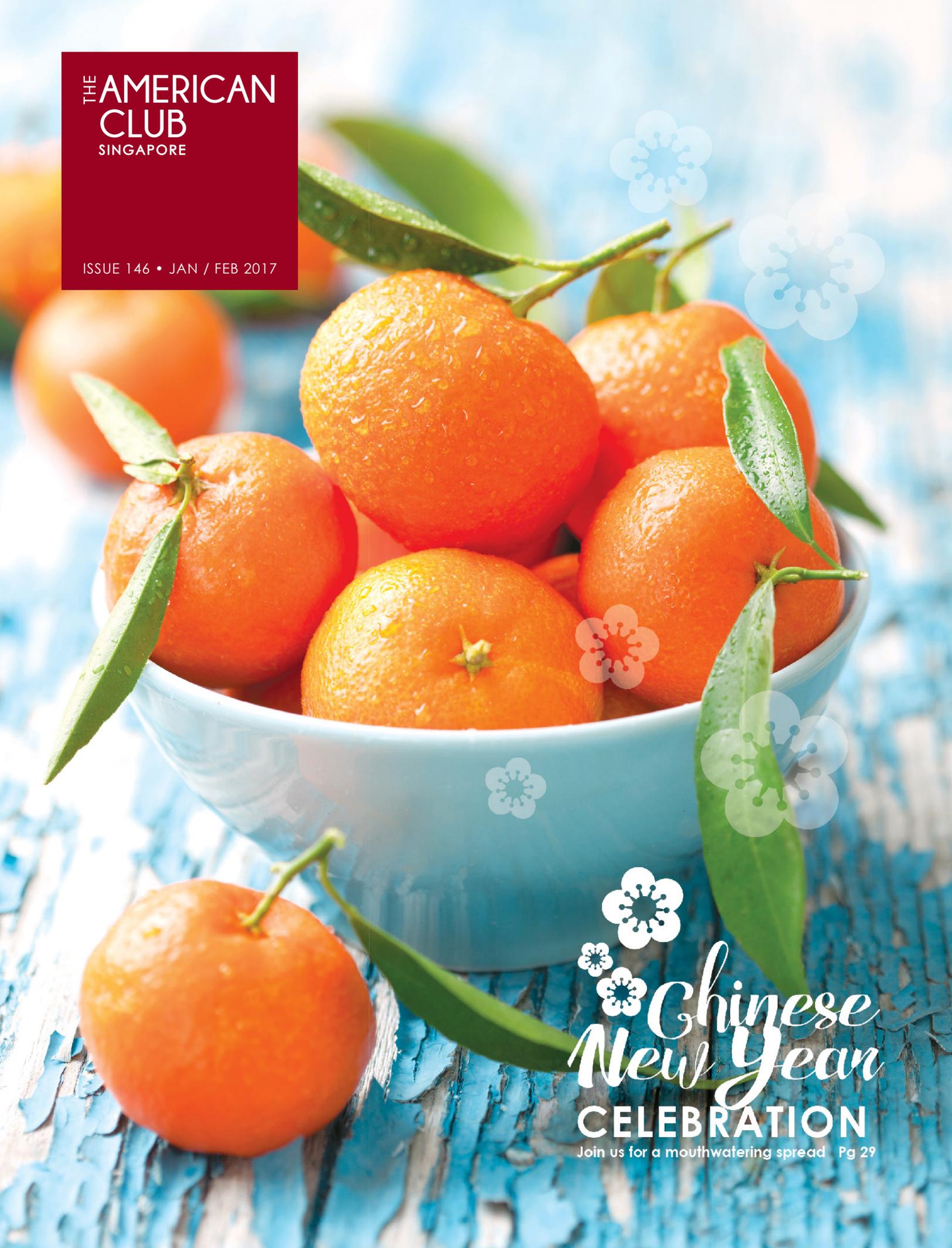


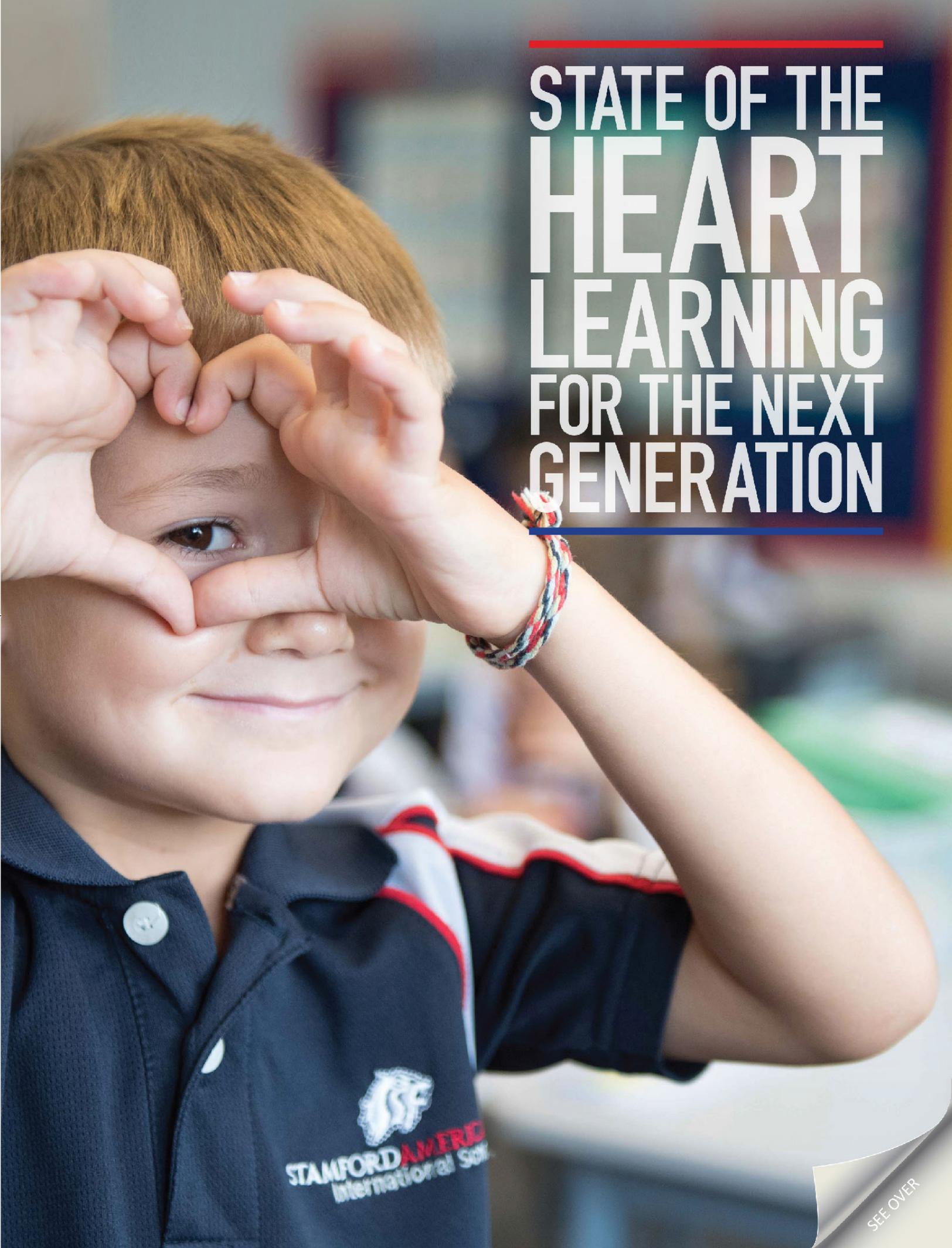
THE AMERICAN
CLUB
SINGAPORE

ISSUE 146 • JAN / FEB 2017



Chinese
New Year
CELEBRATION

Join us for a mouthwatering spread Pg 29



**STATE OF THE
HEART
LEARNING
FOR THE NEXT
GENERATION**


STANFORD AMERICA
International Schools

SEE OVER

A NEW WAY TO LEARN FOR A NEW WORLD

The world is changing. Education is changing. Today, how children learn is as important as what they learn. And that's the inspiration behind our extraordinary new Early Learning Campus. It's been built entirely for little learners aged 18 months to 6 years and is designed to encourage them to explore their natural inclination to create, design, engineer and innovate.

A unique "state of the heart" curriculum incorporates new units of inquiry in science, technology, engineering, arts, mathematics and innovation into the International Baccalaureate (IB) Primary Years Programme. Add to that a wide range of specialist programs in music, language and physical education, and the result is an exciting, new way of learning designed to help children succeed in a rapidly changing world.



A curriculum designed to help children make connections

The pace at which young children adopt new technology is astounding. The early years curriculum at Stamford American recognizes this propensity and encourages children's natural inclination to design, engineer and innovate with engaging, hands-on experiences, in an environment where they are viewed as active participants.

The curriculum is based on the International Baccalaureate Primary Years Programme (IBPYP) which is integrated with new programs of inquiry incorporating STEAMinn - Science, Technology, Engineering, Arts, Mathematics and Innovation. These key programs of inquiry are woven into every day moments of discovery, so children can make practical, real life connections to help them learn. The result is a unique "state of the heart" learning experience.

Developing a deep love and appreciation of music

Playing the violin improves concentration, enhances memory, fosters emotional development and prompts creative expression. In recognition of this, Stamford American was the first school in Singapore to offer the world-renowned Suzuki Violin Program from the age of 3 years, with the option to progress to the cello from the age of 5.

Children with a solid musical grounding are more likely to develop a life long love of music and are well prepared to progress through the International Baccalaureate curriculum in Elementary and beyond.

Foreign Language proficiency: the aim for every child

Singapore provides a wonderful opportunity for children to learn another language. Starting from 18 months, the language program at Stamford American aims to develop excellent communication skills in either Mandarin or Spanish. Consequently, all students from the age of 18 months receive daily language instruction from native speaking specialists.

For those students looking for a deeper language understanding, there is a well-established Mandarin/English Bilingual Program starting at age 3. Teachers focus on children becoming truly bilingual, biliterate and bicultural.

Stamford American International School's extraordinary new campus for early learners. Pioneer Class August 2017.

Come and see for yourself the difference this purpose-built environment can make to your child's vital pre-school years.

To visit the classroom display pod please call +65 6653 7907 or register at www.sais.edu.sg

STAMFORD AMERICAN

International School



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





THE AMERICAN CLUB SINGAPORE

ISSUE 146 • JAN / FEB 2017
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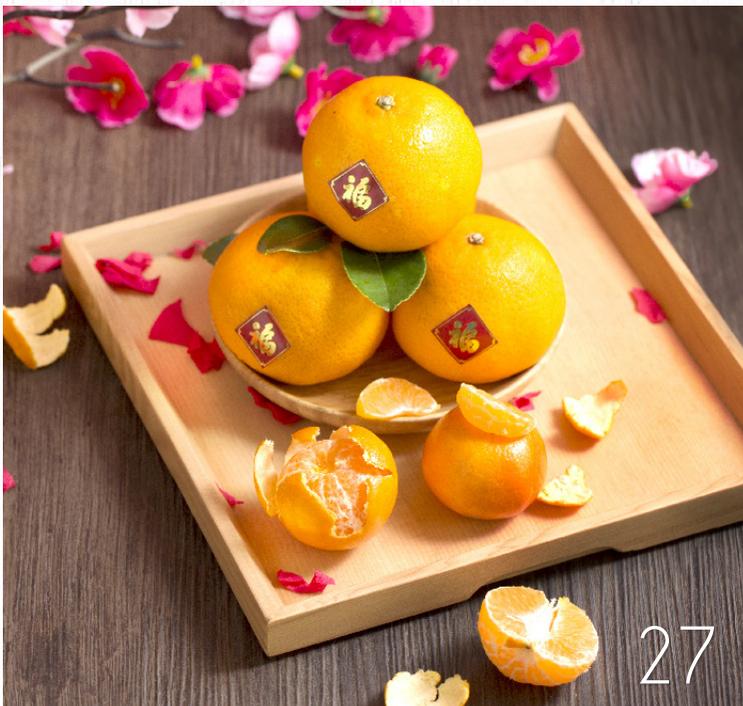
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ESSENTIALS



Dear Members,

Happy New Year and Happy Lunar New Year! I hope your 2017 is off to a wonderful start.

As we get ready to ring in another new year, I can't help but reflect on the last one – particularly the redevelopment project and all the hours Members, management, and our consultants poured into it. Everyone is working hard to deliver a new experience that will surpass what we already have at The Club.

As you may know, Phase 2 of the project is now complete. We had a surprise near the scheduled end of this phase when we found an old swimming pool buried under our pool site that had to be hacked out. If anyone has images of this old pool (likely from the 1970s), please email them to me or drop them off at the Front Desk. We would love to share this bit of Club history with everyone.

The completion of Phase 2 and the demolition of the site was a significant milestone in the project timeline. What happened next, however, is even more significant and largely secured The Club's future. To be more precise, while the site was being demolished, our Tender Subcommittee and advising consultants were busy conducting the tender process for Phase 3 of the redevelopment (which encompasses the construction of the new building shell and core). The team worked tirelessly to review multiple bid submissions in order to make a recommendation to the General Committee. At the time of this printing, the team is now in the process of finalizing the appointment of the contractor for Phase 3. This Phase is within the anticipated cost.

So all of this is positive and, again, secures the future for our Club. For those of you who haven't had the

opportunity to see the construction site yet, I encourage you to take a look through the viewing portholes next time you're at The Club. These portholes are cut into the window frosting on the main staircase landings – one level up from the Lobby and one level down from Level 3. They give a bird's eye view of what's happening on site. Alternatively, log on to our redevelopment website at www.redevelopment.amclub.org.sg to watch an amazing time-lapse video that captures the demolition of the Scotts Road building and poolside area over the past months.

I hope you've also been viewing the Schematic Design boards as they're being shared at The Club, on our redevelopment website, and via our redevelopment e-blast. The Detailed Design phase of the project has been in process for several months now, and is wrapping up in a way that makes the most of what we have, both fiscally and within the regulatory framework, to benefit the membership as a whole.

As you can see, the holidays haven't slowed us down much and we're continuing to work hard to deliver a Club that will benefit everyone. I appreciate your patience as the piling works begin and hope to see you in the halls as we all watch the new building take shape.

As always, please feel free to reach out to me at president@amclub.org.sg if you have any feedback or observations about the project.

A handwritten signature in black ink, appearing to read 'Scott Weber'.

Scott Weber
President



FROM THE
**GENERAL
MANAGER**



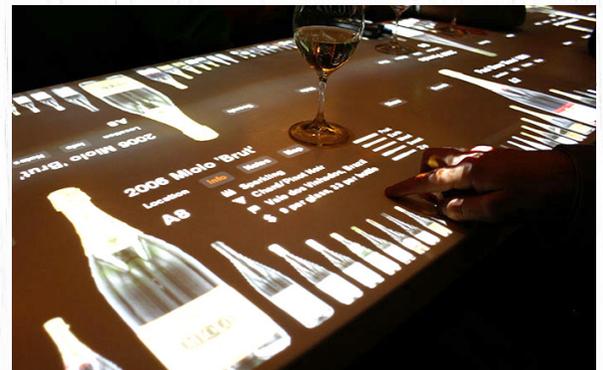
Dear Members,

I hope you enjoyed a relaxing holiday season and a bit of a break from work and school to recharge and unwind. This new year, we've got a myriad of programs and events planned to keep you and your family engaged as we look forward to continued progress on The Club's redevelopment.

One significant focus of the redevelopment project for management has been looking at ways to future proof The Club. We are putting much effort into exploring solutions that can enable our team members to work smarter, and not harder. As many of you know, labor market challenges continue to prevail in Singapore, and it is especially difficult to find eligible candidates in the hospitality field. With this condition projected to be the reality for the foreseeable future and with Singapore's shift towards the automation of services, we are looking at ways for The Club to leverage and maximize government funding opportunities to tackle this issue.

I'd like to share some of the opportunities we are considering for government funding. None of these initiatives have been confirmed, as we are still in the exploration stage of the process, but they highlight a few of the exciting possibilities as we look forward to our new clubhouse.

The first of these includes the implementation of a wine vending machine at our new gourmet shop that will not only allow us to store wines at the perfect temperature, but will also enable self-service wine and liquor purchases to create a more convenient buying experience while facilitating a quicker checkout process. Similar technologies we are exploring are the intelligent wine dispenser system, that allows for longer storage of wines, gives our sommeliers unparalleled control over our wine list with the option to offer more by-the-glass purchases, and allows Members to conduct self-service wine-tastings; as well as a touch-screen table top that can serve both as a functional counter top as well as an interactive wine browsing platform.



Our uniform distribution and laundry system is still labor intensive. The implementation of RFID technology on items such as our staff uniforms, linen and towels can significantly benefit our management of inventory tracking, stock taking, distribution and loss prevention of these assets. There is also huge potential for RFID technology to be scaled up and applied to many other areas of club operations as we reap the advantages of a fully automated, real-time data capture and analysis system.

On the IT front, The Club is exploring the use of an online table management system that will allow Members to make reservations for restaurants and Club events 24 hours a day, enable us to effectively manage our table inventory and guest information; as well as a customized mobile application that will open up a whole new world of opportunities in the way we engage, transact, communicate with and serve our Members.

While these represent just a small percentage of the many items on our 'wish list', The Club has also already embarked on the process of employing some of these newer technologies to great benefit. Back in the kitchens,

the installation of four new Auto Filtration deep fryer machines in the past several months has translated to a 50% reduction in man-hours for used oil disposal and 77% less time for the cleaning of oil tanks, or a total savings of 652 man-hours per year by the Kitchen & Stewarding team. The shelf life of oil has now also been extended 3-fold, while the team enjoys a safer process and are better optimized as they can focus on other tasks.

I hope the above gives you some idea of the continual steps we are taking to change, innovate and improve with advances in technology. We will continue to explore these new ideas (and implement them where feasible) as we move forward with the redevelopment project – updates will be shared as we gather more information and make decisions.

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.

Wishing you a prosperous Year of the Rooster!

Martin

Martin Rudden
General Manager



15 DAYS OF Chinese New Year

For 15 days of Chinese New Year, spend and win big! We will usher in the Year of the Rooster with 15 prizes to help you kickstart your year on a joyous note.

Beginning Saturday, January 28, spend any amount at The Club and drop your spending chit(s) into the draw box located at the Concierge. A lucky winner will be drawn daily at 4:00 p.m. The lucky draw culminates on the last 3 days of the Chinese New Year with \$500 worth of Club-wide dining vouchers!

Date	Prize
Saturday, January 28	\$100 Eagle's Nest dining voucher
Sunday, January 29	\$100 Eagle's Nest dining voucher
Monday, January 30	\$100 Eagle's Nest dining voucher
Tuesday, January 31	\$100 Eagle's Nest dining voucher
Wednesday, February 1	Sunday Brunch at The 2nd Floor for 4 valued at \$152
Thursday, February 2	Sunday Brunch at The 2nd Floor for 4 valued at \$152
Friday, February 3	2 sên Customized 60-minute Massages valued at \$168
Saturday, February 4	4-hour Business Center Meeting Room usage with complimentary platter and beverages valued at \$170
Sunday, February 5	\$208 The 2 nd Floor Bar beverage voucher
Monday, February 6	\$208 The 2 nd Floor Bar beverage voucher
Tuesday, February 7	Youth Birthday party voucher at The Zone valued at \$228
Wednesday, February 8	90-minute sên Kerstin Florian Caviar Facial valued at \$258
Thursday, February 9	\$500 Club-wide dining vouchers
Friday, February 10	\$500 Club-wide dining vouchers
Saturday, February 11	\$500 Club-wide dining vouchers

Not applicable for The 2nd Floor Premium Brunches.
Winners on weekends or public holidays will be announced on the next working day.
Limited to one festive draw prize per membership.

Club Festive OPERATING HOURS

Please note the following Club operation hours during the festive period.
Standard opening and closing hours apply unless otherwise stated.

New Year's Day
Sunday, January 1
The Club opens at 10:00 a.m.

Chinese New Year Eve
Friday, January 27
The Club closes at 4:00 p.m.
Last food order will be taken at 2:30 p.m.
All Youth and Fitness & Leisure classes will commence at 3:00 p.m. latest

Chinese New Year Day 1 & 2
Saturday & Sunday, January 28 & 29
The Club closes at 10:00 p.m.

Chinese New Year Day 3
Monday, January 30
The Club resumes normal operating hours.

Bukit Merah Lifestyle Complex
Closed from December 31, 2016 – January 2, 2017
Closes at 12:00 p.m. on January 27.
Closed on January 28, 29 & 30.

50

YEARS OF MEMBERSHIP

It was with great pleasure and joy when we celebrated and honored Mr Yeo Hung Kiang and Dato Pang's 50 Years of membership at The Club. Both gentlemen were each presented with a beautiful hamper and \$300 worth of vouchers.

We thank both Dato Pang and Mr Yeo for their unwavering support, and hope to celebrate many more milestones with our treasured Members who have made us the vibrant community we are today.



Come Play

at Asia's Premium Lifestyle Destination Resort



World-class attractions | Award-winning Spa | Celebrity Chef Restaurants | Exciting Entertainment



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STAFF HOLIDAY FUND

Thank you

From all of us at The Club, thank you to all Members for your generous contributions to our 2016 Staff Holiday Fund, and for continuing to recognize and acknowledge our staff community.



NICHE GROUP LUCKY DRAW

The second instalment of our popular Niche Group Lucky Draw ran from August to December 2016. Thank you to all who participated and we are heartened by your tremendous support and enthusiasm. Last but not least, a big congratulations to our lucky winners!

Month	Prize	Winner
August	2 Nights Stay in a Deluxe Ocean Suite - Alila Seminyak Bali	Arnaud Frade
September	2 Nights Stay in an Alila Suite - Alila Solo Java	Tan Puay Kee
October	4 Nights Stay at Villa Tasanee, Koh Samui - Ever Asia Enterprises	Patrick MCGoldrick
November	7 Days 6 Nights Dances, Dragons and Magical Lakes cruise for 2 - SeaTrek	Michele Cabasug
December	3 Nights Stay in a Beach Villa for 2 persons inclusive of breakfast - Loama Resort Maldives	



Arnaud Frade



Tan Puay Kee



Patrick MCGoldrick

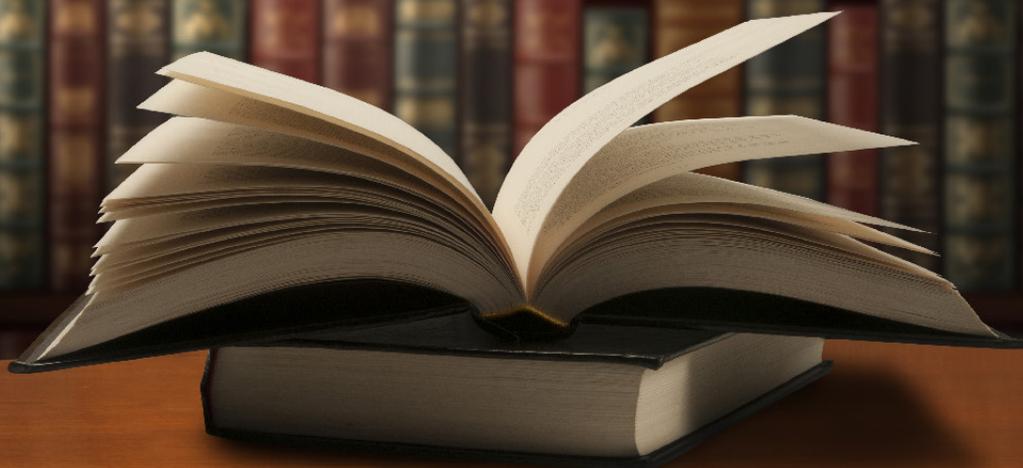


Michele Cabasug

A Literary Evening: Olivia & Sophia

by Rosie Milne

Literary enthusiasts gathered at the Adult's Library on Tuesday, November 8 in anticipation of author Rosie Milne's book launch. Her historical fiction title, *Olivia & Sophia* chronicles the difficulties of being an expat in Singapore 200 years ago! The cosy event ended with a sale of the novel after an engaging reading session. We hope all Members had a fun evening!



GINGERBREAD WONDERLAND

Helmed by Pastry Chef Yeni Sukowati, the Gingerbread Wonderland was a huge hit as parents and children alike were enchanted by the intricate and whimsical creation.

Yeni and her dedicated team, comprising Chefs Teo Chew Ming, Iris Tan Hong Kia, Lew Kar Choong and Chanel Er Ler Sen, spent almost 2 months brainstorming and preparing for the creation of the Gingerbread Wonderland, an amalgamation of urban cosmopolitan landscape and ethereal forest.

The team hoped that their colorful creation would help to spread some festive cheer at The Club. They certainly succeeded, as Members were delighted by the beautiful installation that was put on display at the Lobby during the month of December!



Christmas Tree LIGHTING CEREMONY

The infectious Christmas spirit was in the air, as Santa Claus paid a visit to The Club on Thursday, December 1 for the highly anticipated annual Tree Lighting ceremony. This year, the Stamford American International School Choir delighted the crowd with renditions of popular Christmas songs, while Members got to enjoy The Club's signature eggnog and freshly baked cookies. The night ended with some fun photo opportunities with Santa at The Zone!

Special thanks to Resorts World Sentosa and SAIS for making this event a resounding success.

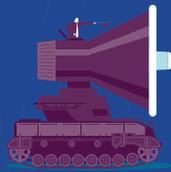


A Green Christmas

Congratulations to the Chanda family for winning our DIY Christmas craft contest!

From September 24 to November 4, Members had the opportunity to showcase their creativity and talent by using recycled items to create DIY Christmas ornaments.

Thank you to all for your participation.



Get the word out.



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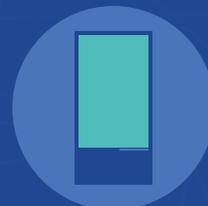
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CONTACT OUR MARKETING EXECUTIVE AT INFO@AMCLUB.ORG.SG.

THE AMERICAN CLUB REDEVELOPMENT PROJECT UPDATE

THE NEW SWIMMING POOLS

Our new poolside area will have three swimming pools: a 25m lap pool, a 15m training pool, and a baby pool that graduates from 2" to 12".

As part of the due diligence around designing the new pools, The Club considered a conventional chemical chlorinator system (similar to the system in our old pool), a saltwater chlorinator system, and a copper/silver ionizer system.

After exploring all the systems and the pros and cons associated with each one, The Club has decided to move forward with a conventional chemical chlorinator system for several reasons:



* As decided by the Youth and Family committee, a children's water play area will be incorporated into the baby pool instead of standing external to the pool as shown to the left.

1 It is the most economical option. The procurement and installation costs for a saltwater chlorinator are 3.5 times as expensive and 7 times as expensive for a copper/silver ionizer.

2 It is the easiest to treat and maintain within NEA guidelines. The treatment of a saltwater chlorinator pool requires more work due to The Club's very high usage level and the fact that the pool is outdoors and subject to UV rays and the haze, both of which negatively impact the chemical levels in a saltwater chlorinator pool.

3 The sanitization process is effective. In a copper/silver ionizer system it takes considerably longer to sanitize the pool, as the process is slower-acting in nature; this could be an issue due to our high usage rates.

CHECK OUT OUR FIRST REDEVELOPMENT TIME-LAPSE VIDEO!



See the progress we've made over the past several months condensed into less than a minute. You'll see the demolition of the Scotts Road building, Poolside and Linkway as well as the site hacking and removal of debris.

Click onto our microsite at redevelopment.amclub.org.sg or check out the video playing in the Lobby.

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

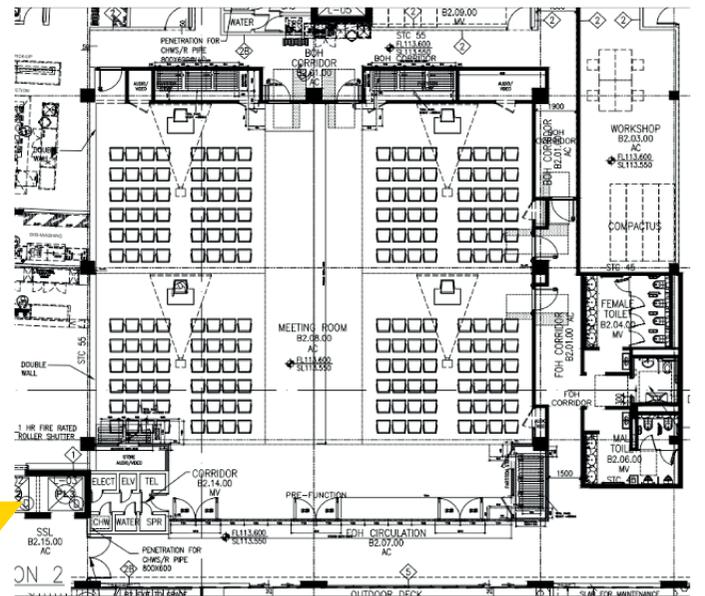
POOLSIDE RESTAURANT

SCHEMATIC DESIGNS



FUNCTION ROOM

SCHEMATIC DESIGNS



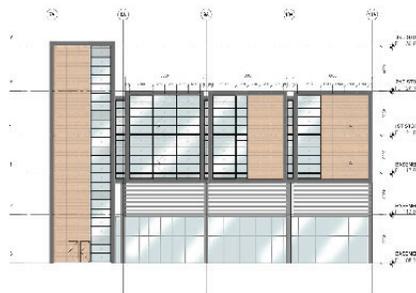
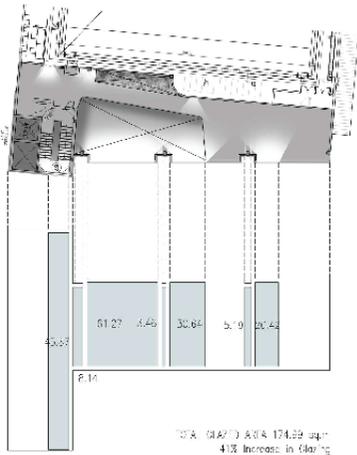
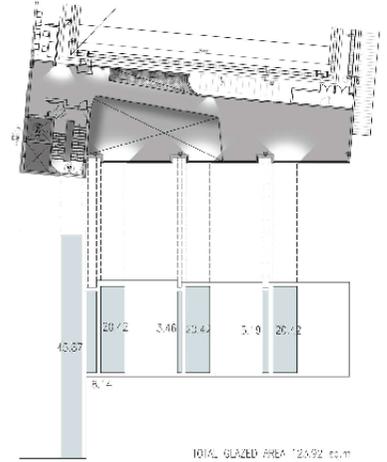
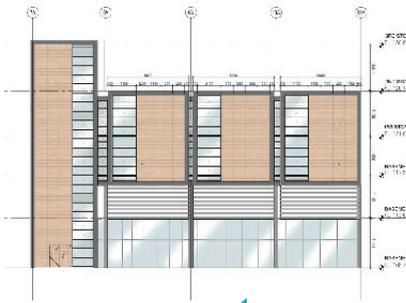
This information is accurate at time of printing, but is subject to change.

PROGRESSION OF FACADE DESIGN DEVELOPMENT

MEMBER-SELECTED FACADE OPTION

Thank you to the 615 Members who voted on the facade design options in September.

Option 1 (shown right) was the winning design with 30.57% of the vote. This design was given back to the architects to develop further.



INCREASED GLASS AT VOID

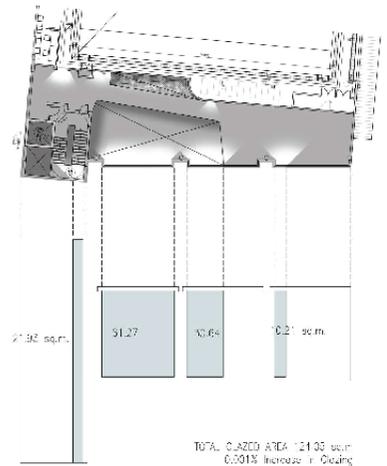
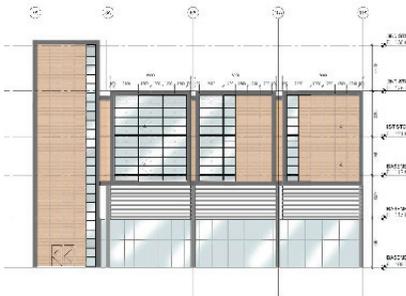
This image shows the progression of design development for Option 1.

Due to a double-height playspace that has been designed in the Youth area, which fronts Scotts Road, it was decided to create a full glass window on the left to allow natural light into the space and give children a view of the outdoors.

REDUCTION OF GLASS AND INTERMEDIATE PANELS

Based on feedback regarding air-conditioning concerns and cleaning of the windows, the design was further developed as shown to the right.

This still allows for the full windows in the double-height Youth space, but minimizes the amount of windows in the tower on the left and in the intermediate panels.



The design of the facade continues to be developed with the architects. Members will be kept informed as the design develops and a final design is reached.

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

Be sure to visit us at Level 3 if you haven't already done so to check out this new 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

Business Center

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

Private Function Spaces for your special events

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

Meeting Rooms

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

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.





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**Visit www.amclub.org.sg/membership
or call 6739-4386
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The Management reserves the right to change any
of the Terms and Conditions without prior notice.



THE AMERICAN CLUB
Singapore



A Literary Evening: *Annabelle Thong*

by Imran Hashim

Join us for a reading and Q&A session with Singaporean author Imran Hashim, who will discuss his debut novel *Annabelle Thong*, which was included in last year's Epigram Books Fiction Prize longlist. Devout Catholic school teacher and the eponymous protagonist enrolls at French university Sorbonne and meets the suave professor Patrick Dudoigt - will he be her Prince Charming or will this be the start of her downfall?

Register now for an entertaining evening of fiction and fun, and show your support for local works!

Tuesday, February 7

Adults' Library, Level 3

7:30 p.m. – 8:30 p.m. : Author reading and Q&A

8:30 p.m. – 9:00 p.m. : Mingle and discussion

Book sale during event featuring *Annabelle Thong*

and other Fiction Prize Titles by Epigram Books

Payment by cash and NETS only

Complimentary

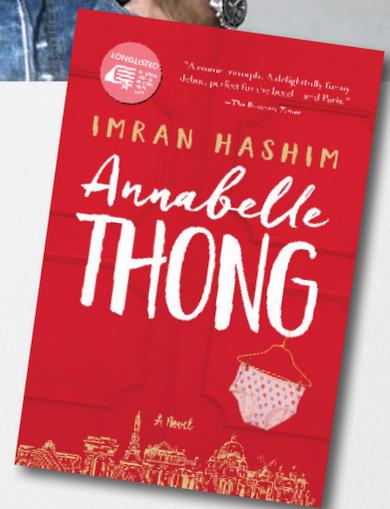
Registration required

Beer and wine will be available for purchase

For more information or to register, please drop by the Library, call 6739-4308 or email library@amclub.org.sg



Credit for author's photo: CHUN PANFONG FOR EPIGRAM BOOKS



Join our new Book Club!

Calling all book lovers - join our newly launched Book Club and meet other avid readers! All adult Members are welcomed.

The selected title for our first meeting is *The Painted Veil*, by W. Somerset Maugham. Members are invited to read the book then join us for a discussion of Maugham's work and of expatriate life in 1920s Hong Kong and rural China. A facilitator will encourage participation from the group with talking points and open the floor up for discussion.

Thursday, February 23

Adults' Library, Level 3

7:30 p.m. – 9:00 p.m.

Complimentary

A selection of beverages will be available for purchase

For more information or to register, please drop by the Library, call 6739-4308 or email library@amclub.org.sg



Kids' Storytelling Sessions

Whisk your little tots away to another world and enthrall them with whimsical tales at our Kids' Storytelling Sessions.

January

Theme: Chinese New Year

Saturday, January 21

10:00 a.m. – 10:30 a.m.

February

Theme: Adventurous Girls

Thursday, February 23

4:00 p.m. – 4:30 p.m.

Children's Library, Level 3

For kids aged 4 to 10 years

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



NICHE GROUP AUTO RE-QUALIFICATION

All Niche Group Members that have qualified for the niche group program as at December 31, 2015 will be automatically re-qualified to their respective niche group status and continue to enjoy all the special Niche Group privileges until December 31, 2019. This applies also to all new Niche Group Members that qualify in 2016. This is our way of thanking you for your tremendous support to The Club. We look forward to your continued support during The Club's redevelopment.

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



THE AWA PRESENTS

A Night At The Races

ENJOY A VERY SPECIAL SINGAPORE HORSE-RACING EXPERIENCE UNDER LIGHTS!

Be seated in the luxury of a private dining room with its own plush viewing deck, looking over the full expanse of the racecourse. See the colorful jockeys' work their magic, hear the horses pound the turf and watch them cross the finish line right in front of you. Staff are on hand throughout the evening to explain how to place a bet and there are betting booths adjacent to our private dining room. Premier Racing Partnership will MC the event giving us their expertise on just what makes a racehorse great.

Your VIP experience includes:

- return trip on our racing express coach (pick-up at Newton Hawker Centre Car Park)
- bubbles on arrival
- private dining room with air-conditioned viewing deck at finish line
- full buffet dinner with wine
- racebook
- escort to the parade ground where horses walk before and after their race

During your parade ground tour you will hear trainers and jockeys discuss their horse and its expectations and performance. This little bit of exclusive information may give you the edge on your bet! You will also come away with a greater appreciation of what it takes to be a winning jockey on a thoroughbred horse.

Seating for dinner will be allocated in advance, so please indicate with whom you would like to sit. You can do this in the COMMENTS section when making your booking.

Dress Code: Business or cocktail attire

Date Friday, March 10
Time 6.00pm to 11.00pm (approximately)
Venue Kranji Racecourse, Singapore Turf Club
Cost \$110 Member \$130 Guest

Registration at www.awasingapore.org. This is a NO CANCELLATION event.



ART
SCENE

Diversity

BY GOSHEN ART GALLERY

Cultural diversity and multi-racialism has led to many interesting art forms by artists worldwide. Diversity by Goshen Art Gallery explores the works of 4 artists: Tan Choo Kai, Wu Xueli, Goh Siew Guan & Sun Yin Sheng. Expect to see different styles and creations from oil paintings and wood-cut prints to water color artworks, that explore the complexity across races and cultures.

January & February 2017

Art Launch

Friday, January 13

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

Mr Jack Yu • Email: info@goshenartgallery.com • 9742-3621 • www.goshenartgallery.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: _____

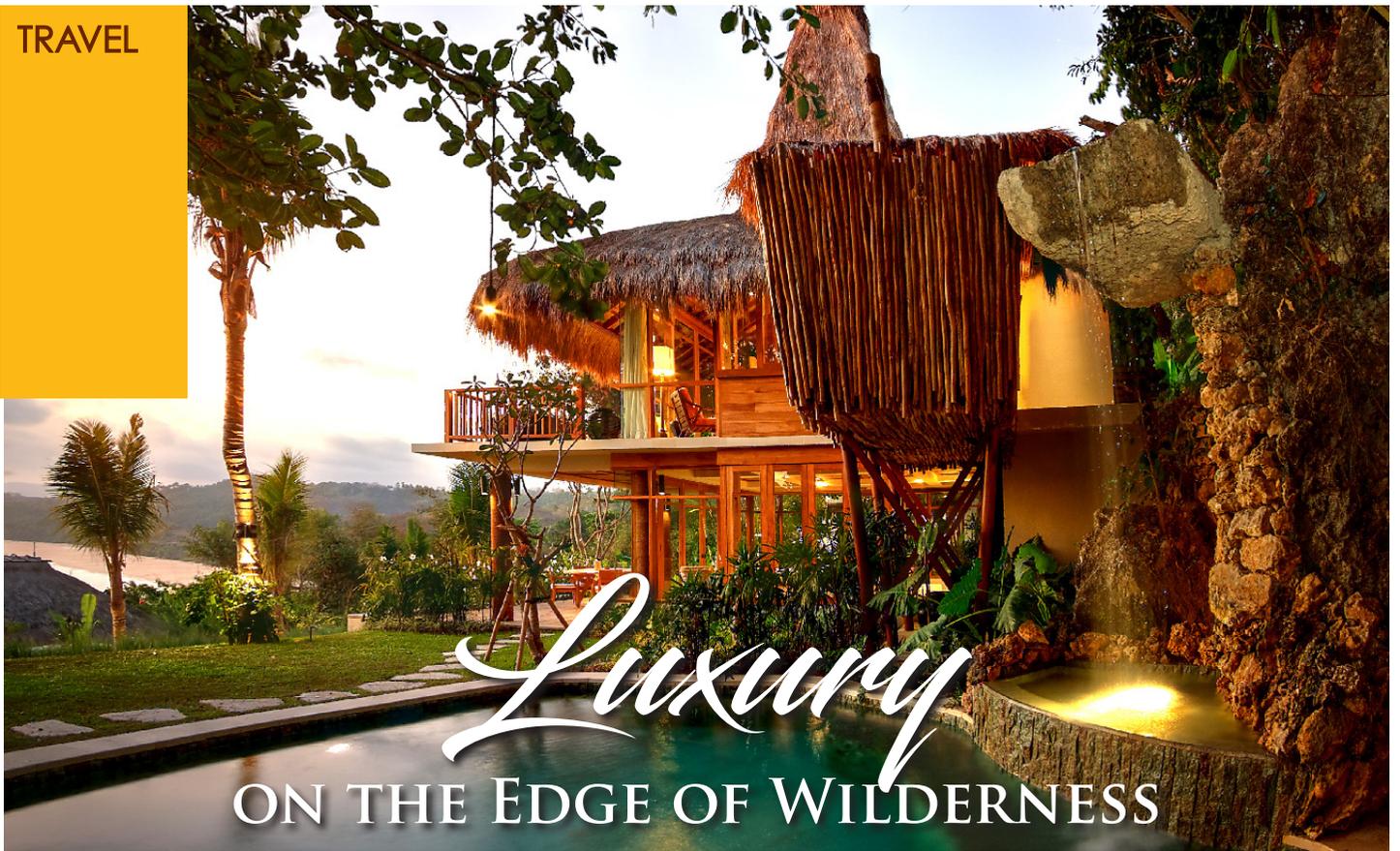
Day-time Contact Number: _____

FOR OFFICIAL USE ONLY

Date joined: _____ New Membership Number: _____

Date credited: _____ Initial: _____

TRAVEL



Luxury ON THE EDGE OF WILDERNESS

Voted Number One Hotel in the world in Travel + Leisure Magazine's World's Best Awards, Nihiwatu has captivated travellers from all corners of the globe who seek a new kind of luxury.

Tucked away in Sumba, a landscape filled with natural wonderment and geographical opulence, Nihiwatu is a luxury resort with a conscience. Stretching across 560 acres of unspoiled natural land including a 2.5 kilometer private beach, this spectacular all-villa resort offers secluded privacy and the ultimate exclusivity.

From exhilarating experiences including access to private surfs on one of the world's best left-hand break waves to world-class sport fishing and diving, sunset gazing and star-lit dining, each stay is expertly crafted through a personalized approach shaped by pleasure, not design.



For more information, drop by the Travel Desk, visit www.countryholidays.com.sg, or contact us at traveldeskt@amclub.org.sg or 6735-1033.

A Magic Carpet Auction at The American Club

Get ready for some great food and serious paddle action as you bid the night away at this carpet auction! 80 beautiful carpets from Iran, Russia, Afghanistan, Pakistan and India will be auctioned off.

Stand to win great lucky draw prizes worth \$5,000 during the night; what's more, be the first 20 guests to register and receive a mystery gift!

SATURDAY, FEBRUARY 18
The Commons, Level 3
Viewing starts from 5:30 p.m.
Auction starts at 7:30 p.m.

Complimentary; guests of Members are welcome
Reservations required
A 48-hour cancellation policy applies
Minimum attendance required

To reserve, please drop by the Concierge, call **6737-3411** or email concierge@amclub.org.sg.



15 Dempsey Road #01-09 Singapore 249675
Email hedgerscarpets@singnet.com.sg | Telephone 6462-0028
Website www.hedgerscarpetgallery.com.sg
Open daily from 10:30 a.m. - 7:00 p.m.

EVENTS



Chinese New Year CELEBRATION

CHINESE NEW YEAR TAKEAWAY ORDER

Available from Saturday, January 14 – Saturday, February 11
Escape the crowded restaurants this Chinese New Year and let The Club bring your reunion dinner to you! Simply place your order via the order form(s) available at the Concierge, Thyme Café and The 2nd Floor Restaurant to enjoy delicious delicacies by our team of talented chefs.

For more information or reservations, please call 6739-4329
or email 2ndfloor@amclub.org.sg

THE 2ND FLOOR REUNION DINNER

Available from Saturday, January 14 – Saturday, February 11
Have a heartwarming reunion dinner at The 2nd Floor and choose from our wide range of reunion set menus, from \$88 to \$148 per person. If you prefer having your reunion dinner in the comfort of your home, drop by The 2nd Floor, HOME or the Concierge and take your pick from our Chinese New Year takeaway list. Look out for our new creations this festive season!

*Limited a la carte menu is available
Reservations required
A 48-hour cancellation policy applies
The 2nd Floor dress-code applies*

For more information or reservations, please call 6739-4329
or email 2ndfloor@amclub.org.sg

PRE-CHINESE NEW YEAR BRUNCH

Get into the Chinese New Year mood early this year and join us at The 2nd Floor to enjoy a mouthwatering spread of popular Chinese New Year dishes. Look forward to fresh Salmon Yu Sheng*, crispy Roasted Suckling pig, silky smooth Premium Fish Maw Soup with shredded abalone, sea cucumber & crab meat, delicious Wax Meat in Claypot, and more. *Salmon Yu Sheng is limited to one portion per person.

Sunday, January 22

The 2nd Floor

11:30 a.m. – 2:30 p.m.

Member: \$69.95

Guest: \$79.95

Child Member (under 12 years): \$34.95

Child Guest (under 12 years): \$40.95

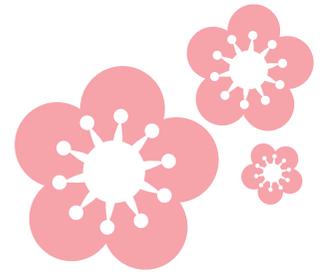
Child (under 5 years): \$9.95

Child (under 3 years): Free

Menu by Chef Kelvin & Chef Ken

*A la carte menu is not available
Reservations required
A 48-hour cancellation policy applies
The 2nd Floor dress-code applies*

***Niche group promotions are not applicable to the Premium Brunch Series.
For more information or reservations, please call 6739-4329
or email 2ndfloor@amclub.org.sg*



CHINESE NEW YEAR BRUNCH AT EAGLE'S NEST

Get into the spirit of Chinese New Year and spend some quality time with your loved ones while enjoying a delectable buffet spread at Eagle's Nest.

Saturday & Sunday, January 28 & 29

9:00 a.m. – 2:30 p.m.

Member: \$41.95

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 (subject to availability)

A 48-hour cancellation policy applies

CHINESE NEW YEAR DINNER AT EAGLE'S NEST

Saturday & Sunday, January 28 & 29

5:30 p.m. – 9:00 p.m.

Member: \$41.95

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 (subject to availability)

A 48-hour cancellation policy applies

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

CHINESE NEW YEAR GOODIES AT HOME

Available from Saturday, January 14

Pick up some Chinese New Year decorations to spruce up your house or a hamper for a perfect hostess gift. Make your way down to HOME and browse our extensive range of merchandise and fantastic promotions!

For more information, please call 6739-4344 or email home@amclub.org.sg

PROSPERITY TOSS AT THE LOBBY

It's the year of the Rooster and we are celebrating with our annual Prosperity Toss at the Lobby. Also known as lo hei or yusheng, the Prosperity Toss is a common practice among Chinese in Singapore and Malaysia, and symbolizes an increase in abundance, prosperity and vigor. The higher you toss the ingredients, the luckier you will be in the coming year!

Saturday, January 28 – Friday, February 3

12:08 p.m. daily

Complimentary for Members

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

CHINESE NEW YEAR FAMILY FUN DAY

Don't miss the annual exhilarating performance by the spectacular Lion Dance Troupe this Chinese New Year! Cheer as they dance to the rhythmic beat of drums and smashing cymbals, while soaking in the joyous atmosphere at The Club.

Club-wide

Sunday, February 5

11:00 a.m. – 3:00 p.m.

Complimentary

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



Valentine's Day

PRE-VALENTINE'S DAY BRUNCH

Valentine's Day can be a family affair too – celebrate this special day at Eagle's Nest with your beloved family members.

Eagle's Nest

Sunday, February 12

9:00 a.m. – 2:30 p.m.

Adult: \$29.95

Child (under 12 years): \$13.95

Child (under 5 years): \$9.95

Child (under 3 years): Free with every paying adult

Limited a la carte menu is available

No reservations required

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

VALENTINE'S DINNER

Celebrate the season of love right here at The 2nd Floor over fine food and wine, and pick up your date for a romantic evening! Limited seats available.

The 2nd Floor

Tuesday, February 14

6:00 p.m. – 10:00 p.m.

Enjoy a wonderful 4-course dinner for two at \$199

Champagne and wine specials available

A la carte menu is available

Reservations required

Limited number of seats

A 48-hour cancellation policy applies

The 2nd Floor dress-code applies

For more information or reservations, please call 6739-4329 or email 2ndfloor@amclub.org.sg

VALENTINE'S DAY FLOWERS & MERCHANDISE AT HOME

Available from Tuesday, January 31

Surprise your significant other with beautiful gift sets or choose from a selection of intricate flower bouquets from HOME on this special occasion.

For more information, please call 6739-4344 or email home@amclub.org.sg

The logo for the 89th Academy Awards, featuring the numbers '89' in a large, gold, illuminated font, with 'TH' in a smaller, gold, illuminated font to the right.

ACADEMY AWARDS

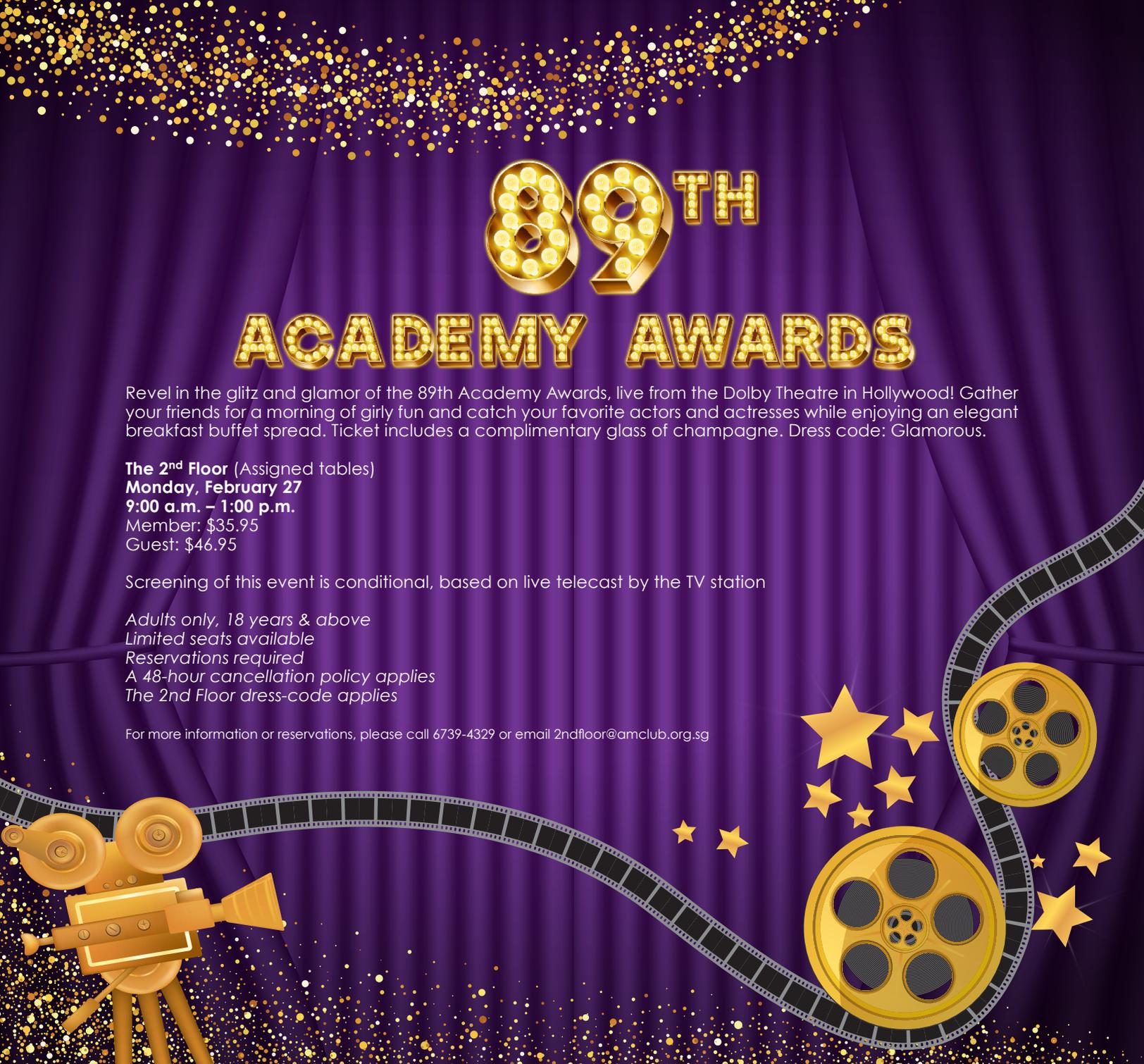
Revel in the glitz and glamor of the 89th Academy Awards, live from the Dolby Theatre in Hollywood! Gather your friends for a morning of girly fun and catch your favorite actors and actresses while enjoying an elegant breakfast buffet spread. Ticket includes a complimentary glass of champagne. Dress code: Glamorous.

The 2nd Floor (Assigned tables)
Monday, February 27
9:00 a.m. – 1:00 p.m.
Member: \$35.95
Guest: \$46.95

Screening of this event is conditional, based on live telecast by the TV station

Adults only, 18 years & above
Limited seats available
Reservations required
A 48-hour cancellation policy applies
The 2nd Floor dress-code applies

For more information or reservations, please call 6739-4329 or email 2ndfloor@amclub.org.sg



Good news FOR WINE LOVERS

We can now source for any wines for you that are unavailable within The Club for your enjoyment, and at no additional cost! Whether it's that elusive bottle you once tried at a friend's dinner party, or a vintage label of sentimental value to you, our team will source it for you to the best of our abilities.

For more information, please drop by HOME, call 6739-4344 or email home@amclub.org.sg



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.*



THE ENTREPRENEURS SERIES

A new monthly networking event, The Entrepreneurs Series caters to those who want to understand more about global start-up trends in this digital age. Held every 3rd Tuesday of the month, the event will feature Asia-based entrepreneurs and their success stories. Emcee: Landy Eng, former CNBC host of Driven and serial entrepreneur.

Tuesday, January 17 & Tuesday, February 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

Reservations required.

A 48-hour cancellation policy applies.

Minimum attendance required for event to commence.

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

THE ENTREPRENEURS SERIES

JANUARY'S SPEAKERS:



MOHAN MULANI - THE HARRY'S STORY: HOW I GOT IN, HOW I GOT OUT

How UCLA grad Mohan Mulani stumbled into the iconic bar brand and brought it to greater heights

The former Chief Executive Officer of Harry's Holdings Pte Ltd opened and operated 27 outlets of the eponymous bar before taking the company public on the second board of the Singapore Stock Exchange.



JOHN KIM - THINGS WHARTON DID NOT TEACH ME ABOUT START-UP INVESTING

How John Kim picks the winners and avoids the losers in the digital arena

Before founding cross-border venture capital firm Amasia, John was Vice President at Mercuria Energy Trading Group, Executive Director at Goldman Sachs and Portfolio Manager at Korean National Investments.

THE THREE *Sommeliers*

Alexandre Dumas might have his three musketeers, but right here at your home away from home, we have our three sommeliers for all your vino needs!

Introducing Associate Sommelier **Lei Dong** from The 2nd Floor, who is well-known in the local circle of wine students and educators for his passion of less-discovered wines. Although young in age, he more than makes up for it with his experience. The wine enthusiast was awarded second place in the 2015 edition of the Wine Specialist challenge and is also an elusive French Wine scholar.

Those who frequent HOME will find **Samuel** a familiar sight. A true veteran in all senses, Samuel has worked in top restaurants all over Asia, including Hong Kong, Shanghai and Singapore. His numerous certificates aside, the wine enthusiast is eager to share his love and in-depth knowledge of wine regions and styles. He is particularly well-versed in how best to pair your delicious home-cooked or catered food with exquisite wine!

Last but not least, **Alvin**, The Club's Senior Beverage Director started his wonderful journey into the world of wine from his immense passion and love for all things alcohol. The only Singaporean to hold the Advanced Sommelier title, Alvin has represented the country in both the World's Best Sommelier and Asia's Best Sommelier competitions.

Come chat with our passionate sommeliers about your next B.B.Q wine pairing or bash! Let us solve your headache on which wines go best with a slab of juicy steak or a tender piece of grilled salmon. Or if you have been searching for a particular bottle of wine, let us know and we can source it for you!

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



WINE RANT

2016 Vino Vintage Report

By Alvin Gho
Senior Beverage Director

In April, news of Spring hail hitting Burgundy hard spread through the vino world – the resulting consequence is frost affecting both Burgundy and Champagne in France, which spells trouble for the beloved 2016 vintage.

Over a comforting supper shared with fellow wine professionals on a hot night, worries regarding the catastrophe that could affect 2016's wine production and quality emerged. Our fretting was not unfounded; some winemakers in Chablis have already cancelled their entire vintage production, with no wines produced or labelled under their brand.

Likewise in Champagne, rumour has it that some producers have lost up to 70% of their crops – but this does not necessarily mean a sharp decline in wine production this year. Very often, Non-Vintage champagnes are blended with reserve wines, so it is highly likely that the only thing we may be missing from Champagne this year is the Vintage ones.

But while production has decreased, quality may not necessarily go the same way.

Elsewhere in Bordeaux, 2016 has been reported as one of the driest summers since the 19th century. The intense heat may be uncomfortable for its citizens, but winemakers are certainly rejoicing; dry weather has always been associated with high quality grapes, which often means high quality wines.

Unlike its counterparts in Champagne, Loire and Burgundy, wine production in Bordeaux has increased slightly year on year.

All in all, 2016 looks to be an interesting year for vino lovers. Stay tuned for the next instalment of Wine Rant!

Available at HOME, some alternatives that may be worth your while:

2013 Chateau Montelena Chardonnay, Napa Valley CA	\$98
2013 Pierro Chardonnay, Margaret River Western Australia	\$105
2012 North Valley "Soter Vineyards" Pinot Noir, Willamette Valley OR	\$68
2012 Ata Rangi Pinot Noir, Martinborough NZ	\$85
2013 Twomey Pinot Noir, Anderson Valley CA	\$99
2007 Pahlmeyer Pinot Noir, Sonoma Coast CA	\$128

For more information, please call HOME at 6739-4344, or email home@amclub.org.sg

January
&
February
Promotions

FACIAL

New year, new you! Usher in the fabulous new year with Tulasāra™ Facial Treatments at an introductory rate of \$168 (U.P. \$198).

NAILS

No more fretting over chipped nails over the festive season with our gelish polish!

Manicure with gelish polish	\$46 (U.P. \$56)
Gelish experience	\$56 (U.P. \$66)
Pamper your feet and add on a pedicure at just	\$35 (U.P. \$41)

HAIR

Receive a complimentary haircut when you book an appointment for hair color, rebonding, perm or Brazillian Keratin treatment.

QUICK COMBO MASSAGE

Have your cake and eat it too; those strapped for time can now get a massage along with their hair or nail appointments for an all-in-one pampering session!

Add on a 30 or 60-minute combo massage (neck, shoulder, arm or foot) to be performed together with your hair or nail treatment right here at sên.

30 Minutes	\$38 (U.P. \$46)
60 Minutes	\$68 (U.P. \$82)

WAXING

Go hair free and have baby smooth skin with our waxing services. Spend \$100 on waxing services and receive a \$10 voucher on your next waxing appointment.

GIFT IDEAS FOR VALENTINE'S DAY

Treat your loved one to a relaxing massage or a luxurious manicure; our sên vouchers are the perfect gift to show your appreciation and love to your significant other! All vouchers are available in monetary denominations or for specific treatments. Call us now to purchase the perfect present for your spouse!

BACK BY POPULAR DEMAND

Our Festive Massage Special has been extended due to overwhelming response!

\$68	60-minute massage
\$102	90-minute massage

Valid from Sunday, January 1 to Tuesday, February 28.

Not to be used in conjunction with Niche Group privileges, loyalty packages, guest therapists, sports and physio therapies or other promotions.



Experience TULASĀRA™

Moments of stress, lack of sleep and fatigue can be overwhelming, especially when it shows up on your skin. It is vital to bring balance to life, and bringing balance to your skin is a key part of that process.

To achieve that, the new Tulasāra™ advanced performance skin care features products, rituals and spa treatments from Aveda, The Art and Science of Pure Flower and Plant Essences, specially formulated to illuminate and bring balance to the skin.

In Sanskrit, Tulasāra means moving towards balance, and is inspired by Ayurveda and the Ayurvedic approach to healthy, balanced skin. Tulasāra™ helps accelerate the skin's natural ability to restore itself using blends of precise, potent and advanced ingredients and proven formulas, combined with effective skin care techniques and the art of aromaology®.

The newly created Tulasāra™ Facial Treatments are performed by highly specialized aestheticians trained in Aveda Facial Design to create customized treatments that meet the individual's needs and expectations. Using innovative techniques and advanced-performance products, these facial treatments help to restore your skin to its glory.

Each Tulasāra™ Facial Treatment begins with a Sensory Confirmation Ritual with one of our new Tulasāra™ Aroma Infusions. Aveda's new professional-only, Tulasāra™ Aroma Infusions include nine aromatic, concentrated essential oil blends that have been masterfully formulated using the concept of aromaology® and the power essential oils to address Elemental Nature imbalances: three for Infinity/Air imbalances, three for Fire imbalances and three for Water/Earth imbalances.

These blends can be customized into Aveda Professional™ products and are offered as a connective thread throughout the treatment to enhance the aromatic experience and bring balance to mind, body and spirit through breath.

A visit to the fire station



Learn more about our firefighting heroes when you hop on board the fire truck and visit the Central Fire Station!

Saturday, January 14
8:30 a.m. – 10:00 a.m.*
Member Child: \$15

Minimum 4 years to participate
Adult-accompanied event
Price inclusive of transport
Limited seats

Bring along your cameras for photo opportunities!

**Timing subject to change without prior notice due to emergencies that may arise*



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

Chinese New Year Workshop

Sign up now for a creative craft session and immerse yourself in the festive atmosphere!

Saturday, January 21
Zone Studio
10:30 a.m. – 11:30 a.m.
Member Child: \$60

Recommended for 6 years and above

Workshop will be supervised by instructor. Materials (14.5 cm ceramic vase inclusive of firing) included in workshop fee.

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





Youth Classes

Here at The Zone, we have a variety of classes to suit your kids' varied whims and fancies. From language classes to sporty aquatics lessons, our plethora of classes are designed to stimulate your children's creativity. Sign up now and let your kids enjoy their time at The Club!

Power Drawing by Artbug

Join our unique program designed to nurture creativity and love of art from an early age. Children will learn how to sketch and paint using tools like oil pastels and acrylic paint.

Fun Mandarin

Pick up a new language or improve your mother tongue! Children will learn how to converse in Mandarin under the guidance of experienced teachers.

Mermaid Swimming

Live out your Mermaid dreams and learn to swim gracefully with your very own shimmery Mermaid tail!

Mad Science

These hour-long programs run all semester long (8 weeks) and are themed around particular areas of science such as rocketry, magnets, polymers and even the science of toys.

For more information on prices or age groups, please visit our website, call 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 crew will make sure your child has a memorable day!

We can also move the party to Bukit Merah Lifestyle Complex or Hollandse Club. 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 approach any of the staff at the Youth Counter.





Term 2 Tennis Coaching Program

January 9 - June 3

Special Theme Friday Night Adult Mixed Tennis Social 2017

Dates TBC

2017 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 (TBC)
- April 21 – 23: Adult Doubles Championship
- May 6: Mini-Tennis Junior Tournament
- May 19- 21: Spring Junior Singles Championship
- June: STA Doubles Knockout

AUTOMATIC ROLLOVER

Please be aware that Members currently enrolled in our Term 1 classes will automatically be rolled over to Term 2 starting January 9, 2017. If you would like to opt out of the automatic rollover, please ask for a cancellation form at the Sports Counter located at the Gym.

ADULT DOUBLES CHAMPIONSHIPS

It was a nail-biting weekend on October 22 and 23 during the Adult Doubles Championship 2016. 24 players gamely participated in the Championship and were divided into two categories: Men's Intermediate and Ladies' Open. Congratulations to the winners and we hope everyone had a smashing good time!

Men's Intermediate Winners: Chris Kingsley & Patrick Tay

Men's Intermediate Runners-Up: Gautam Puntembekar & Raj Sriram

Ladies Open Winners: Virginia Greenlaw & Marcela Sullivan

Ladies Open Runners-Up: Farah Hasan & Trish Newlin.

ADULT MIXED DOUBLES CHAMPIONSHIPS

On November 4 and 5, The Club had the honor of hosting the Adult Mixed Doubles Championship 2016. Despite the downpour and resulting delays, the patience and high spirits of the participants were never dampened, and we ended the event on a high note as crowds of supporters cheered for their friends and family. We would like to thank the 36 participants, split into the Open and Intermediate Division, who took part in the championship and congratulations to the well-deserved winners!

Open Division Winner: Anne-Marie Carlisle & Bill Alle

Open Division Runners-Up: Virginia Greenlaw & Nafees Khundker

Intermediate Division Winners: Tim & Louise Martin

Intermediate Division Runners-Up: Sachiyo & Will Freund

FALL JUNIOR CHAMPIONSHIPS 2016

The Club had the pleasure of hosting the Fall Junior Championships last year, from November 18 to 20. We hope your kids had loads of fun at this friendly competition, and a big congratulations to our young stars!

Boys Under 10 Winner: Luke Floro

Boys Under 10 Runner Up: Adam Brest

Boys Under 12 Winner: Christian Kwok

Boys Under 12 Runner Up: Henry Vasko

Boys Under 16 Winner: Aryan Singh

Boys Under 16 Runner Up: Arnav Nemali

Girls Under 10 Winner: Nila Arun

Girls Under 10 Runner Up: Samara Baidwan

Girls Under 12 Winner: Noelle Faber

Girls Under 12 Runner Up: Tavishi Baidwan

Girls Under 16 Winner: Maya Vasko

Girls Under 16 Runner Up: Katelyn Yang

FALL FRIDAY NIGHT SOCIAL

Tennis enthusiasts gathered on Friday, November 4 for our Fall Friday Night Social. The event was successful, with the group mingling between casual tennis games. A big thank you to the 22 participants who joined us!

Starting January, Friday Night Socials will be revamped with a new format! Socials will have a different line-up of events and the format of play might be different – some will become small tournaments that require sign-ups while others will remain informal. Details and additional information will be provided at a later date.



2016 Mixed Doubles - Runners-Up
Nafees Khundker & Virginia Greenlaw &
Winners Anne-Marie Carlisle & Bill Alle



2016 Fall Junior Championships -
Boys Under 10 Runner-Up Adam Brest
& Winner Luke Floro

GYM SUBCOMMITTEE

It's a brand new year, and one of the most common New Year's resolutions is to keep trim and fit! The Club offers a variety of programs to help Members attain these goals – from regular tennis, pilates or personal training sessions to trendy POUND workouts, our program has something for everyone. All this is made possible by the Gym Subcommittee, whose mission is to create a first class wellness program that addresses Members' needs by providing a total and diversified offering in body, mind and spirit.

This is achieved through a combination of the gymnasium, spa and education opportunities across ages and levels, usually covered in the Subcommittee's monthly meetings. Other than discussing ways to improve existing programs or upcoming plans for the Gym, the Subcommittee is also heavily involved in the planning of the new Gym that will replace the existing one after redevelopment.

Members can look forward to a new studio space, new size and layout of change rooms as well as revamped fitness and leisure classes after redevelopment.

Many might also not be aware, but the Gym offers much more than fitness programs. In line with the Subcommittee's mission, the Gym has conducted Chinese Brush Painting classes, Elementary Photography classes and even Social

Ballroom classes – all aimed to promote a healthy mind on top of a healthy body!

Other than ensuring Gym programs inspire healthy lifestyles among Members, the Subcommittee is also committed to making sure Members have the best equipment possible to help attain their goals.

Most recently, the Subcommittee initiated the replacement of 21 cardio machines in the Gym in November and December 2016. This makes us the first and only club in Asia (at time of print) to carry the Black Diamond series of equipment from Technogym – Artis Diamond Black Series treadmill and Synchro Excite Series elliptical!

For those who have yet to join any of the Gym programs or are hesitant about making a lifestyle change, the Subcommittee has a few plans in mind that might entice you to join us right away! These include new Member engagement programs for those who are new to the Club or sport, new cycling challenge for the New Year, improvements to the bi-weekly fitness workout program and new Group Fitness classes such as Bollywood Fitness and Belly Dance classes.

For more information or enquiries, please call 6739-4312 or email sportscounter@amclub.org.sg



From Left to Right:
James Chia, Christy Novomesky, Randy Simon (F&L Director), Kim Eng, Julie Kohn,
and Peter Proft (Chair). Not pictured are Juliet Ang, Bob Faber and Eoin Saadien.

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“SPIN THIS”

10 WEEKS, 500KM INDOOR CYCLING CHALLENGE

by Carla Portelli

It was with trepidation and zest on Wednesday, November 9, when more than 20 ladies finished the last lap of their “Spin This” 10 weeks, 500km Indoor Cycling Challenge, launched to commemorate the exciting U.S. elections. Spin Class Instructor Erin Isernhagen was looking to motivate her students to spin further and more frequently, and decided on this innovating Indoor Cycling Challenge with the ultimate athletic reward – a customized finisher singlet!

Class sizes increased during the ten-week duration, as Members took to the challenge with visible enthusiasm. A mirrored wall in the spin studio was also temporarily converted into “Spin Central”, listing weekly and overall mileage totals to encourage friendly competition.

The challenge may be over, but Spin has never been more fun. Come down now and sign up for our amazing Spin classes!

A big congratulations to Carla Portelli, Ngiam Siew Wei, Keerthana Brown, Tracy DeLuzuriaga, Patricia Sadayasu, Rachel Maher, Carolyn Edds Pearl See-Thoe, Melissa Edwards, Gita Raj, Marion Hollier, Pramila Chanrai, Ami Jobanputra, Shelby Pazos, Maureen Birdsell, Tina Datta, Rahul Joshi, Brian Birdsell, Edward Lee, Seema Joshi and Michiko Murphy for completing the challenge!



RAVES

"Fantastic! It gave me a goal, motivation and direction, especially under the superb Erin orchestration. We should have more of these!" – **Pramila Chanrai**

"It's all about Erin; I enjoy her boundless energy and she kept me inspired with great music." – **Patricia Sadayasu**

"Nothing motivates a Spin enthusiast quite like a 500km challenge." – **Carolyn Edds**

"I've been spinning for over 20 years, and Erin is one of the best instructors I've ever had. The challenge visibly increased the class attendance over the 10 weeks." – **Rachel Maher**

YOGA CLASSES

Yoga has become an increasingly popular way to maintain fitness, as it helps to release stress and rejuvenate one's senses, while improving balance and flexibility. The low-impact workout is also perfect for those who want to maintain a healthy mind and body.

The Gym conducts a variety of yoga classes on a weekly basis. Head down to the Sports Counter for more information or check out our Group Fitness classes on the Club Website to get started on your yoga journey!

Types of yoga classes available:

- Vinyasa Yoga
- Restorative Yoga
- Power Yoga
- Dynamic Yoga
- Pilates Circuit
- Hatha Yoga
- Yoga Stretch
- Flow & Stretch Yoga
- Pilates Matwork

For more information or updates on Fitness & Leisure events, please visit our website, call 6737-4312 or email sportscounter@amclub.org.sg



RESPECT THE BASICS

More often than not, many of those who wish to embark on their fitness journey after a prolonged period of sedentary lifestyle mistakenly aim for the stars – when in fact it would do them better to go back to basics. Mobility and bodyweight training is one of the many ways we can go back to basics. Just like how we warm up our cars before we drive off in the morning, we must also ensure we warm up our bodies upon rising before we start our days. We are asleep for six to eight hours during the night and our bodies become stiff. Hence, it is essential that we spend five to ten minutes every morning warming up our bodies with simple exercises and movements to ensure maximum mobility.

Start from the top with some joint mobility exercises. Rotate your head, shoulder, hips, wrists, elbows and knees to loosen your joints. This simple exercise only takes a few minutes but we often overlook it. For those who are extra diligent, you can even do this at your office desk periodically throughout the day to energize yourself and beat the stress of work!

Next, increase your flexibility by practicing basic movements such as squatting, picking up things from the ground, planking, push-ups and even crawling. These movements will help one achieve the desirable range of motion of flexibility, strengthen joints and prevent injuries in the long run.

These simple warm-up exercises will prepare our bodies for more complex exercises, or simply to get our motors running after a sedentary period. It is important to first understand how our body works before attempting to use external equipment such as dumbbells and barbells. Take gymnasts for example; they work primarily using their own body weight and only lift weights as a secondary option to improve their physique!

With a new year comes new resolutions – start your day with these simple warm-up exercises for a healthier body!

Best regards

emmanuel

Emmanuel has been a personal trainer since 2007 and is certified under the Federation of International Sport and Aerobics Fitness. He constantly keeps himself updated on the latest fitness techniques via workshops and certification programs. His expertise lies in Kettlebells, strength training and loaded stretching. He is also trained in Boxing, Muay Thai and Jujitsu. If you are looking to improve your strength, mobility or tone your body, feel free to approach him and get started on your fitness journey!





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AM I HELPING OR HINDERING MY CHILD AS HE/SHE DEVELOPS AS AN ATHLETE?



Should I help my child do everything?

Parents might be tempted to help their child, and a lot of the time, it is easier to do miscellaneous small things like packing their sports bag, filling their water bottles or carrying their sports gear for them, but your help might hinder their learning.

While these small acts of goodwill might make both your life and your child's life easier, it actually creates dependent young athletes instead of independent young athletes. Have your child be responsible for all his belongings, and this will help to build a strong sense of confidence, self-belief, resilience and self-reliance.

Am I overstepping boundaries at training sessions?

Coaches coach and parents parent; parents select coaches for their children based on the coaches' expertise in their respective fields. Coaches help develop your child's physical skills specially for your child's sport. Parents, on the other hand, help children learn values that will help them develop positive character traits that will sustain them through their lives.

Am I being influenced by outside sources?

Coaches spend years learning how to write the best possible programs for their athletes, how to enhance their

athletes' skills, improve their techniques and how to make the training environment as efficient as possible.

Every coach will do things differently and that is perfectly all right. Parents sometimes might get apprehensive when comparing programs across institutions, but please be rest assured that every program is tailored to the child's abilities and based on the coaches' experience.

Am I talking to my child too much about his sport?

We understand that both you and your child are extremely passionate about your child's chosen sport, but please take some time to develop their interest in other aspects too! Encourage your child to take an interest in areas other than sports – for example, the arts, politics or literature – to encourage a well-rounded child, teenager and young adult.

Should I be expecting personal bests and improvements all the time?

It is unrealistic to expect your child to swim personal bests during every training session, as there is a variety of factors that contribute to it. Personal bests will come when your child is ready, and coaches will do their best to help your child achieve it.

RIGHT PLACE, RIGHT TIME+

On Tuesday, September 20, 2016, The Club encountered a near-drowning incident at Bukit Merah Lifestyle Complex. Our long-time life guard Rodel heard some yelling in the 50m pool but thought nothing of it, until two teachers from the ISS International School pulled their student, a boy of approximately 14 years old who had lost consciousness, from the pool.

Rodel rushed over and attempted to keep him alert, while Aquatics Manager Elspeth and lifeguard Benneton got the oxygen mask and automated external defibrillator in case it was needed. The ambulance had arrived and our team managed to give the crew valuable information before the victim was sent to the hospital.

We are pleased to announce that he regained consciousness in the hospital despite having some water in his lungs and is expected to make a full recovery. Kudos to our capable team!



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