congratulations to our lucky winners!

1

Wednesday, Dec 14
\$100 Club-wide dining voucher
Laura Zubrod

2

Thursday, Dec 15
\$100 Club-wide dining voucher
Lee Shaun Tzen

3

Friday, Dec 16
\$150 The 2nd Floor dining voucher
Ruth Crossley

4

Saturday, Dec 17
\$150 The 2nd Floor dining voucher
Kellie Meehan

5

Sunday, Dec 18
Two sên Customized 60-minute Massages valued at \$164
Chow Kok Fong

6

Monday, Dec 19
4-hour Business Center Meeting Room usage with complimentary platter and beverages valued at \$170
Elizabeth Issenberg

7

Tuesday, Dec 20
90-minutes sên Kerstin Florian Facial valued at \$185
Shaw Vee Meng

8

Wednesday, Dec 21
Masi Costasera Amarone Classico 2009, 1.5L with Wood Box valued at \$249
Daniel Soh

9

Thursday, Dec 22
\$500 The 2nd Floor dining voucher
Andrew Ko

10

Friday, Dec 23
\$500 The 2nd Floor dining voucher
Jeffrey Carr

11

Saturday, Dec 24
500 worth of Banquet or Home Catering
Steven Ng

12

Sunday, Dec 25
Dinner at the Chef's Table, The 2nd Floor worth \$1,500 inclusive of alcohol
Brook Teeter



50

YEARS OF MEMBERSHIP

A house isn't a home without its inhabitants – likewise, The Club would not be a home away from home for many without our treasured Members. We are humbled by the many who choose to make The Club their community over the years.

We are especially grateful to Mr Gerard Lau, Mrs Lily Yeo and Mrs Noeline Yoong (L to R) for their 50 years of Membership at The Club. Thank you for your unwavering support and we hope to celebrate many more milestones with our valuable Members!



ATOMIC HOT WINGS CONTEST

Palates were on fire as Cole Derksen and Nadar Ajlani battled it out for the champion title at the Atomic Hot Wings contest finale held at Union Bar on December 28! After three intense elimination rounds, Cole bagged the title by scarfing down 12 hot wings in a record 2:20 minutes, while Nadar made it to 8 wings before conceding defeat. Thank you to all our participants and a big congratulations to Cole once again!



Singapore National Sommelier Competition 2017

We are incredibly proud of Senior Beverage Director Alvin Gho for his stellar performance at the 7th Singapore National Sommelier Competition held at the Goodwood Park Hotel on December 13! The vino enthusiast beat 14 other candidates to win the coveted championship title while also clinching the Best Theory and Best Service Awards.

Organized by the Sommelier Association of Singapore, the annual competition sees top local sommeliers from the best restaurants, wine bars and bistros coming together and vying to represent the country on a Regional and World basis in the quest for Sommelier excellence. All participants undergo a series of grueling tests including a written exam, blind tastings, food and wine pairing, wine service and management, and general knowledge.



THE ENTREPRENEURS SERIES

The inaugural session of our newly launched Entrepreneurs Series was a huge success, with over 70 attendees who showed up at Level 3 on January 17. With the support of Member Landy Eng, participants took the opportunity to network and listen to presentations by Mr. Mohan Mulani, former Chief Executive of Harry's Holdings, and Mr. John Kim, founder of venture capital firm Amasia, who both shared their success stories.

Held every third Tuesday of the month, The Entrepreneurs Series is a monthly networking event that caters to those who want to understand more about global start-up trends in this digital age. Look out for our next session on Tuesday, February 21 featuring CXA Founder Rosaline Koo.



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 enables us to identify ways to better meet your needs.

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

SUNDAY, JANUARY 22

I'd like to thank Babu, Betty and all the Essentials team for their efficiency and friendliness. Whether it's laundry, UPS or sundries, they are always helpful and even greet me by name. They are a real asset to the American Club!

Sue Kelso

*Thank you,
We value your feedback!*

WEDNESDAY, JANUARY 11

I just wanted to thank all of the staff especially at Thyme Café for always being so helpful and kind when I am there with my young baby and toddler. Thanks so much!

Jane Lee

Thank you, We value your feedback!

SUNDAY, JANUARY 1

The Christmas Day brunch at Eagle's Nest in our opinion, was just ok. We understand the cost premium for holiday brunches and The Club was by far the best value from what was available at other venues. But apart from the usual turkey, potatoes and ham, I don't think it was value for money as in my opinion, there was a small selection of items and there was a lack of vegetables. Likewise, the New Year's Day brunch was disappointing. Again, there was a lack of cooked vegetables and service seemed disorganized.

Dandy Hebert

MANAGEMENT RESPONSE:

Dear Mr Hebert, thank you for your feedback – we have had a very busy festive period and the teams have been working hard. We sincerely apologize for your less than perfect experience. We aspire to deliver an exceptional food and beverage experience; sadly it appears we did not deliver on that. We will share your feedback with the team and use this to highlight areas in which we can improve. We appreciate your continued support of the Club and our F&B outlets in particular.

MONDAY, DECEMBER 19

As a small point of feedback, it would be great to have the 15K Christmas party earlier in December. For the second year running we could not attend because we were away – like many of our friends. It will be good to see the party take place a week earlier.

Arnaud Frade

MANAGEMENT RESPONSE:

Dear Mr Frade, thank you for your feedback. We will definitely take this into consideration when planning next year's party.

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

TRY OUT THE AMERICAN CLUB 2 WEEK SAMPLER MEMBERSHIP* FOR A TASTE OF HOME.

An amazing experience awaits you!

Experience our wonderful community first hand and sample a wide range of activities that make The Club a Home Away from Home for so many Members.

This invitation is open to all that are eligible for the Full Ordinary, Service and Term membership categories. Upgrade to full membership after the trial and we'll welcome you onboard with \$300 worth of F&B vouchers.

For information on membership criteria, visit www.amclub.org.sg or call the Membership Office at 6737-3411 or email membership@amclub.org.sg.

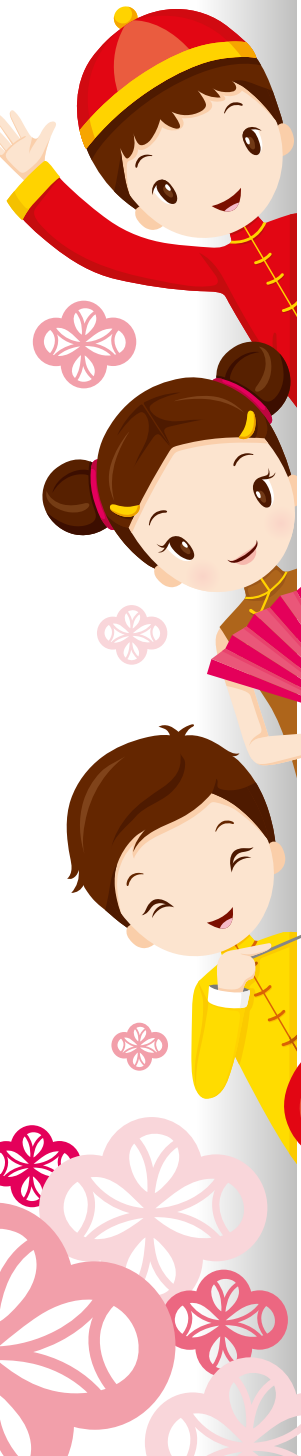
**A nominal fee of \$302.25 applies. Not valid with the Win/Win Membership Rewards Program. Terms & Conditions apply.*



Chinese New Year

CHILDREN'S STORYTIME SESSION

It was a cosy and intimate affair at our complimentary kids' storytime session on Saturday, January 21. In line with the upcoming Chinese New Year celebrations, volunteer Mrs Miriam Mahapatra enthralled the kids with 3 books: *Bringing in the New Year* by Grace Lin, *My First Chinese New Year* by Karen Katz and *This Next New Year* by Janet Wong. We hope our children had a fun time learning about the different cultural celebrations of Chinese New Year and look forward to seeing everyone at our next storytime session in March!



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財

Chinese New Year

FAMILY FUN DAY

The Club's annual Chinese New Year Family Fun Day was a boisterous affair on Sunday, February 5. Members were treated to spectacular performances by the vivid Lion and Dragon Dance troupes, while over at The Zone, our youngest ones enjoyed a slew of activities including cotton candy and glitter tattoos. There was also plenty of photo taking opportunities to ensure that these priceless memories were captured on film – be sure to check out the pictures and videos on our Facebook page!

Thank you to all who attended and for supporting The Club's longstanding tradition. May everyone have a prosperous year ahead!

A special thanks to Stamford American International School for their support of this event.



STAMFORDAMERICAN
International School



Malaysia Property Show

Capitalise on the Malaysian Property Market 2017

25 - 26 March 2017 | 11am - 7pm

Singapore Marriott Tang Plaza Hotel, Level 2, The Gallery

FREE Admission!
REGISTER NOW at bit.ly/mpsmarch2017

A series of major highlights undertaken by the Malaysian government in 2016 has bolstered a significant impact on the 2017 property scene in terms of pricing indexes versus buyers' holding power. Specifically, new cooling measures to reduce property flipping and the increase in supply of residential properties has come to play.

On a more global scale, Brexit and the US presidential results have contributed to fluctuating exchange rates, creating an excellent opportunity for international property investment in the country. Opportunities for long-term investments continue to rise as many developments are heavily moving towards smart cities and integrated townships; all in pursuit of becoming the next metropolis. With new economic and policy reform, 2017 is positioned as a year to promote cross-border property purchases.

Let our Malaysia Property Show be the platform for you to preview the latest projects and make confident international investment decisions for 2017!

Stand a chance to invest in Malaysian properties and enjoy special event-only promos!

Featured Projects



Up to 6% p.a. return
for 6 years

Resort suites from S\$160,000
Harbour City @ Pulau Melaka

- GoldMart Sdn Bhd
(A member of Hatten Group) -
Approval Plan No.:
MSMB/JKS.03010/03/2015 (15)



Industrial factory hub
from S\$280,000

i-Parc @ Tanjung Pelepas

- Mah Sing Properties Sdn Bhd -
[Completed development]



Hotel suites from S\$150,000

Ramada Meridin

- Tropika Istimewa Development Sdn Bhd
(a wholly-owned subsidiary of
Mah Sing Group) -
Approval Plan No.: MPJBT(JB)RP
9A/4/2013



From S\$650,000

Inspired

- Tanah Sutera Development Sdn Bhd -
Approval Plan No.: MPJBT (E1)
OSC/135/12/2012((RP)8/7/94(19))



From S\$255,000

The Seed

- Tanah Sutera Development Sdn Bhd -
Approval Plan No.: MPJBT (E1)
OSC/16/3/2010((RP)8/7/94(16))

.... and many more

For more information, visit bit.ly/mpsmarch2017

Exhibitors:



Projects:



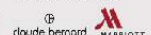
Media partners:



Supporting partners:



Lucky draw sponsors:



THE AMERICAN CLUB REDEVELOPMENT PROJECT UPDATE

ACTUAL VS FINANCIAL MODEL

Here's a quick comparison of where The Club is now compared to our financial model. As you can see our Membership and entrance fees are up compared to our model.

MEMBERSHIP LEVEL

3,374
+270 MEMBERS

3,104
31 DEC 2016

ENTRANCE FEES

+\$1.95 million
31 DEC 2016

\$0
31 DEC 2016

PAST VS PRESENT

Check out these before, during, and after photos to see how far we've come in the past nine months.



This information is accurate at time of printing, but is subject to change.

PRAYER CEREMONY AND GROUNDBREAKING

On January 17, The Club had its official groundbreaking ceremony. The Club's president, Scott Weber, spoke, champagne was popped, and confetti rained down on the first backhoe full of soil dug. Representatives from the General Committee, Shimizu (the contractor), Aedas (the architect and designers), and Arcadis (the Project managers) all attended, as well as other key consultants. The groundbreaking follows a prayer ceremony that was conducted on site in early December to bless the project and the workers.



This information is accurate at time of printing, but is subject to change.

LEVEL 3

Be sure to visit us at Level 3 if you haven't already done so to check out this multi-functional space, which is ideal for those looking to work quietly, read a book, have a conversation, conduct a meeting, hold an event or do some research. Our available services include:

Library

- ✓ Adults' Library and Children's Library
 - ✓ Over 22,000 books
- ✓ Story time, Author events, Book Club
 - ✓ Overdrive – Access e-books

Private Function Spaces for your special events

- ✓ Coffee mornings
- ✓ Cocktail evenings
 - ✓ AGM
- ✓ Product launches

Business Center

- ✓ Individual seating spaces and workstations for your quiet reading or work
- ✓ Facsimile, color printing, photocopying and book binding services

Meeting Rooms

- ✓ Boardroom with projector and screen
- ✓ Meeting rooms for hosting meetings and more

For more information on the Business Center, meeting rooms or your private function needs, please call 6739-4478 or email meetings@amclub.org.sg.

For more information on the Library, please call 6739-4308 or email library@amclub.org.sg.





Pathway Membership

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

**Visit www.amclub.org.sg/membership
or call 6739-4386
or email 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



OverDrive is now available!

EXCITING NEWS FOR MEMBERS

The Club Library is now offering a selection of eBooks for download to your personal device, via OverDrive!

OverDrive is an easy-to-use app which functions as a digital extension of a brick-and-mortar library. Simply download the free app to access selected e-copies of our available adult and children's books for up to 2 weeks. Check out our listing of titles online!

For more information or enquiries, please email library@amclub.org.sg.

How to use OverDrive

1. Go to www.overdrive.com
2. Select 'The American Club' under list of libraries
3. Login using your Membership ID
4. Click on selected book and press the "Borrow" button

DID YOU KNOW?



Members can now login using their online accounts to extend the loan period for books and DVDs! Simply go to www.amclub.org.sg and click on the "E-library" button on the right side of the screen to enjoy this service.





*Come
Join us!*

Children's Storytime Sessions

Whisk your little tots away to another world and enthrall them with whimsical tales at our monthly children's storytime sessions.

April

Thursday, April 6

4:00 p.m. – 4:30 p.m.

Title and guest storyteller TBC

Children's Library, Level 3

For children aged 4 to 10 years old

For more information or to volunteer, please visit our website, call 6739-4308 or email library@amclub.org.sg



ISSUE OF *New* MEMBERSHIP CARDS

Your current membership card will be expiring on March 31, 2017. Due to security reasons, The Club embarks on a card replacement exercise every 2 years.

New membership cards will be issued starting February 27 to April 15. All Membership cards are valid until March 31, 2022 with the following exceptions:

- Junior Members' cards expire when they turn 18, 21 or 25 years.
- Term Members' cards will reflect the respective expiration dates of their membership.
- Niche Group Members who do not (re)qualify for the respective tier by December 31, 2019 will receive new cards in January 2020.

Please collect your new cards as soon as possible to avoid any disruption to Club access and usage. Enjoy your new Membership cards from February 27!

Collection Timings:

At The Commons, Level 3

From February 27 – April 15, 2017

Mondays to Fridays: 9:00 a.m. – 7:00 p.m.

Saturdays: 10:00 a.m. – 6:00 p.m.

After April 15, 2017

Mondays to Fridays: 9:00 a.m. – 8:00 p.m.

Saturdays: 10:00 a.m. – 6:00 p.m.

No collection on Sundays
and Public Holidays





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 - V. Deliverable Anywhere in the World
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Secure an absolute peace of mind with UltraVault for treasured items such as:

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- Documents: Title deeds, property documents

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ART
SCENE



THE SINGAPORE STORY

BY ARTCOMMUNE GALLERY AND AC43 GALLERY

Singapore has long held the reputation of being a melting pot of different traditions, cultures and ethnicities. The Singapore Story, featuring a selection of works by artists like Ong Kim Seng, Anthony Chua Say Hua, Benny Teo and Zhang Fuming, reflects Singapore's vibrant hybridity. The dynamic exhibition is a showcase of the contemporary art landscape in Singapore, as well as our unique East-meets-West culture.

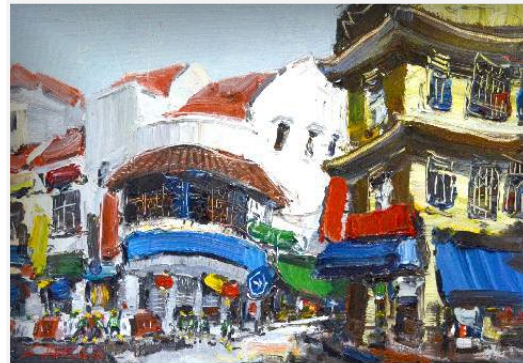
Exhibition period: March 3 to May 2

Art Launch
Friday, March 10
The Commons, Level 3
6:30 p.m. – 7:30 p.m.

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.

Ho Sou Ping • Email: souping@artcommune.com.sg • Tel: 6336-4240 • artcommune.com.sg • ac43gallery.com



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 **Elle** at **6739-4335** or visit 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: _____

TRAVEL

New Zealand

NATURE MEETS LUXURY

Take a trip down South and discover how nature meets luxury. Enjoy experiences from heli-picnics atop soaring mountains to private tastings at New Zealand's best wineries and hiking within pristine landscapes. Getting there is easy with Singapore Airlines flying to Wellington four times a week. Ask our New Zealand Travel Specialists at the Travel Desk to plan your great escape!



VIEW FROM THE TOP
 Embark on a magical journey when you hop on a scenic flight for the best views of New Zealand's monumental mountains, volcanoes, lakes and coastlines. Celebrate that special moment with a heli-picnic; heli-hike to reach pristine grounds for exploration; arrive at your exclusive lodge where a private helicopter ride is the only way in and out.



WALKING TRAILS

Exploring New Zealand's walking and hiking trails is one of the most rewarding ways to see the country's outstanding natural beauty. Get up close and personal with nature while taking in the crisp cool air. Hikes can be customized to your fitness level and itinerary requirements.



FROM ESTATE TO PLATE

Other than its enthralling scenery, New Zealand is also famed for its extraordinary food. Straight from the orchard to the plate, or from sea to pan, the freshest picks make for wonderful dishes. We have a list of favorite restaurants (and chefs) to go to where produce is grown or foraged for, in their own backyard for maximum freshness!



LUXURIOUS HIDEAWAY

Wind down at one of New Zealand's finest luxury lodges hidden amid splendid nature, where the scenery is exclusive, without the crowds. Get pampered by the generous hospitality of genuine hosts and treat your palates to unforgettable gourmet meals – indulge in the best of New Zealand.

WWW.COUNTRYHOLIDAYS.COM.SG
 Call 6735-1033 or email traveldes@amclub.org.sg



Easter

AT THE CLUB

Easter is a wonderful time to catch up with friends and family over a delicious meal. Drop by The 2nd Floor or Eagle's Nest for a scrumptious selection of your favorites. We have also lined up a series of eggciting activities; head to the Lobby from 11:00 a.m. – 1:00 p.m. for some fun games!

The 2nd Floor Easter Buffet Brunch

Sunday, April 16

First Seating: 10:30 a.m. – 12:30 p.m.

Second Seating: 1:00 p.m. – 3:00 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

A la carte menu is not available

Reservations required. A 48-hour cancellation policy applies

For reservations, please call The 2nd Floor at 6739-4329, or email 2ndfloor@amclub.org.sg

Eagle's Nest Easter Buffet Brunch

Sunday, April 16

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

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

Adult Member: \$41.95

Adult Guest: \$51.95

Child Member (under 12 years): \$22.95

Child Guest (under 12 years): \$28.95

Child (under 5 years): \$9.95

Child (under 3 years): Free

A la carte menu is not available

Reservations required. A 48-hour cancellation policy applies

For reservations, please call the Concierge at 6737-3411, or email concierge@amclub.org.sg

Eagle's Nest Easter Buffet Dinner

Sunday, April 16

6:00 p.m. – 9:00 p.m.

Adult Member: \$41.95

Adult Guest: \$51.95

Child Member (under 12 years): \$22.95

Child Guest (under 12 years): \$28.95

Child (under 5 years): \$9.95

Child (under 3 years): Free

A la carte menu is not available

Buffet is inclusive of coffee or tea

For groups larger than 6 persons, please call for reservations

Banquet & Catering Easter Takeaway

Let us cook up a storm for you this Easter while you sit back and relax! With an assortment of hot and cold meats, bakery sweets and more, you'll never have to fret over what to serve your guests. Delight your friends and family with our Easter Takeaway selections, available from April 1 to April 16. Simply pick up an order form at the Lobby.

Delivery is available upon request with advanced notice.

For more information, please contact the Catering Team at 6739-4394/417 or email catering@amclub.org.sg



CELEBRATE

St. Patrick's

AT THE CLUB

Get your groove on this St. Patrick's Day with Singapore's number 1 Celtic band Gan Ainm! Grab your friends and wind down with a beer and mouth-watering Irish cuisine while enjoying the band's extensive repertoire of Irish traditional and contemporary folk music.

Union Bar
Thursday, March 16
7:30 p.m. – 9:30 p.m.

*Limited seating available, no reservations required.
For further enquiries, please approach the UB staff.*

Guinness special: 1 pint at \$10.50!





MAKING HAPPINESS OUR BUSINESS

Planning A Big Party?

CELEBRATIONS • MEETINGS • GATHERINGS

Whether you're holding a get-together to celebrate a special event or occasion with family, friends, or associates, our Off-Premise Catering Team is able to assist you with great food and personalized service for any event all year round. We provide a variety of menu options, Delivery Service and Takeaway Orders.

Call us today at 6739-4394 / 417, email catering@amclub.org.sg or visit our website for more details.



'Out of the Box' Boxed lunches

Perfect for picnics or a hectic day of meetings, our 'Out of the Box' Boxed Lunches offer a healthy mix of food packed conveniently in a box. Choose from a variety of sandwiches, side dish, dessert & whole fruit.

Free delivery is available for orders of 20 boxes and above.

10 Claymore Hill Singapore Singapore 229573

 www.amclub.org.sg

 The American Club, Singapore

 6737-3411

 6737-8308

THE ENTREPRENEURS SERIES

Tuesday, March 21
The Commons, Level 3
7:00 p.m. – 8:30 p.m.

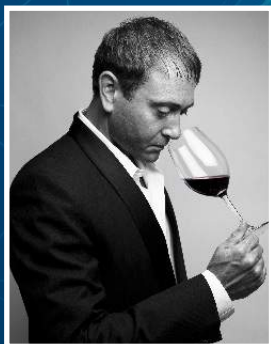
Member: \$25

AAS/AWA/AmCham Member: \$30

Guest: \$35

Light refreshments will be provided

MARCH'S SPEAKERS:



CHRIS MILLIKEN – BLENDING INNOVATION WITH TRADITION

How the ex-chef marries his love for food and wine at PengWine

12-year-old Chilean wine label PengWine focuses on wines blended with nine grape varietals grown in Maipo Valley, the third best wine region in the world. The Ohio native was a chef for 14 years before he entered the elusive world of wine where he had to learn everything from scratch – including working as a cellar hand at Domaine Chandon winery in Yarra Valley. Discover how the vino enthusiast co-founded the boutique wine label and gained a foothold in Asia.



CAROL CHEN – THE HUSTLE IS REAL

How the founder of luxury dress online retail business Covetella turned her passion into income

Carol's burgeoning collection of luxury dresses inspired her to start Covetella, a rental platform that makes designer wear accessible to women from all walks of life while promoting environmental sustainability. The Texan native is no stranger to the entrepreneurial and fashion scene; she was named "International Style Icon" by E! News and "Rising Star" by SF Fashion Week, and has launched 4 start-ups across 4 countries.

For reservations, please call the Concierge at 6737-3411, or email concierge@amclub.org.sg

THE ENTREPRENEURS SERIES

Tuesday, April 18
The Commons, Level 3
7:00 p.m. – 8:30 p.m.

Member: \$25

AAS/AWA/AmCham Member: \$30

Guest: \$35

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

APRIL'S SPEAKERS: Disruptive Marketing



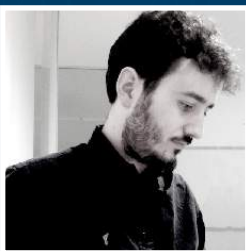
PETER JUSTIN YU

The Chief Marketeer at Bepop Asia is the brains behind countless guerrilla public relations campaigns at the digital PR agency. From mega concerts to flashmobs and motorcade displays, the PR guru has found a way to make brands relatable to the public. He is also the tech publicist for up-and-coming start-ups including TEMPloy, AIDA (Artificial Intelligence Data Analytics), and Sandpiper Digital Payments Asia.



ARVIN TANG

Marketing agency AKiN was founded by Arvin with one goal in mind: to help brands design human-centered experiences through integrated marketing. As lead strategist, he champions integrated brand campaigns and go-to-market strategies for clients. The young entrepreneur is also the co-founder of Quartz Initiative, a social enterprise based in Singapore.



ANDREA OLIVATO

The brains behind Popular Chips, the world's first influencer and analytics platform for Instagram, started his career as a software developer in a web analytics company. He then moved on to become the CTO of Redation and Happyprice, before becoming the Managing Director of the Italian branch of TradeTracker International.

For reservations, please call the Concierge at 6737-3411, or email concierge@amclub.org.sg

**THE GREATEST HITS FROM THE
BIGGEST BANDS OF ALL TIME**

FRANKIE VALLI, THE BEATLES, THE BEE GEES, THE BACKSTREET BOYS AND MORE

BOYS IN THE BAND



"A wonderful megamix of hits from 50s to 90s."

Jo Litson, Arts Editor, Sunday Telegraph

OPENS 8 APRIL

 **MASTERCARD**
THEATRES
AT MARINA BAY SANDS

marinabaysands.com

Affair of the **VINE**

Wine enthusiasts can look forward to the return of The Club's ever-popular Affair of the Vine, which will feature tastings of over 200 luxurious labels from countries including the US, Australia, France, Italy, New Zealand and more. There will also be a selection of hors d'oeuvres to accompany the wines.

Saturday, March 11
The 2nd Floor
6:30 p.m. – 10:30 p.m.

Member: \$55

Guest: \$65

Price is inclusive of hors d'oeuvres and wine tasting

Adults only, 18-years and above
Reservations required
A 48-hour cancellation policy applies

For more information, please drop by the Concierge,
call 6737-3411 or email concierge@amclub.org.sg.





- WINE RANT - Harvest in March

By Alvin Gho, Senior Beverage Director

The vineyards in the northern hemisphere – including European “Old World” countries such as France, Italy and Germany, together with the United States, China and India – experience harvest between August to October with largely snowy Christmases. Southern hemisphere vineyards, comprising countries like Argentina, Chile and Uruguay in South America, South Africa, Southern Australia and New Zealand – “New World” regions in wine nomenclature – harvest early in the year, from February to April.

It is heartening and a joy to know that wine production is unceasing, occurring somewhere in the world each and every month of the year. Right around late September, we can anticipate the fresh, grassy Sauvignon Blancs of the same vintage from Marlborough; early into the next year, yummy Sauvignon Blancs from Loire Valley are bottled and released to the markets!

This issue, I wanted to draw your attention specifically to the fine wines of New Zealand. I have personally spent some time down South picking grapes, pulling nets over vines to keep away picking birds, and getting inside a stainless steel vat to shovel out grape skins. My days began pre-dawn, with frozen fingers snipping clusters of grapes, to lunches in scorching noons and breathing the fresh air of starry-skied nights.

New Zealand comprises two islands – the north and south are both accessible across the Cook Strait via a 3-hour ferry ride. The wines produced in this country are generally cool climate-styled, with great freshness and accessibility. Pinot Noirs from Central Otago (South Island) and Martinborough (North Island) are considered the best in the country. Fruit-driven and structured on the palate, they are drink-ready and fantastic in the cellar too. Sauvignon Blancs from Marlborough, trademarked by their mouth-watering acidity, are zesty, zippy and full of fresh-fruit goodness.

Here's to the joy of savoring a good wine – one of life's greatest civilized pleasures!

For your enjoyment, a selection of wines available at HOME:

Dog Point, Sauvignon Blanc Marlborough	\$42.10
Black Cottage, Sauvignon Blanc Marlborough	\$35.00
Fromm “La Strada” Sauvignon Blanc Marlborough	\$42.00
Mount Riley, Sauvignon Blanc Marlborough	\$46.50
Palliser Estate, Chardonnay Martinborough	\$52.00
Bald Hills “Single Vineyard” Pinot Noir Central Otago	\$92.10
Misha's Vineyard “High Note” Pinot Noir Central Otago	\$67.00
Black Cottage, Pinot Noir Marlborough	\$39.00
Te Kairanga, Pinot Noir Martinborough	\$39.00
Trinity Hill, Syrah Hawkes Bay	\$42.00



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Follow us      #rwsmoments rwsentosa.com

8 Sentosa Gateway, Sentosa Island, Singapore 098269

¹Ranked by TripAdvisor.

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THE ANNUAL AWA FASHION SHOW

Glamour by the Bay

Gather your friends for an afternoon of fashion, delicious food, wine, amazing shopping, lucky draw prizes, and more at the annual AWA Fashion Show! AWA members of all shapes, ages & sizes will model clothing and accessories specially selected to make you feel glamorous by day or by night!

Date: Friday, April 21, 2017

Time: 11:30 AM - 12:30 PM Shopping, Drinks & Buffet

12:30 PM - 1:30 PM Runway Show

1:30 PM - 3 PM Shopping

Place: Park Royal Hotel, 7500 Beach Road, 199591

Cost: \$90 Members, \$110 Guests

Register at www.awasingapore.org. Please note, this is a non-refundable event.
This supersedes our standard cancellation policy.

STAFF
FEATURE





Tomas Biernacki

DIRECTOR OF TENNIS

The Club recently welcomed Tomas Biernacki, Director of Tennis, on board the family.

A tennis maven, Tomas was the Davis Cup and Fed Cup Coach for Denmark responsible for the 12- to 18-year-old National teams, as well as the Tennis Director for Scandinavia's largest tennis club – which had over 3,000 active playing members per week – where he coached some of the top players in the world.

His foray into the world of tennis began 3 decades ago – as a 5-year-old, the Swedish citizen recalls being affixed to his TV watching former World No. 1 Stefan Edberg compete against six-time major singles champion Boris Becker in the Wimbledon finals; seven Grand-Slam-title winner Mats Wilander grind his opponents on clay courts; and the now-retired Andre Agassi showcasing his racket skills with immense flare and finesse.

So enamored was he with the sport that the young man decided to become as good as his childhood idols someday. Although the 38-year-old might not be a Grand Slam title winner, his passion, enthusiasm and proficiency in his chosen field shines through during his numerous interactions and coaching sessions with Members.

What inspired you to take on the role of Tennis Director at The Club?

I am very passionate about tennis, and have previously travelled extensively in Asia. The stars aligned when the president of tennis specialist Peter Burwash International invited me to join The American Club family.

Who is your favorite tennis player?

I admire Roger Federer a lot. He has all the shots in the book and is able to execute them spontaneously. I have personally met him on a few occasions in the past, and he strikes me as a very humble and nice person.

What are some of your interests outside of tennis?

I love travelling the world and going off the beaten track, reading (not just about tennis!), racing sports and going to the gym.

What are some upcoming plans you have for The Club?

I am looking to improve the quality and intensity of the group classes by changing the coach to student ratio for selected classes. On top of that, we are also looking for new ways to further improve our current tennis program – which is already well-liked by Members! The team and I would also like to take our younger students to some of the big tennis events in Singapore this year so that they can watch how the pros train and how they play their matches.

Into the Eye of the Lut

A Team's Pioneering Journey Across Iran's Fiercest Desert
By Christine Amour-Levar

Visibility was almost nil. The howling sandstorm rendered walking along the narrow ridge almost impossible; engulfing us in a dense cloud of razor-sharp, golden sand particles. The gale-force winds roared furiously from all sides, ramming into us, imperiously demanding we get off this 600-metre mega-dune at once! Balancing precariously on the spine of this gigantic, shifting monster, our team of 12 women carried on resolutely, ignoring the angry storm, carefully putting one foot in front of the other. As we advanced in close formation, trying in vain to use the person in front of us as a human shield, I realised we had no choice but to keep moving forward. If we turned back, we would simply find ourselves in the same impossible predicament. Squinting through my goggles while battling with the straps of my backpack, which were flapping wildly in the wind and

whipping my face, I said a silent prayer that the next gust of wind wouldn't carry me off the mountain.

Our crossing of the Dasht-e Lut of Iran (otherwise simply known as the Lut desert) in November was nothing short of surreal. In truth, it was breathtaking, challenging and ultimately, transformative. Under the banner of 'Women On A Mission', a non-profit organisation, which supports and empowers women survivors of war around the world, we became the first all-female team in history to cross the Lut desert on foot.

During our voyage, despite the long and tiring days of trekking, the team stayed positive, motivated and fiercely determined. We were up every day at 4:30 a.m. and on



the road by 6:00 a.m. Majestic and imposing, the dunes led us up their sinewy paths, charming us at every turn with promises of vistas more awe-inspiring than the last. On most days, we hiked till sunset, averaging a distance of 30 kilometres a day, made more tiring because of the uneven sandy terrain. A steady rhythm was maintained, alternating 50 minutes of fast-paced walking with a 10-minute break and so on. This gave us a good cadence throughout the journey, with a short stop for lunch, usually around noon. Then onwards again, charging ahead all afternoon, lured by the serpentine curves of the Lut's hypnotic landscape.

As the last thin rays of sunlight glimmered and our shadows lengthened against the amber-coloured sand dunes, we knew our daylight hours were running out. We resisted the temptation to stop for more pictures and picked up the pace in order to reach the camp before nightfall. Upon arrival, our individual tents still needed to be set up, and our preference was not to do so in total darkness. Once the tents were up, those who still had some energy tried their best to "de-sand", treat blisters and other sores. Since showers were not an option, we freshened up using wet wipes in the privacy of our tents. By day two, I had given up trying to brush the sand out of my hair, which had turned into the driest, straw-like mess imaginable.

Once everyone had settled into camp, our guides would then serve tea and prepare a hearty dinner, which usually consisted of a bean and vegetable stew served with white rice. By 7:30 p.m., eyelids would begin to get heavy as we stared at the spectacular starry galaxies above. A few of us managed to extend our bedtime hour by drinking more tea and chatting around the campfire, but in truth, we were exhausted from the day's exertion. Thus, after a quick visit to the "loos", which were usually downwind and not too far from our camp, we'd drift off, one by one, and retire to our tents. By 8:30 p.m. most of the campers were sound asleep, or if not, tossing and turning in their sleeping bags, trying desperately to ignore the aches and pains in their muscles and bones, praying sleep would soon arrive.

The next day, it would start all over again. A cacophony of different alarm clocks would go off at around 4:30 a.m. The campsite slowly came out of its torpor; and inevitably, the sound of women chatting and giggling would ensue. Despite the temperature being close to zero degrees at this ungodly hour of the morning, the noises of a waking-up

camp were strangely comforting. While we continued to move around drowsily, packing up our things and sorting out our backpacks, the deep voice of Mohammad, our guide (aka the-best-breakfast-chef-in-the-world) would bellow, "Ladies, your eggs are ready!" - and that never failed to put a smile on our faces.

Soon my fellow explorers and I were off again, fresh and ready to tackle another long day of hiking in the sand.

During this pioneering journey, our 'Women On A Mission' team grew closer. Beautiful bonds of friendship flourished, as we pushed our limits in the desert. Within the intimacy of our sisterhood, cut off from all communication with the outside world, we felt free to open up and share our hopes and dreams for the future. As the expedition ended, the team was overjoyed and I shared in the genuine pleasure of our achievement; yet, a part of me didn't want it to end. My emotions were conflicted. I felt slightly melancholic to be ending a routine and leaving a world that was like no other I had ever experienced.

Today, we come home to our families with more gratitude in our hearts than ever before and feel extremely privileged to be able to undertake such a journey by choice. Often during our trek, we thought of women who are less fortunate than us, who have to flee their country because of war or unrest, escaping with just the clothes on their back, crossing vast expanses on foot, uncertain of any future. It felt good to rally our strength in support for these women survivors of war.

Undoubtedly, we left a piece of our soul in the vast emptiness of the Iranian desert and with the people whom we came to know during our journey in this astonishing country. In the end, Iran surpassed all our expectations and gave us memories to treasure for a lifetime.

This 'Women On A Mission' (WOAM) Iran expedition, has successfully raised over S\$100,000 for Women for Women International (WfWI) UK - an independent humanitarian organization, which provides women survivors of war, civil strife and other conflicts, with the tools and resources to move from crisis and poverty to stability and self-sufficiency.

Photo credit: WOAM - with special thanks to teammate Sandra Lim

For more pictures, please visit Woman on a Mission Singapore's Facebook page.



March
&
April
Promotions

REDEVELOPMENT SPECIAL

Enjoy the following 90-minute facials at just \$165. (U.P. \$198)

- Advance Lift Accelerator (K-Lift)
- Tulasāra™

NAILS

Enjoy a classic manicure and pedicure at \$60 from Mondays to Thursdays. (U.P. \$72)

HAIR

Treatment:

- Short hair: \$99 (U.P. \$119)
- Medium length: \$109 (U.P. \$129)
- Long hair: \$119 (U.P. \$139)

Hair and Scalp Combo (U.P. \$169 onwards):

- Short hair: \$139
- Medium length: \$149
- Long hair: \$159

MASSAGE

Can't get enough of our massages?

- 60 Minutes : \$68
- 90 Minutes : \$102

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

Those who are disappointed that sên no longer carries C'est Moi need not fret. Members can now log on to www.cest-moi.com to purchase quality products from the French brand and at a discount to boot! Simply key in the promotion code **AMC10** and enjoy a **10% discount** off all regular priced products.



For more information, please call sên at 6739-4449.



FREQUENT USER LOYALTY PLAN

The Frequent User Loyalty Plan is a pre-paid account for Members who frequent sên. Earn up to 25% more credits when you sign up for our Loyalty Plan – the more you top up, the more bonus credits you'll earn! Refer to the table below for a summary of bonus credits for each category.

HOW DO I OPEN MY ACCOUNT?

Members may approach any of our friendly staff at the sên reception to open their accounts. Payment must be made upfront, and a receipt reflecting your opening balance will be issued.

HOW DOES THE LOYALTY PLAN WORK?

Thereafter, any time you or any of your family members enjoy a service a sên, credits will be deducted from the pre-paid account and the new balance will be reflected on your receipt. You may continue enjoying this fuss-free service until the balance in your account reaches zero; you may then renew your pre-paid account by topping up more credits. A dollar equals to one credit.

Please note that credits in pre-paid accounts will expire after the validity period and must be utilized before then.

WHAT ARE THE BENEFITS OF THE LOYALTY PLAN?

Other than bonus credits given to Members, our pre-paid plan also offers the following benefits:

- Convenience for you and your family Members under the same Membership account
- Additional credits which makes our affordable services even more affordable
- Flexibility of choosing any service from our a la carte menu anytime

Package cannot be used in conjunction with Guest Therapist, Sports and Physiotherapist, Niche privileges and other promotions.

PACKAGE	YOU PAY	BONUS CREDITS	TOTAL VALUE	EXPIRY
Bronze	\$500	25	525	3 months
Silver	\$1,000	100	1,100	6 months
Gold	\$2,000	300	2,300	8 months
Platinum	\$3,500	700	4,200	10 months
Titanium	\$5,000	1250	6,250	12 months



Easter Egg Hunt

The Easter bunny is handing out lots of Easter eggs!
Come join us for an exciting adventure
and bring home your treasures.

Saturday, April 1
KidzAmaze, Toa Payoh
10:00 a.m. – 12:00 p.m.
Member Child: \$35
Member Adult: \$12
Recommended for 8-year-olds and under

Easter Egg Workshop by Clay Works

Nothing shows appreciation more than a handmade gift –
learn to make your own clay masterpiece to gift to friends
and family!

Sunday, April 9
Zone Studio
10:30 a.m. – 12:00 p.m.
Member Child: \$35
Recommended for 5-year-olds and above

For more information or to sign up, please drop by The Zone, call the Youth Desk at 6739-4313 or email youth@amclub.org.sg



Birthday Party

What better way to celebrate your 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
full of engaging activities to scrumptious snacks and a
delicious birthday cake, our team will make sure
your child has a memorable day!

We can also move the party to Bukit Merah Lifestyle Complex
or an alternate venue you have in mind
(e.g. Trampoline park, Laser tag centre or indoor playground)!

For more information or enquiries, please approach any of
the staff at the Youth Counter.



Princes and Princesses Party

Hear ye, Hear ye! All throughout the land by royal decree, the Kingdom is celebrating the annual princes and princesses party. Come dressed in your finest royal attire!

Sunday, March 19

The Zone

10:00 a.m. to 12:00 p.m.

Member Child: \$35

Member Adult: \$12

Recommended for 8-year-olds and under

A 5-day cancellation policy applies to all Youth events.

For more information or to sign up, please drop by The Zone, call the Youth Desk at 6739-4313 or email youth@amclub.org.sg

Spring Camp

Spring is a warm welcome after cold Winter - mark the season of rejuvenation with our exciting Spring Camp! Expect a line-up of activities from sports and arts & crafts to field trips, all while making new friends.

Weekdays

March 20 – March 24

April 3 – April 7

April 10 – April 14

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

For more information or to sign up, please drop by The Zone, call the Camp Desk at 6739-4432 or email camp@amclub.org.sg



Summer Camp Counselor Recruitment

Calling all enthusiastic and fun-loving individuals who enjoy working with kids! Join us as a Camp Counselor at The Club's Stars 'n Stripes Summer Camp 2017, happening from June 5 – August 11. If you have experience working with young children (2 to 11 years old) or simply want to help create memorable fun moments for our little campers, email Shuhui at hoshuhui@amclub.org.sg to schedule an interview from Mondays to Fridays, 2:00 p.m. – 5:00 p.m. Recruitment begins Wednesday, March 1 and ends on Friday, April 7.

LESSONS FOR LIFE

As 5:30 p.m. rolled around, kids sporting Taekwondo gear bid farewell to their friends and parents and filed into the Zone Studio... save for a little 5-year-old boy.

His loud and pitiful wails conveyed his reluctance to attend the Taekwondo lesson. As he entered the class gingerly, Master Patrick welcomed him – not with open arms, but with a stern expression and strict demeanour.

Master Patrick assured his young student that his fears of getting hit during the free sparring segment of the class was valid, but not something he ought to be afraid of. Learning how to defend himself was part and parcel of the learning process.

It is precisely Master Patrick's no-nonsense approach and attention to his students' different needs and personalities that set his classes apart from those taught at other institutions. The black-belt holder structures his lessons around 5 core values: Respect, Perseverance, Self-Control, Indomitable Spirit, and Modesty. At his classes, children learn more than just self-defence skills; they learn values that they carry for life.

His strong rapport with his students' parents also plays an instrumental role in the success of his classes. As much as possible, Master Patrick involves parents in every stage of their child's journey and progress in Taekwondo, from routine updates and feedback after classes, to presentation of belts after the passing of an exam.

About Master Patrick

Master Patrick has taught at The Club for 37 years, since 1980. He picked up Taekwondo when he was 11 years old, and has won numerous medals from National Taekwondo Championships. He was also crowned champion in the Master event for Poomsae at the National Poomsae Championship in 2011. (Titbit: He even set the Guinness World Record for the most number of vinyl records smashed in 30 seconds!)

Register your kids in Taekwondo classes for lessons beyond the classroom.

For more information or to register, please call 6739-4413 or email youth@amclub.org.sg.





Quips from kids



"Master Patrick is fierce in a good way that helps us to learn better!"
Justin Hsieh, 8 years



"I love going to classes because I learn how to defend myself."
Cyrus Emami, 7 years



"Master Patrick taught us to learn though good pain and tough times and to always find a way to get back up."
Susana Baquero Salah, 12 years



"I learned to be more disciplined and to think outside the box."
Albert Rui Cheng, 15 years

Checkpoints FOR THE VOLLEY

by Tomas Biernacki, Tennis Director

Those well-versed in the strategic sport of tennis know the importance of a volley – to go on the offensive and cut the amount of time for the opponent to react. The following checkpoints will offer Members an easier way to check their volleys during practice and hopefully improve their match play!

Racquet face should be open

When volleying, racquet face should be open and preferably using continental or hammer grip to create backspin. Contrary to popular belief, the volley is not a big killer shot but a control shot instead. Those who want to develop control of their volley should develop spin first as spin causes friction with the air – more spin means more friction. This in turn causes the ball to drop into the court sooner. To hit deep, use less spin; to hit short, use more spin.

Think “catch”

In order to learn backspin, one must first learn how to get “under the ball”. A volley is often taught as a “catch” because they follow the same concept; one has to go under the ball to catch instead of slapping at it. Similarly, to serve a good volley, one has to go under the ball instead of hit it from above.

Wrist and racquet head aligned

The simple laws of physics dictate that the ball will go exactly where the racquet face and strings are pointing. But sometimes, although players have adhered to this simple rule, their ball still goes directly across the net and down the line. The problem lies in the position of the racquet head. To ensure the ball goes crosscourt, the racquet head has to be slightly in front of the wrist. A general rule is to have the wrist and racquet head aligned to correct problems of directions on volleys.

Tip for the volleyer

When facing trouble at the net, players should volley down the line. A crosscourt volley (unless you can hit an outright winner) opens up the entire court for opponents to hit into; to properly cover the court, players will have to shift to the opposite side of the center line.

Maintain a firm wrist

Without a firm wrist, a hard-hit ball will often force the racquet face to pop open, which in turn causes the ball to pop up. To firm up the wrist, squeeze the bottom three fingers of the racquet hand and keep the head up. This allows players to play the ball higher than normal and increases chances of getting it over the net. With this simple adjustment, players can go from the defensive to offensive in a jiffy.

Keep the volley compact

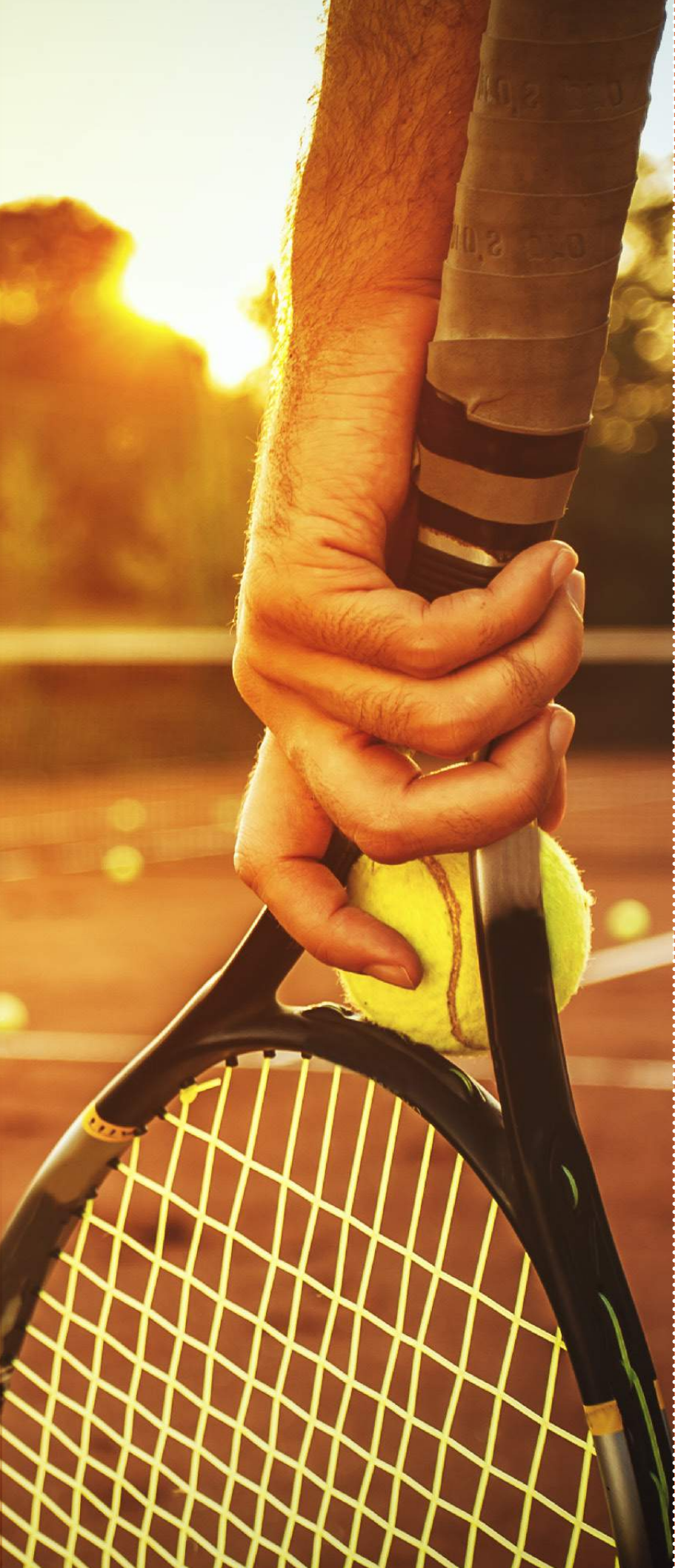
If players stretch too far in front or to the side, the arm will be prematurely straightened prior to contact. This means an elimination of any potential for necessary adjustments due to wind or strange spins. Most importantly, the volley is more controlled and safe when players do not swing at the volley.

Keep a two-ball space between elbow and stomach

This is particularly important for forehand volleys, as the tendency is to let the right elbow get behind the right hip, in which case the stroke gets “cramped” and power zone is eliminated. Those who straighten their arms (similar to a punching motion) are overdoing forehand volleys; the potential for mishits and misdirection increases as the length of swing increases.

Turn sideways

Turning sideways when volleying is related to the crossover or cross-in step. When a player crosses his left foot over his right foot on a forehand volley (right to left on the backhand), it increases his reach by one full racquet length.



TENNIS CAMPS

Summer Holiday Program
June 5 – August 4

TERM 2 COACHING PROGRAM

January 9 – June 3

MIXED TEAM TENNIS

Friday, February 3
Friday, March 3
Friday, April 7
Friday, May 5
Friday, June 2

TOURNAMENTS

February 4
Mini-Tennis Junior Tournament

February 17 - 19
Adult Singles Championship

March 4
American Club Tennis Team Challenge

March 5
Parent & Child Tennis Tournament

March 14 - April 18
STA Inter-Club Singles League
(To be confirmed)

April 21 - 23
Adult Doubles Championship

May 6
Mini-Tennis Junior Tournament

May 19 - 21
Spring Junior Singles Championship

May – June
Member Guest Tournament
(To be confirmed)



SQUASH: CAN YOU TAKE THE HEAT?

Summer is fast approaching, and those looking to get that perfect summer body need not look too far. Squash is one of the fastest and most efficient way to burn calories – and the best part? The invigorating sport can be done rain or shine in our indoor squash courts, away from the unpredictable Singapore weather! That is precisely why The Club has an avid squash community which recently completed a very busy 2016.

Cosmopolitan Squash League

One of the highlights was the Squash team's creditable performance against 6 other clubs last year, finishing just one point away from the 3rd position. Although the team went home sans trophy, this motivated them more than ever to clinch the coveted top spot this year.



Gaurav Kaul & Abesh Ghale

Cosmopolitan Awards Dinner

The team's enthusiasm was cemented with the presentation of a trophy to team American Club for Best Participation. In 2016, 24 players were registered and The Club recorded the highest participation rate in Singapore at 96% -- the next highest participation rate was 74%.

Handicap Tournament

The Club's annual initiative in November provides lower graded players a great opportunity to play and overcome their more highly-skilled counterparts in a full day of squash and hospitality. We had a whopping 20 participants and a big congratulations to our well-deserved winners!



Tan Eng Sun & James Ng

MAIN TOURNAMENT

Winner: Gaurav Kaul
Runner Up: Abesh Ghale

PLATE TOURNAMENT

Winner: James Ng
Runner Up: Eng Sun Tan



Harvey Glick & James Ng

Friendly Matches

The squash team continued their streak of success from the first half of 2016 by winning The Padang Cup against Singapore Cricket Club. Their win was not tainted by the team's subsequent loss – The Ryder Cup of Squash eventually went to The British Club team.

Other highlights include team players Harvey Glick and James Ng getting to the finals of the Hollandse Club Masters Tournament and clinching a spot in the Over 50 Plate Final in November, in which Harvey narrowly prevailed. This is on top of regular bi-monthly Box Ladder Matches (managed by the competent Dave Nishball) and 3 squash socials every week.



Squash Fraternity

It is with great joy that the squash community wrapped up a hectic 2016 with both highs and lows, and ended the year with an abundance of team spirit and strong rapport.

Upcoming Plans

- Repeat overseas tour to play Hong Kong Football Club
- Start a team in the SSRA Veterans League for those above 40
- Squash Socials (Tuesdays, Thursdays & Saturdays)
- Box Ladder Matches
- Junior Squash Program (Group)



ADULT RECREATION CLASSES

A healthy body is as important as a healthy mind; check out these recreation classes to keep your mind balanced and invigorated!

Ballroom Dancing

Socializing precedes dance in this class, where participants are encouraged to dance with different partners in a relaxed atmosphere. The lessons are taught by Benedict Lau, Malaysian Latin Dance Champion from 2004 to 2007. Register now to learn swing, waltz, salsa, cha-cha or foxtrot!



Chinese Brush Painting

The ancient art of painting is not just about learning a new set of skills, the delicate art also encourages painters to develop their unique style and look at the world through different lenses. The course is taught by Mr Yap, a full-time artist with over 30 years of experience as an art teacher.



Basic Photography Class

This half-day Photography class amalgamates passion with technical knowledge, and the hands-on tutoring will help participants fine tune their eye for photography. The class, a mixture of theory and practical lessons, is taught by Keith, an avid photographer with over 20 years of experience.

For more information or to sign up, please visit our website, call the Sports Counter at 6739-4312 or email sportscounter@amclub.org.sg





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HEALTHY CHOICE, HEALTHY LIFE

by Robert Hoffman, Gym Manager

Chinese New Year may have been more than a month ago, but Easter in April means more sugary sweets and treats. Rather than going cold turkey, opt for healthier treats this Easter with our simple guide to more wholesome choices.

DARK CHOCOLATE

Instead of binging on low quality chocolates, opt for high grade dark chocolate with 70% or more cocoa. Dark chocolate lowers the risk of diabetes as polyphenols in chocolate help regulate blood sugar by improving insulin resistance. The tasty treat also strengthens the heart and promotes healthy blood flow.

HEALTHY TRAIL MIX

This D.I.Y. mix is perfect for health nuts! Combine a mixture of unsalted and unsweetened nuts like almonds, pecans, walnuts and cashews with dried fruit like sultana raisins, cranberries, apricots and apple slices for a fuss-free midday snack.

CHOCOLATE COVERED FRUITS

Those who find it hard to do a 180 on their diets can ease themselves into healthier eating habits with our handy tip: dip your favorite fruits into some yummy chocolate! Chocolate covered strawberries, bananas or apple slices make for a pretty lunchbox snack.

POPCORN BALLS

Popcorn is everyone's favorite cinema treat, but homemade popcorn balls are healthy and yummy. Make your own popcorn balls with a drizzle of olive oil, sprinkling of cinnamon and dab of honey. Tie them up with pretty pastel strings as a joyful surprise for your kids!

HOMEMADE RICE KRISPIES BUNNIES

Swap store-bought bunny candies for these homemade Rice Krispies delights. Simply stir honey, low-fat butter and organic peanut butter into whole grain rice cereal before using cookie cutters to shape them into adorable bunnies.

DYED HARD BOILED EGGS

Tie-dye eggs are all the rage, but add a springtime twist by using pastel dyes. Eggs are full of protein and healthy omega-3 fatty acids, and these colorful eggs will make teatime a healthy treat!

Keeping healthy doesn't mean one has to stave off all things delicious – with smarter choices, you can have your cake and eat it too.

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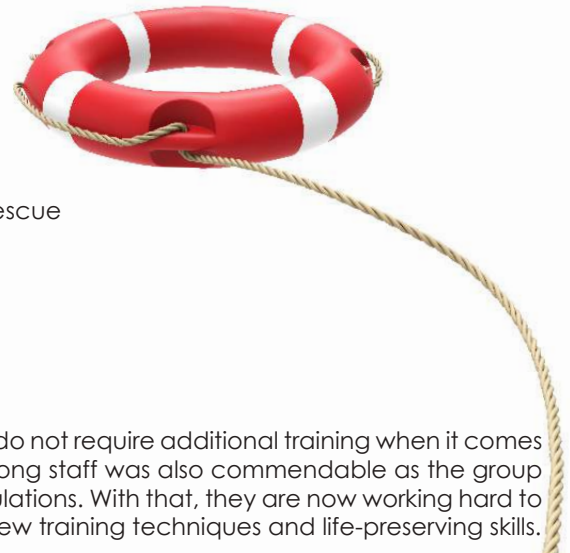
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LIFEGUARD RETRAINING

Last November, the Aquatics Department undertook retraining for all full-time and part-time lifeguards. The full-day course covered a variety of topics specially designed to ensure our lifeguards possess more than adequate skills.

TOPICS COVERED

- Professionalism
- Accountability
- Teamwork
- Guest relations
- All single lifeguard rescues – both conscious and unconscious
- Spinal injury removal from the pool (backboard use) – Team rescue
- Rapid removal from the pool (non-breathing guest in distress) – Team rescue
- Respirator emergencies – BVM use
- O2 Support
- Cardiac emergencies – AED use
- Spinal injury management
- Injury management
- Medical and environmental emergencies



The main highlight of the course was the professionalism of our team – they do not require additional training when it comes to vigilance and thinking on their feet in times of crises. The teamwork among staff was also commendable as the group worked cohesively and displayed their problem-solving skills during the simulations. With that, they are now working hard to uphold The Club's existing high standards while constantly implementing new training techniques and life-preserving skills.



48TH SINGAPORE NATIONAL AGE GROUP SWIMMING CHAMPIONSHIPS

January and February saw the start of the prestigious 48th Singapore National Age Group Swimming Championships, with the National Time Trials taking place at the OCBC Aquatic Centre. These trials are good opportunities for our swimmers to strive for their personal best timings and also give them a chance to compete at the Championships in March.

MERLION SWIM MEET 2017

The first Merlion Swim Meet early this year was off to a good start as our swimmers performed fantastically. We would like to express our thanks to the British Club for being a great host, and as always, we are proud of our swimmers for their months of dedication, hard work and excellent results!

METASPRINT SERIES DUATHLON AND TRIATHLON

Older swimmers will not be left out in the cold, as the upcoming MetaSprint Series Duathlon in March and Triathlon in April will allow them to push themselves to their limits! The journey continues in May, as the 2017 Bintan Triathlon will take place then. Those interested to take part may contact the Aquatics Department for more information on Masters Training Sessions or team entries.

SUMMER SWIMMING

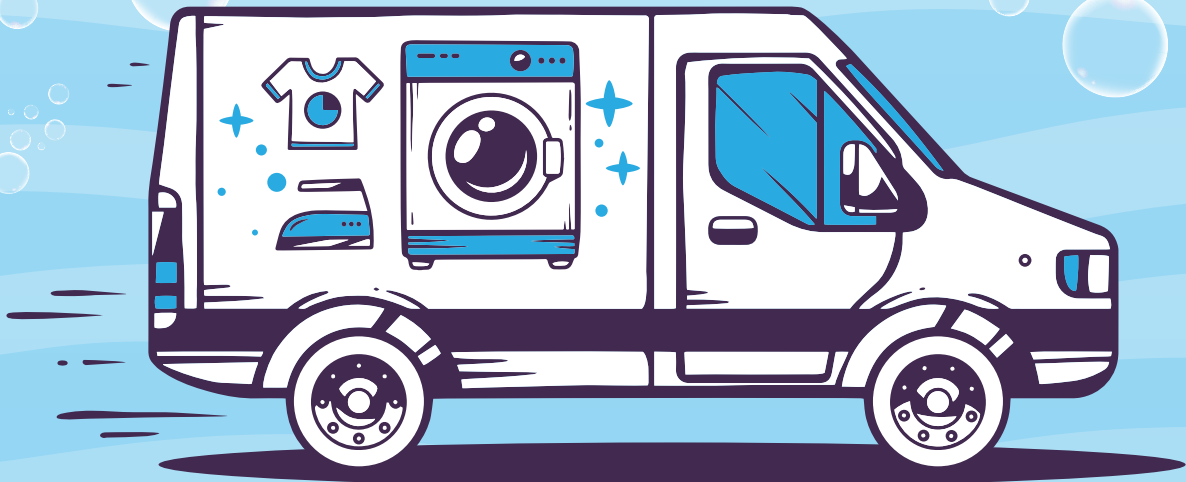
Summer is creeping closer, and it's the best time of the year to sign up for some swim lessons during the long break along with your little tots. Equip your loved ones with life-saving swim skills while bonding as a family. Private or group lessons are available – try out our new SwimAmerica program!





LAUNDRY PICKUP & DELIVERY SERVICE

Now available at Essentials



We are pleased to share that Laundry Pickup & Delivery service is now available at Essentials.

Members can request for this personalized service via our website. Your laundry will be picked up and your cleaned clothes delivered right to your door step at your most convenient date and time.

We hope you enjoy this value added service.

For more information, please call Essentials at 6739-4332.



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