



Happy Mother's Day

Give the most important women in your life
a special treat this Mother's Day! **Pg 27**

A young woman with long dark hair, wearing a white and navy blue cheerleader outfit with red trim, is shown in profile from the waist up. She is holding a large American flag aloft with her right arm, and the flag is waving in the wind. The background is a clear, bright sky. The overall mood is one of pride and achievement.

GIVE YOUR CHILD UNPARALLELED OPPORTUNITY:

A dual curriculum which combines both the International Baccalaureate (IB) with Advanced Placement (AP) credits, to equip students with the tools to choose their learning pathway, to accomplish their global university ambitions.

SEE OVER

GRADUATION CHOICE UNPARALLELED OPPORTUNITY

Stamford American is the only International Baccalaureate (IB) World School in Singapore to offer all programmes of the IBO plus, the College Board's Advanced Placement (AP) courses.

This is considered the best of both worlds as a robust education pathway for children age 18 months to 18 years.

Providing leading education at Stamford American, our aim is for your child to achieve more than they believe they can, and there's no better way to accomplish this than to offer students unparalleled choice, academic rigour, and opportunities beyond the classroom.



American Standards

As one of the leading US-centric schools, Stamford American integrates the rigorous American Education Reaches Out (AERO) standards as part of the curriculum. From 18 months, Stamford students begin their learning journey through the use of Teaching Strategies Gold Tracking which is aligned to the USA Head Start Early Learning Outcomes Framework. Combined with NWEA's Measures of Academic Progress (MAP) testing from age 5 to 16, this provides developmentally appropriate standards essential for guiding the learning of children in our care.

Graduation Choice

Students enjoy the flexibility of obtaining AP credits from Grade 10 (age 15), with the option to graduate in Grade 12 with the High School Preparatory Diploma with 3 different pathways – the full IB Diploma, or AP International Diploma or a blended program, putting students on the right path to leading universities worldwide.

University Preparation

Stamford American offers 40+ IB courses and 20 AP courses to select from and recognizes the need to support students' choices, by carrying out pre-university testing from Grade 10. As one of the only SAT and ACT test centers in Singapore, students know that they will always be given the best advice and support to optimize their chances for success. Our dedicated Academic/College Counselling Team ensures that students are prepared for universities anywhere in the world, but also have the unique privilege of easy access to top information and advice about university education in the U.S with EducationUSA on campus.

**US
AERO
Standards**

**International
Baccalaureate**

**College Board
AP COURSES**

Find out more about the unique dual curriculum that Stamford American offers, and how the supportive academic team prepares students for life beyond school. Book your personal tour now or sign up for Open House.

STAMFORD AMERICAN
International School

Applications are now being considered.

sais.edu.sg/curriculum | +65 6653 7907

Limited Secondary Spaces Available





THE AMERICAN CLUB SINGAPORE

ISSUE 148 • MAY / JUN 2017
www.amclub.org.sg

PRINTER:
NAILI PRINT MEDIA
MCI (P) 099/08/2016
0210/1948RAC

EXECUTIVE COMMITTEE

President **Scott Weber**
president@amclub.org.sg

Vice President **Kristen Graff**
vicepresident@amclub.org.sg

Secretary **Kenneth Fagan**
secretary@amclub.org.sg

GENERAL COMMITTEE

Aaron Kim

Ashok K. Lalwani

Beng Bak Low

Bill Bowman

Dana Hvide

Diane Knox

Ngiam Siew Wei

Phua Swee Leng

Rahul Arora

Richard Hartung

Scott Morris

American Association Representative
Stephanie Nash

American Embassy Representative
Commander Sean O'Connor

**American Women's Association
Representative**
Cyndy O'Connor

Canadian Association Representative
Sandra Johnson

Accurate as of April 1, 2017.

CLUB'S MANAGEMENT

General Manager **Martin Rudden**
generalmanager@amclub.org.sg

Co-Assistant General Manager **Patricia Au**

Co-Assistant General Manager **Vijaykumar Raj (Vijay)**

Senior Director of People Development **Tan Lee Lee**

Senior Director of Facilities & Security **Tang Teck Wah**

Senior Director of Club Services **Su-Ann Khor**

Director of Food & Beverage **Malik Riley**

Director of Fitness & Leisure **Randy Simon**

Director of Finance **Angie Ng**

Assistant Director of IT **VP Chai**

Executive Sous Chef **Paul Ng**

Duty Managers **Anthony, Palani & Ronald**

MAGAZINE

*Marketing & Communications Manager /
Data Protection Officer*

Jacklyn Ong
jacklyno@amclub.org.sg

Marketing & Communications Executive
Constance Yeo
constancey@amclub.org.sg

Senior Graphic Designer / Magazine Designer
Geraldine Soh
geraldines@amclub.org.sg

Senior Graphic Designer
Sarah Lau

Advertising

Tel: (65) 6739-4388 / Fax: (65) 6737-2963

CONTENTS

ISSUE 148 • MAY / JUN 2017

01

FROM THE VICE PRESIDENT

02

FROM THE GENERAL MANAGER

03

NEWS

Human Capital Partnership Program
Chinese New Year Family Fun Day
50 Years of Membership
Affair of the Vine

A Literary Evening: Annabelle Thong by Imran Hashim
Elite Party
Valuing Bonds
Rant & Rave
Redevelopment Project Update

13

LEVEL 3

15

LIBRARY

Marina Bay Sins and Saving a Sexier Island
Book Club

17

MEMBERSHIP

Niche Group Program
Niche Group Lucky Draw

21

ART SCENE

The Wayfarer by Jasmin Orosa

23

TRAVEL

Vietnam's Untouched Archipelago

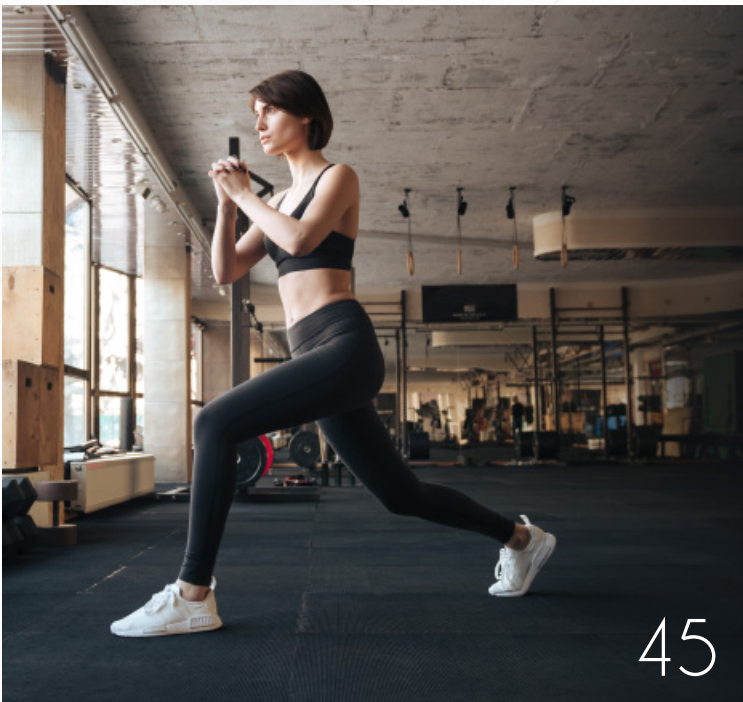
25

EVENTS

Taste! The American Club Food & Wine Experience
An Evening with Frank Lavin
Mother's Day Open-House Celebration

HIGHLIGHTS





29

EVENTS

The Entrepreneurs Series
 Father's Day Celebration
 The Distinguished Visiting Chef Series - Angela May
 Wine Rant

35

COMMITTEE FEATURE

Social & Dining Sub-committee

37

SPA

May & June Promotions
 Aveda Men Grey Blending
 Hawaiian Ka Huna Bodywork

39

YOUTH

Superheroes Party
 Mario Kart
 Summer Camp
 Princes and Princesses Party
 Laser Tag
 Junior Member Privileges

43

TENNIS

45

GYM

Summer Fit Body Program

47

FITNESS & LEISURE

Group Fitness Classes
 Colonial Cup Friendly Golf
 Pilates

49

AQUATICS

51

ESSENTIALS

Strategic Partners:



FROM THE
VICE
PRESIDENT



Dear Members,

Happy Spring! I write this with a hint of sadness as we bid farewell and good luck to our departing President Scott Weber and his lovely wife Sondra. They have both been an amazing part of the Club family, devoting so much of their time and talents towards making the Club a better place. Scott has been a fantastic leader, mentor, partner, supporter, and friend, and I feel privileged to have worked with him over the past several years. He will be missed.



Not long after announcing his plans for repatriation back to the US in late April, Scott approached me and asked if I would be interested in running for the position of President of The American Club. The timing of his departure was apt as the constitution states that the Executive Committee, including the President, will be elected from among the members of the General Committee at the April elections.

In a word, I was shocked. Although I have served as Vice President for over a year and been a member of the Executive Committee for two years, I can honestly say I never contemplated anything beyond that. Scott has been at the helm for 5 years; he is the only President that many of us have ever known. As I thought about how very special The Club is to my family and the sense of satisfaction that I feel from working to make it a "home away from home" for the Members, I felt honored to be

considered for the role. I also want to ensure as seamless a transition as possible as we continue through the redevelopment period.

I have been a Member of The Club for over ten years. What amazes me is that I keep discovering new things about it all the time. As Chair of the Project Stakeholders Group, I have been privy to the many redevelopment ideas that Members have contributed through committee meetings, town halls and online feedback. What a passionate bunch we are! It was wonderful to learn that so many Members feel as connected to The Club as I do.

Additionally, over the past month, I made a point to spend time in areas of The Club that I don't typically frequent. I went to the gym and tried out a couple of new fitness classes and signed up with a trainer – ouch! I dropped off my boys at a Friday night laser tag session and enjoyed quiet time in the new and improved business center. I attended committee meetings and listened as volunteer members shared their knowledge and skills to create new Club programs. We have a diverse and active membership backed by an enthusiastic, loyal and amazing management and staff (okay, this part I already knew but I can't pass up an opportunity to praise The Club's fabulous employees).

After this period of rediscovery, I realized that The American Club is truly my family's "home away from home". The staff knows us by name, and other Members are our dear friends. We eat here, we drink here – we play, work, socialize and celebrate holidays inside these walls. Memories are made here. It's actually just like home, but better.

I will be standing before the General Committee for official election as President in early April, and am sincerely hoping to be leading The Club in the year ahead.

Thank you to the membership for your patience, your consideration and your support.

A handwritten signature in black ink that reads "Kristen Graff".

Kristen Graff
Vice President

Note: The editorial deadline for this issue was prior to the EXCO elections. The election results will be announced via email from the new President.

FROM THE
**GENERAL
MANAGER**



Dear Members,

By the time this magazine reaches your home, our new Executive Committee (EXCO) would have been elected and an email announcement sent to you all by our new President. My sincere thanks again to Scott Weber, ex-President, and William Scarborough, ex-Treasurer, for their steadfast commitment to The Club. It's been a challenging but very rewarding and historic part of The Club's 68 year journey, and both of them have been instrumental in this success.

Membership Engagement

As the redevelopment continues in earnest, we are continually focusing on ways to maintain the fun and camaraderie at The Club, offer new ways to use our services, and create exciting new events for you to enjoy. A sampling of our recent offerings includes: our February indoor cycling marathon, our new Author Event series, The Club's inaugural Book Club, a complimentary tasting of Chinese New Year foods at the lobby, The Entrepreneurs Series, International Wednesdays Buffet at the Eagle's Nest, a musical soirée and master class with Broadway star Earl Carpenter, and children's storytime sessions at the Library. In February we held a mini Tennis Tournament with a record 46 players attending and we hosted two laser tag sessions for kids in The Zone that were heavily subscribed.

All of these events and activities had wonderful uptake, and we received positive feedback from Members. We are committed to keep our offerings fresh and exciting, so that despite our temporarily limited facilities due to the renovations, there are still plenty of reasons to come to The Club. In line with this vision, we are also pleased to be welcoming two more guest therapists at *sên* in the coming months: Carita Wong, who will focus on Ka Huna Massage from April to May, and Stephen Kirwin, who will be practicing neuromuscular therapy in June. So there is much to look forward to as the summer approaches!

You may have also noticed some of our team members handing out "small surprises" recently; these could be vouchers for a free dessert at Eagle's Nest, or even a free

drink at the Union Bar. We launched this idea at the end of 2016 and have handed out 30 vouchers every day. This is our way of sprinkling some magic around The Club and is something we will continue to do for the next several months.

Mother's Day*

Sunday, May 14 is one of our favorite days of the year. Besides an exceptional offering on the buffets at the Eagle's Nest and The 2nd Floor, there will be plenty of fun activities for all the family. Of course, the famous complimentary bubbles and strawberries will be from 1:00 p.m. – 3:00 p.m, but there will also be movies and storytelling on L3, arts and crafts in the Youth Zone, extra group fitness classes, family photo opportunities, complimentary 15-minute massages in *sên* spa to name just a few. Bring along your friends and if they provide contact details on the day, and then sign up for any (open) membership category before the end of May, there's some wonderful benefits that will make everyone happy!

**A reminder to bring in your favorite photos of you and your beautiful Mother. Drop them off at the Concierge for the "I love Mum" photo wall on L3 and stand a chance to win some great prizes.*

Staff Development

During this time of transition, we are also focusing on staff training and development, so that our team is even better prepared to serve you when our new facilities open. Many of our frontline staff are now attending the Leadership and People Management courses that our management staff have so highly recommended. Our F&B team has also undergone extensive training lately, spending nearly 150 hours on all types of courses and certifications including service training, new menu training, a food hygiene course, and WSET (wine and spirit) certification, among others.

We are pleased that our *sên* team was acknowledged with the Best Education Award 2016 during the recent Aveda Networking session. We are proud that we are the only salon that sent all seven of our hair technicians for Aveda's full 2016 training. That means each hair tech received six full days of top-of-the-line training. Please take a minute to congratulate them the next time you are in for a cut or color.

All of our investment in our team has paid off, with our year-to-date staff attrition rate at our second best in eight years. And with all of the changes going on, this is something we are very proud of!

Thank you for your continued patience and support as we work to build a better Clubhouse for all our Members. I look forward to seeing you around The Club.

Martin

Martin Rudden
General Manager



HUMAN CAPITAL PARTNERSHIP PROGRAM

We are proud to share that The Club is now one of 74 organizations in Singapore and only 3 within the hospitality sector (at the time of printing) to be recognized as a partner in the Human Capital Partnership (HCP) program.

The HCP program is a tripartite initiative that brings together a community of exemplary employers in Singapore who are committed to progressive employment practices and developing their human capital.

At the HCP CEO networking event on February 17, Minister for Manpower Lim Swee Say presented the HCP certificate to our GM, Martin Rudden.

CHINESE NEW YEAR FAMILY FUN DAY



To mark a prosperous start to the Lunar New Year, The Club held its annual Chinese New Year Family Fun Day festivities on February 5. Members rang in the year of the rooster amid splashes of bright red and the rousing sound of clashing cymbals, while the infectious festive cheer prevailed as the spectacular Lion dance troupe made its way around The Club, convening auspicious blessings for the year ahead.

A special thanks to Stanford American International School for their support of this event!



50

YEARS OF MEMBERSHIP

The Club provides more than just amenities, it is a social community comprising like-minded and supportive Members sharing a sense of family. We are continually heartened by our many long-time Members who choose to make The Club their home away from home over the years.

We are especially grateful to Mdm Janie Chan, Mr and Mrs Chow Kye Kheong, Mrs Pamela Lee and Mr Mr Tjio Kay Loen (L to R) for reaching a milestone 50 years of membership with us!



Affair of the VINE

The 2nd Floor was transformed into a bustling wine hub as 180 vino enthusiasts attended The Club's perennial favorite Affair of the Vine event on March 11. Members took the opportunity to sample close to 200 luxurious labels from countries like the US, Australia, France, Italy and New Zealand, accompanied by scrumptious hors d'oeuvres. We look forward to seeing everyone at our next wine affair!



A LITERARY EVENING: ANNABELLE THONG BY IMRAN HASHIM

Book lovers gathered on February 7 in anticipation of author Imran Hashim's debut novel, Annabelle Thong. It was an entertaining evening of fiction and fun, including an author reading, Q&A session, meaningful discussions, mingling time and a book sale – a fantastic opportunity for Members to show their support for local authors as well as get to know fellow literary fans.



ELITE PARTY

Over 180 of The Club's most supportive Members gathered for the Elite Party on February 13 at The 2nd Floor – reveling in an evening of delicious canapés, bubbles and camaraderie. We would like to thank all attendees for their continuous support of The Club!



Valuing BONDS

By Ramesh Subbaraman

The American Club values its mature workers for the long-standing bonds they have built with members over the years.

The American Club at Claymore Hill is a second home for many of its members who have left their country to work and stay in Singapore.

Workers there, especially the mature ones, have also built close bonds with its members, said The American Club Assistant General Manager Patricia Au. She added that four percent of its over 300 staff are 62 years and above.

The retirement age for its workers is 67. This was enshrined in its collective agreement signed with the Attractions, Resorts & Entertainment Union (AREU) in 2014, way before Singapore's re-employment law stipulating the age of 67 comes into effect in July this year.

SAVING LIVES

Among the longest serving at The American Club is Abdul Latip Borhan, 62, who has been working there for 24 years.

Ms Au says he is valued for his lifeguard and first aid skills.

For Latip, an incident at The Club's swimming pool in 2010 where he and his lifeguards team saved a seven-year-old boy remains vivid in his mind.

"The child was a good swimmer and he was in the pool for a long time from morning. At one point, he went underwater to touch the ground. Suddenly we noticed that he had not come up.

"My fellow lifeguards saw him lying on the ground. They jumped in and brought him up. I ran to the spot to render help to resuscitate the child as the pulse rate was low. The child started vomiting.

"Subsequently, he recovered and started crying. At that time we had all our first aid equipment ready," said Latif, who is glad that the child's life was saved.

TAPPING ON MATURE WORKERS

"At the age of 62, we will have retirement counselling and if the staff is medically fit and has suitable qualifications and work experience and there is mutual agreement, then the staff can remain in service for the next five years till the retirement age of 67. This is on a year-to-year contract," explained Ms Au.

The Club also provides flexible work opportunities for mature workers and covers all re-employed staff with term life, personal accident, hospitalisation, surgical and clinical insurance till the age of 70.



Mr Abdul Latip, 62, an employee of The American Club for 24 years, is valued by his employer for his lifeguard and first aid skills.

“It was a good opportunity for our employees to make a personal commitment to upholding fair and non-discriminatory practices at the workplace.”

The American Club Assistant General Manager Patricia Au

Productivity improvements to help mature workers at work also been implemented at The Club with the support of the Inclusive Growth Programme (IGP).

Launched by the Labour Movement in 2010, the IGP provides companies with funding to drive productivity improvements.

Ms Au explained that previously, banquet staff took much longer to set up and tear down banquet tables.

With the IGP funding, The Club bought new banquet tables which could easily be set up and dismantled.

Ms Au added that The American Club has also worked with the Tripartite Alliance for Fair and Progressive Employment Practices (TAFEP) on age management practices. When TAFEP launched the non-discrimination at the workplace initiative, The Club invited them to promote it at a staff event.

"It was a good opportunity for our employees to make a personal commitment to upholding fair and non-discriminatory practices at the workplace," said Ms Au.

RANT & RAVE

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

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

THURSDAY, FEBRUARY 23

I'm writing to commend one of your staff with exemplary character. She is a Chinese national and I know her only as Ms Cui.

I was walking along Claymore Hill towards Tanglin Club today, getting drenched in the heavy downpour. Seeing that I was heavily pregnant, Ms Cui chased after me and sheltered me with her umbrella, with no words except a most beautiful and sincere smile. When I thanked her, she asked where I was going. I responded that I had some distance more to go. She told me she was stopping here at The American Club where she worked, and asked me to take her umbrella. I asked for her name, but she gave me only her surname before saying: "Take it, as my gift to you". And before I could refuse, she ran into the car park at around 2:20 p.m. I was extremely touched.

If Ms Cui's act of kindness inspired you as it did me, please feel free to share this story within the Club. I would also greatly appreciate if you could convey this message to Ms Cui:

"崔小姐，非常感谢您今天帮我撑伞！您送我的不止是一把伞而已，还包含了宝贵的心意和关怀。谢谢您让我体会到人间的温情。"

Translated:

"Thank you so much for your kindness. The gift you gave me was so much more than an umbrella. It was a reminder of the kindness in this world, and that one person can make all the difference."

Louisa Hwang

Thank you for your email.

We've shared your message with Ms Cui (Irene) who works in our Housekeeping Department. She was pleasantly surprised that you took the time to write in, and greatly appreciated your kind words.

MONDAY, APRIL 3

Today I incurred a problem when the IU in my car failed and I was unable to enter Delphi Orchard car park. I had an appointment in the building. I came to the Club where I knew I could park my car, even if my IU was not working, as there is a verification process of my card and car registration. However, I know I am not allowed to park my car at the Club and then go off-site. I went to see the Front Desk to see if they could accommodate my car while I went off-site. Zarina and Anthony (Concierge) were very kindly supportive of a Member's need even though it went against the Club's policy. Please thank them sincerely from me for being flexible in their approach and allowing me to attend my appointment. I did thank them when I came back to collect my car – so they knew I wasn't over extending The Club's generosity.

Julia Morgan

Thank you

for respecting The Club's policy, where Members are reminded to refrain from leaving their parked cars onsite while not on the premises. However, we understood that your situation was a unique one, and we are more than happy to go the extra mile for our treasured Members!

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.

INTERNATIONAL HEALTH INSURANCE FOR EXPATRIATES



**SHE'S THERE FOR
YOU WHEN YOU
NEED HER.**

JUST LIKE US.

In more than 200 countries and territories around the world, Cigna Global supports the health and well-being of globally mobile professionals. Our flexible plans include features like access to over 1 million hospital and medical professionals, easy claims reimbursement, 24/7 phone support from healthcare providers and much more. Because we've been supporting expats for years, you can count on us to help you handle whatever comes up. No matter where life takes you.

Discover all the ways we can support you.

Get a quote from www.cignaglobal.com/IPMI/SG or call +65 68275678.

Or, if you prefer, speak to your insurance broker today about Cigna Global.

Together, all the way.SM



The Cigna name, logo and other Cigna marks are owned by Cigna Intellectual Property, Inc. licensed for use by Cigna Corporation and its operating subsidiaries. "Cigna" refers to Cigna Corporation and/or its subsidiaries and affiliates. Products and services are provided not by Cigna Corporation and are provided by, or through such operating subsidiaries including Cigna Europe Insurance Company S.A. - N.V. - Singapore Branch, which is regulated by the Monetary Authority of Singapore and subject to the prudential supervision of the National Bank of Belgium.

Products and services may not be available in all jurisdictions and are expressly excluded where prohibited by applicable law. Nothing in this communication constitutes legal, tax, financial planning or health or medical advice.

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.*



LICHA STELAUS PRODUCTIONS PRESENTS

NIDAROSDOMENS GUTTEKOR



Photo Credit: Multifoto.no

An inspirational evening with the Nidaros Cathedral Men and Boys Choir
and the re:SOUND chamber orchestra performing *Messa di Gloria* by Giacomo Puccini
plus a repertoire of traditional and classical works.

20 OCT 2017, Fri, 7.30 PM | 21 OCT 2017, Sat, 7.30 PM

ESPLANADE CONCERT HALL

Tickets available from 2 May at SISTIC Authorised Agents and www.sistic.com.sg.
Singapore American Club members please quote SAC17 for a special discount.

TOUR SPONSOR

**Chenter
Foundation**
承德基金會

EVENT SPONSORS



SUPPORTED BY



Norwegian Embassy



THE AMERICAN CLUB REDEVELOPMENT PROJECT UPDATE



WE HEARD YOU!



Thank you to everyone who recently voted on the four design concepts for the new Lobby, Function Room, Kids' Area, and Grab & Go (currently known as Thyme Café). We had more than 1,100 completed ballots between the two votes!

HERE ARE THE WINNERS

FUNCTION ROOM

Darker Blue Carpeting with Grey Ceiling
34.09% . 209 votes



Greenish Carpeting with Brown Ceiling
25.45% . 156 votes

Grey-Blue Carpeting with Brown Ceiling
20.07% . 123 votes

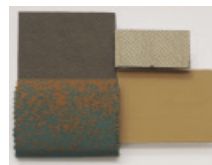
Grey-Blue Carpeting with Grey Ceiling
18.60% . 114 votes



I don't like any
1.79% . 11 votes

LOBBY

Turquoise & Rusts
53.36% . 270 votes



Blues & Reds
42.09% . 213 votes

I don't like either
4.55% . 23 votes

GRAB & GO

Sea Greens & Darker Red
56.80% . 284 votes

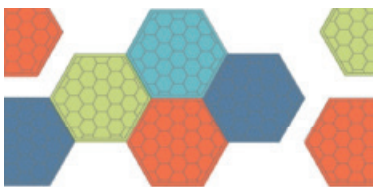


Lime Greens & Lighter Red
37.20% . 186 votes

I don't like either
6.00% . 30 votes

KIDS' AREA

Turquoise & Lime Green
55.81% . 341 votes



Orange & Lime Green
18.17% . 111 votes

Purple & Pink
14.08% . 86 votes

I don't like any
11.95% . 73 votes

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

CHECK IT OUT

▶▶▶ HAVE YOU SEEN LEVEL 3 YET?

If you haven't ventured upstairs to see the new Business Center and Library, you should make a visit soon! We've made lots of improvements over the last months including:

More PC-based workstations	Larger children's library
4 individual meeting rooms	Designated phone usage areas
Additional seating in the library	Designated communal spaces
Self checkout in the library	Variety of seating options
Snack and drink options	Launch of Library Book Club
A TV in the Commons area	Complimentary Library events
Rentable function space in the library	Access to the Overdrive library
Introduction of the e-library catalogue	2 viewing screens in the boardroom

DID YOU KNOW?

Thyme Café will be undergoing some changes when it is relaunched in 2018

It will be moving to a new location near the current marble staircase in the main lobby

It will offer indoor and outdoor seating in it's new location

There will be a self-service area so that you don't have to wait in line if you want to pick up something quickly

It will have a new name

It will offer expanded healthy "grab and go" options

PILING & MICROPILING COMPLETED

MILESTONE ACHIEVED!

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:

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



LIBRARY

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

PRIVATE FUNCTION SPACES FOR YOUR SPECIAL EVENTS

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

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.

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: _____



MARINA BAY SINS and SAVING A SEXIER ISLAND: NOTES FROM AN OLD SINGAPORE

by Neil Humphreys

British humor columnist and author Neil Humphreys is back with his newest novel *Marina Bay Sins*, a satirical crime thriller set against the background of glamorous and cosmopolitan Singapore. Find out what happens when detective inspector Stanley Low is called to investigate what appears to be a macabre murder-suicide of a prominent Australian expatriate – whose body was found in a Marina Bay Sands suite alongside the corpse of a Singapore prostitute. In addition, Neil will also discuss his latest and fourth installment in his bestselling Notes series – *Saving a Sexier Island: Notes from an Old Singapore* – which features a quirky tour of the island's 50 most important heritage sites and the fight to preserve their rich history and culture.

Register now and join us for a reading and Q&A session with bestselling author Neil Humphreys!

Tuesday, May 16

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

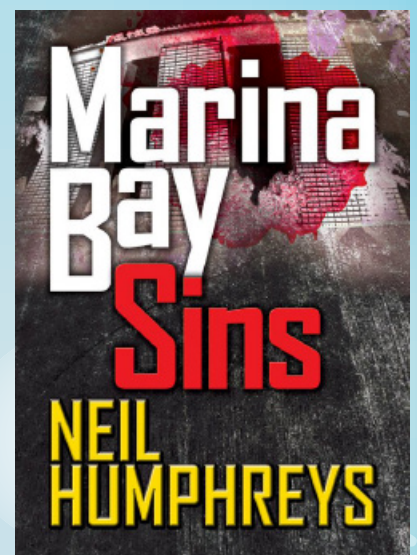
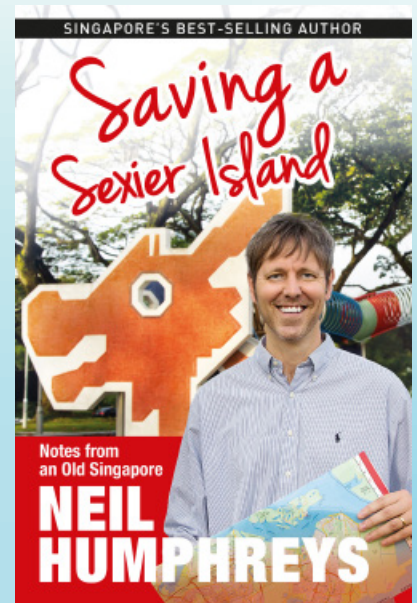
Payment by cash only

Event is 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.





Book CLUB

The inaugural session of our newly launched Book Club was held back in February where Members gathered for a lively discussion of *The Painted Veil* by Somerset Maugham. This was followed by our second meeting in March, where the group read and discussed *All the Ugly and Wonderful Things* by Bryn Greenwood. The sessions have been engaging and dynamic with active participation from all who attended!

Last Thursday of every month*

Adults' Library, Level 3

7:30 p.m. – 9:00 p.m.

Complimentary

A selection of beverages will be available for purchase

**Except June, July and December*

Book Club Members have put forth various titles for consideration then voted on a slate of books to be read and discussed through to the end of the year. For the full list of confirmed titles or to join the Book Club, please visit the Library page on the Club website, call 6739-4308 or email library@amclub.org.sg.





NICHE GROUP *Program*



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

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

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

LOYALTY TIER

VIP
10K
15K
Elite

QUALIFYING CRITERIA

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

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

PROGRAM BENEFITS

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

VIP

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

10K

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

15K

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

ELITE

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

For additional information on our niche group programs, please contact our Membership Manager at membership@amclub.org.sg.

NICHE GROUP AUTO RE-QUALIFICATION

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

NICHE GROUP LUCKY DRAW

Our Niche Group Lucky Draw is back by popular demand!

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

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

MAY 2017

SOORI BALI

3D2N stay in Mountain Pool Villa/Beach Pool Villa
inclusive of daily rotating tasting breakfast for 2
Worth \$3,054

QUALIFYING PERIOD: MAY 1-31, 2017

Winner will be notified by June 2, 2017

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

REDEEMED

April

Bali National Golf Resort

2N stay in a 2-bedroom Villa inclusive of breakfast for 2 + Complimentary 18-hole round golf for 4 worth \$4,925

UPCOMING PRIZES IN 2017...

CLUB MED BALI, INDONESIA

4D3N Resort stay for 2 worth \$1,600

CLUB MED SAHORO HOKKAIDO, JAPAN

5D4N Resort stay for 2 worth \$2,400

CLUB MED PEISEY VALLANDRY, FRANCE

8D7N Resort stay for 2 worth \$5,000

AVEDA HAMPER

AVEDA HAIR, SKIN & BODYCARE HAMPER WORTH \$1,000

KERSTIN FLORIAN

\$1,000 CASH + SPARITUAL HAMPER WORTH \$800

RESORTS WORLD SENTOSA

1N stay at Hard Rock Hotel + 2 Adult tickets
to Universal Studios Singapore worth \$1,000



BALI NATIONAL
GOLF CLUB

ClubMed
worldwide resorts, all-inclusive experiences

SOORI
BALI

AVEDA
THE ART OF WELLNESS

SPARITUAL

Resorts World
Singapore
a Genting Resort



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

The Wayfarer

BY
JASMIN OROSA

Inspired by the vibrant hues of nature and rich cultures all over the world, Filipino artist Jasmin Orosa translated her experiences as a traveler into beautiful works of art. The enthralling exhibition encapsulates magical moments – take a peek at the world through a globetrotter's eyes.

EXHIBITION AT THE CLUB: MAY 2 – JUNE 30

**ART LAUNCH
FRIDAY, MAY 5
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.

CATCH JASMIN OROSA LIVE @ THE CLUB!

The talented artist will be conducting 4 live painting sessions at the Lobby in May and June –
Members are welcome to interact with her during these sessions.

May 9 : 11:30 a.m. to 1:00 p.m.

May 23 : 4:00 p.m. to 5:30 p.m.

June 6 : 11:30 a.m. to 1:00 p.m.

June 20 : 4:00 p.m. to 5:30 p.m.

Jasmin Orosa • Email: jasmin.rosa.art@gmail.com • Tel: +65 8363-8279
Website: <http://jasminorosa.artworkfolio.com> • <http://www.jasminorosa-art.com>





Tomamu
Hokkaido

RIDE A DIFFERENT WAVE THIS WINTER

CLUB MED'S LATEST RESORT
IN JAPAN OPENS IN DEC 2017

Sprawled across hectares of Tomamu mountain, the resort is immersed in layers of soft powder snow perfect for thrillseekers seeking out a one-of-a-kind snow vacation. Indulge in heart-thumping snow activities like trekking and sledding, or hang out at Mina Mina, Japan's largest indoor wave pool.

must try experiences in Tomamu Hokkaido



Hit the slopes with skiing and snowboarding on powder snow right from your doorstep



Feast on gastronomic local delicacies



Break the ice with fishing* and skating* at the ice village



Surf's up at the largest indoor wave pool in Japan

MAKE IT EXTRA SPECIAL

Plan ahead before your arrival and book the essentials you may need such as ski equipment and the Children's Club⁽¹⁾ for kids from 2 to 3 years

(1) Service is available at extra cost



Soak in the views of a majestic winter wonderland from your private urban space

When you stay with Club Med, all your needs are taken care of with our Premium All-Inclusive package:

- ▲ Accommodation
- ▲ Gourmet Food & Open Bar
- ▲ Entertainment Transfer*
- ▲ Ski Passes and Lessons
- ▲ Kids Club from 4yrs
- ▲ Evening Entertainment

*Book your flight with us to enjoy free return transfers

Call us now at **1800-258 2633**

Visit www.clubmed.com.sg or ClubMedSingapore for more information.

Club Med

Worldwide resorts, all-inclusive experiences

TRAVEL



SIX SENSES

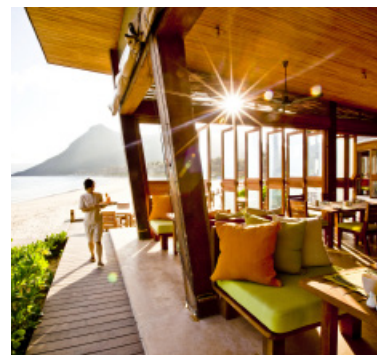
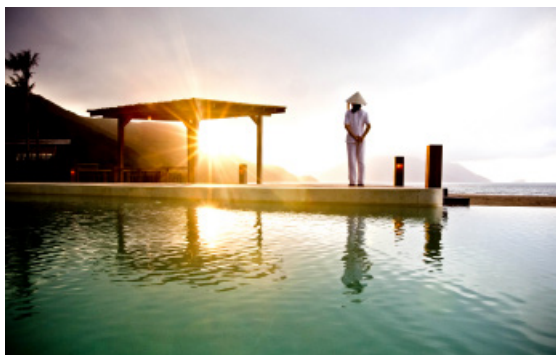
CON DAO





Just a short flight away from the vibrant city of Saigon lies Six Senses Con Dao, a luxurious resort in the island of Con Dao Archipelago, an oasis of outstanding natural beauty.

The elegantly designed contemporary accommodation boasts a generous personal space, complete with lush tropical mangrove vegetation and stunning views of the sea.

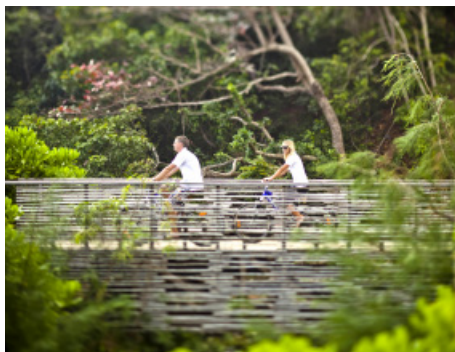


While the accommodation is stellar and encompasses comfort at its highest level, the real star is Dat Doc Beach's pristine sands and sparkling waters – the perfect getaway from the hectic rat-race common to city dwellers.

Step out of your villa and right into a postcard-perfect view: think white, sandy beaches lined with lush greenery and forested hills. Alternatively, enjoy the magnificent view right from your villa in your private infinity pool.



Those eager to start their mid-year vacation are in luck; May marks the start of nesting season for turtles. Watch these charming creatures lay and bury their precious eggs in the sand, or observe tiny hatchlings struggle out of their eggs and into the sea!



For more information, please drop by the Travel Desk, visit www.countryholidays.com.sg, call 6735-1033 or email traveldesk@amclub.org.sg.

Taster



THE AMERICAN CLUB FOOD AND WINE EXPERIENCE

We are pleased to introduce the inaugural installment of our most inspired culinary and wine event of the year! This new initiative will feature cuisines, wines and spirits from some of the most popular regions and countries. Sample delicious fare at live cooking stations that will be perfectly paired with available craft beers, wines, whiskies, champagnes and sake. This will be an event not to be missed! Sign up today as spaces are limited.

Saturday, May 20

The 2nd Floor

7:30 p.m. - 9:30 p.m.

Member: \$128

Guest: \$148

Price is inclusive of food & beverage pairings

Adults only, 18 years and above

A la carte menu is not available

A 48-hour cancellation policy applies

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



AN EVENING WITH Frank Lavin

Hear from former White House aide and US Ambassador to Singapore Frank Lavin on his new book, *Home Front to Battlefield: An Ohio Teenager in World War II*. Discover the trials and tribulations Frank had to go through to become the leader he is today. There will also be limited autographed copies of his book available for sale during the event at a 20% discount*!

*First-come, first-served basis

COCKTAIL RECEPTION

Monday, May 15

The Commons, Level 3

6:30 p.m. – 7:30 p.m.

Member: \$25

AAS/AWA/AmCham Member: \$35

Guest: \$35

Light refreshments and open bar will be available

MEET THE AUTHOR WINE DINNER

(4-course dinner with wine pairings)

Monday, May 15

The 2nd Floor

7:45 p.m. – 9:30 p.m.

Member: \$138

AAS/AWA/AmCham Member: \$148

Guest: \$148

Participants who register for the Wine Dinner are invited to attend the Cocktail Reception at no additional cost

Registration is compulsory

A 48-hour cancellation policy applies

Payment must be made by Friday, May 5 to secure reservations;

reservations will be released automatically if payment is not received

Participants who register for the events will get to pre-order a copy of the book and have it autographed

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





Mother's Day

Open-House Celebration

Sunday, May 14
9:00 a.m. – 5:00 p.m.

The women in our lives are unsung heroes, but the spotlight will be on them on this special day! Join us for a one-of-a-kind Club-wide Mother's Day Celebration this year and pamper the women in your life with our specially curated list of activities. Bring your friends on this day and introduce them to The American Club experience through the complimentary activities below.

Enjoy **DOUBLE** WIN/WIN rewards
if your friends sign up for membership by May 31, 2017!

HIGHLIGHTS:

- 15-minute head & shoulder massages at the Spa
- Fitness classes**: Body Pump, Dynamic Yoga, Indoor Cycling, Zumba
- Craft activities for kids at the Youth Zone
- Photobooth
- Movie screenings: Brave, Despicable Me 2, Nanny McPhee
- Children's storytime at the Library
- Enjoy bubbles and strawberries
- Sports screenings at Union Bar

*Please refer to our website for detailed program timings.

**Please bring your own sports attire.

MOTHER & CHILD LOOKALIKE CONTEST

If you and your child often dress in matching outfits, sport the same hairstyles or even have identical million-dollar smiles – you are who we are looking for! Submit a photo of the both of you and you might walk away with attractive Club vouchers.

Submission deadline: Tuesday, May 9, 12:00 p.m.

Winners will be notified on Sunday, May 14.

Terms & Conditions

- Members are entitled to submit 2 entries per membership account
- Members can submit their photos electronically to f&bevents@amclub.org.sg or drop a hardcopy of your 4R photo(s) at the Concierge
- All entries must be supplemented with your membership number

MOTHER'S DAY DINING

Give mom a special treat this Mother's Day!
We have two fantastic brunch options to choose from at The 2nd Floor and Eagle's Nest.
Reserve a table early to avoid disappointment.

The 2nd Floor

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

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.



STAMFORDAMERICAN
International School



THE ENTREPRENEURS SERIES

Our 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 third Tuesday of the month, the event will feature Asia-based entrepreneurs and their success stories. Emceed by Landy Eng, former CNBC host of Driven and serial entrepreneur.

Tuesday, May 16
The Commons, Level 3
7:00 p.m. – 8:30 p.m.

Member: \$25
AAS/AWA/AM Cham Member: \$30
Guest: \$35
Light refreshments will be provided



MAY'S SPEAKER:
**RON KAUFMAN - GROWING YOUR BUSINESS FROM INDIVIDUAL
EXPERT TO GLOBAL LEADER**

For two decades, the founder and chairman of Up! Your Service has helped companies on every continent build a culture of uplifting service. Up! Your Service is one of the world's premier service excellence consulting and training providers, whose effervescent and charming leader is known for his iconic inspirational keynote presentations. Ron moved from the states to Singapore in 1990 to help build Singapore Airlines and had a hand in making our national carrier the global icon it is today.

Register now and gain insights into transforming your business' service culture while delivering outstanding business results.

Registration required

A 48-hour cancellation policy applies

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

Father's DAY CELEBRATION



Fathers deserve to be treated like kings on their special day! Let dad partake in a scrumptious buffet and eat to his heart's content with our luxurious spread. To make his day extra special, we are serving complimentary beer and bites at the Lobby from 11:00 a.m. – 1:00 p.m.

SUNDAY, JUNE 18

The 2nd Floor

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

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.



THE DISTINGUISHED VISITING CHEF SERIES

Angela May

In an effort to offer variety and create new and unique dining experiences for our Members, The Club will invite an array of guest Chefs from the local Singapore market and globally throughout the year to showcase their culinary skills and feature their signature dishes in an exclusive wine dinner format.

Featured Chef: Angela May of Angela May Food Chapters

Embark on a gastronomical journey with celebrity chef and presenter Angela May. The Thai-American's stint at Le Cordon Bleu in Sydney, Australia inspired a lifelong love of creating wonderful dishes with locally farmed herbs and produce. The result is a beautifully crafted menu using the freshest ingredients which tastes good, looks good and is healthy to boot.

Let Mom take a break and whisk her away to an early Mother's Day celebration! Experience a tasteful 4-course set lunch paired with luxurious Laurent Perrier champagne, and show the most important woman in your life just how much you truly appreciate her.

Saturday, May 13
The 2nd Floor
12:45 p.m. – 3:00 p.m.
Member: \$88
Guest: \$108

*Reservations required. Adults only,
18-years and above.
A 48-hour cancellation policy
and The 2nd Floor dress code apply.*

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

TICKLED PINK: *The rosé revolution*

By Alvin Gho, Senior Beverage Director

Pink as a wine color has traditionally not lent itself to gravitas – rosé wines are usually considered superfluous; not to be taken seriously. I would, however, like to humbly share my little romance with the fine rosé.

Rosé wines are produced virtually everywhere in the world. Famous regions like Provence & Rhône Valley in France, Tuscany in Italy (rosato), Priorat in Spain (Rosado) and Yarra Valley in Australia all produce stunning pink wines! (I particularly enjoy Bone-Jolly by Edmunds St. John in El Dorado, USA, although it's virtually impossible to get your hands on it in Singapore.)

These wines are made with red/black grapes and attain their lovely blush tones from limiting the time the juice spends in contact with the grape skins. Skins contain color pigments and are responsible for giving a red wine its color; therefore, depending on what a winemaker wishes to achieve, the maceration (or soaking) time would differ.

Besides the beautiful hue, I love rosé wines for their elegance. They are delicious on their own and also great with various cuisines. Versatility is always a key feature of rosés when it comes to food pairing – salads, fish, light meats, buffets and even strawberry-themed desserts all go perfectly with a glass of rosé. I can just imagine savoring a chilled glass of pink by the pool on a sunny day – such little joys in life are certainly worth living for!

To end, here are a few personal recommendations of delicious fare at The Club to pair with an elegant bottle of rosé.

Bon appetit!

Mezze Platter – Eagle's Nest

Chicken Caesar Burrito – Eagle's Nest

California Salad – Eagle's Nest

Buttermilk Chicken Tenders – Union Bar

Jumbo Lump Crab Cake – The 2nd Floor

Hawaiian Ahi Tuna Tartare – The 2nd Floor

Steam Shrimp "Har Kaw" Dumplings – The 2nd Floor

Wok-seared Hokkaido Scallops with Crispy Prosciutto di Parma – The 2nd Floor

SOORI
BALI

SOORI BALI EXCLUSIVE OFFER FOR THE AMERICAN CLUB

We warmly invite members of the American Club to stay with us
on your next journey to Bali with the exclusive offer below:

Offer is valid till 25 December 2017

CODE: AMERICANCLUB

Package Starts from USD \$525++ (with a minimum 2-night stay) and includes:

Roundtrip airport transfers with meet & greet

Daily fruit selection

Daily breakfast at Cotta

One dinner for two persons (excluding alcohol) at either Cotta or Ombak

Soori Spa credit up to \$100 per villa per stay

One Cycling or Segway Excursion for Two Around Kerambitan Village & Visit to Local House

Daily afternoon tea in the Reading Room

Complimentary WiFi

Dedicated villa host

Complimentary daily poolside yoga classes

www.sooribali.com



Terms & Conditions • Offer valid only for members of the American Club till 25 December 2017 • Rates are in USD Dollars and are subject to 21% prevailing government taxes and service charge • Rates are per villa per night and subject to availability • Rate is based on single or double occupancy in your selected room category • Not available during blackout dates: 1- 31 August 2017 • Dining offers do not include beverages or mini-bar items • All reservations must be guaranteed. 1 night non-refundable deposit at the time of booking and 100% charge for any cancellation 7 days prior to arrival.



CONTACT DETAILS

SINGAPORE

REYL SINGAPORE PTE. LTD.

contact@reyl.sg

+65 6637 9399

WE WELCOME AMERICANS

WWW.REYL-OVS.COM

REYL Overseas Ltd is registered with the SEC as an Investment Adviser and operates in Zurich, Switzerland and in its representative office in the United States.

REYL Overseas Ltd is a company set up under Swiss law, a subsidiary of REYL & Cie Ltd in Geneva, a part of the REYL Group, and registered with the SEC (U.S. Securities and Exchange Commission) as an Investment Adviser. REYL Overseas Ltd has been set up exclusively to meet the particular needs of U.S. nationals and taxpayers. As a Swiss company, REYL Overseas Ltd is able to offer them Switzerland's renowned asset management expertise, investment advice and international wealth management. REYL Overseas Ltd will exclusively act as an Investment Adviser. In accordance with Rule 204-3 of the Investment Advisers Act of 1940, REYL Overseas Ltd is required, upon request, to offer its clients a copy of its disclosure brochure (Form ADV Part II). REYL Singapore Pte Ltd is not registered with the SEC nor does it provide investment advice to US Persons, as such persons are defined under Regulation S, Section 902(k)(1) of the Securities Act of 1933. However, REYL Singapore Pte Ltd has agreed to serve as a point of contact for REYL Overseas Ltd in Singapore and to introduce US persons to REYL Overseas Ltd who are interested in receiving investment advisory services.

Social & Dining Subcommittee

The Club's Social & Dining Committee is made up of a diverse group of 10 Members of the American Club community, each with experience in the F&B field and a passion for food and wine. The Committee works side-by-side with The Club's F&B team to develop and improve all things related to food, from new menu offerings to service standards, special dining events and monthly promotions.

Committee Member Monica Pitrelli shares more about the contributions of the S&D Committee.

What happens during a typical meeting?

The Committee members are dedicated to eating and attending events at The Club on a regular basis, so we typically begin meetings with feedback on what worked – and what didn't – from a Member's point of view. Then we launch straight into updates from F&B Director Chef Malik and Senior Beverage Director Alvin Gho on monthly promos, food and wine sales, special menus and upcoming holiday events. The Club offers so much that Members tell us they never hear about, so we brainstorm on how to best reach Members without clogging their inboxes. Who should we invite to the next Distinguished Visiting Chef series? What should we serve at The 2nd Floor's Tuesday Champ Social Night? What should we serve – martinis or champagne – at the soon-to-be-launched weekly Ladies' Night? These are the types of things we discuss, all while sampling fare that Chef Malik's team is considering adding to the menu – which is a nice perk, I must admit.



What are some examples of changes initiated due to Members' feedback?

There has been a big push for gluten-light options, which you can now find at the Eagle's Nest. Also, the Committee was on board with a request to relax the dress code on the 2nd Floor to allow Members to wear shorts to brunch on non-holiday weekends, reflecting how Members typically dress on weekends.

What are some plans that the S&D Committee has for The Club's redevelopment?

The changes to the dining scene are going to be substantial. The look and feel of each outlet will be different, as will the menu offerings. The Committee has been reviewing and sharing ideas on each of the new outlets, and we're excited about what's to come.

What can Members look forward to this coming year?

Members should watch for new menu launches at all of The Club's restaurants, and they should mark their calendars for International Wednesday Buffets (my advice here – go early to get a seat); The American Club Food & Wine Experience, a new event in May featuring wine, craft beer, whiskey, sake, gourmet cheese and tapas; and The American Club Wine Program, a new wine series for Members to learn about wines from all around the world, hosted by our own Alvin Gho.

Members:

Kristen Graff (*Chair*)
Sally Greene
Robert Hecker
Nasir Kausar
Low Beng Bak

Ngiam Siew Wei
Monica Pitrelli
Shyu Huey Ting
Valerie Tietjen

Management Representatives:

Vijayakumar Raj, *Assistant General Manager*
Malik Riley, *Director of Food & Beverage*
Paul Ng, *Executive Sous Chef*
Alvin Gho, *Senior Beverage Director*

Not pictured:

Kim Eng and Bill Teoh

If you are interested in becoming a volunteer committee member to help shape the future of our Club, we invite you to visit the 'Volunteers' section of our website for more information.

MOST NUMBER OF MICHELIN STARS IN ONE DINING DESTINATION



Four celebrity chef restaurants.
Seven Michelin stars.
A gastronomical experience like no other
awaits you at Resorts World Sentosa.

www.rwsentosa.com/dining



Joël Robuchon Restaurant

*The only restaurant in Singapore
with 3 Michelin Stars*



Forest



OSIA Steak and Seafood Grill

Resorts World Sentosa is Asia's premium lifestyle destination resort, featuring world-class attractions, unique hotels, award-winning spa, celebrity chef restaurants and exciting entertainment.



May
&
June
Promotions

REDEVELOPMENT SPECIAL

Back by popular demand! Enjoy the following facials at attractive prices:

- Hydra Boost Facial by Babor at \$168 (U.P. \$198)
- Signature Caviar Facial by Kerstin Florian at \$198 (U.P. \$258)

HAIR

Eliminate the frizz with Brazilian keratin treatment at a special price!

- Short hair: \$360
- Mid length: \$380
- Long hair: \$400

MASSAGE

Can't get enough of our massages?

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

Not valid for Guest Therapist, Sports and Physiotherapy treatments

Not to be used in conjunction with other promotions, niche group privileges or loyalty packages

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



DID YOU KNOW?

Have you ever wondered exactly what products are used on you when you get your hair, face or nail services done? Do spas and salons use the products they advertise on their walls and front glass panels? Indeed, the products used on you may not always be what they seem.

In every establishment, cost is always a major factor. This includes rent, cost of products and linen, utilities, payroll...etc. Using every product that they represent may not be sustainable for some companies due to high costs and competitive pricing in the market.

At sên, we believe in offering you the complete range of products we represent for the treatment you receive. Our Therapists and Technicians are trained to customize the products to suit your needs. If you have never asked what product is on your face, hair or nails, do check with your Therapist or Technician during your next visit!

SÊN E-NEWSLETTER

Get first-hand updates on discounts and promotions when you subscribe to our new monthly sên e-newsletter! To opt in, simply email your name and membership number to info@amclub.org.sg with the subject "sên e-newsletter".

AVEDA MEN GREY BLENDING

While grey hair can be seen as a crown of splendor reflective of a life full of rich experiences, the situation can be alarming once it gets unruly and unsightly! sên now offers a new hair service that provides a hassle-free solution to your grey hair troubles.

Introducing Aveda Men Grey Blending, a professional service that quickly and discreetly blends away the grey. The result is a natural look that lasts up to 4 weeks – simply add this service on to your monthly haircut!

Aveda Men Grey Blending uses a 95% naturally-derived formula infused with a plant-oil blend which includes certified organic sunflower, castor and jojoba. Grey hairs are blended away in a quick 5- to 10-minute process right at the shampoo bowl. Customized for every shade of grey, Aveda Men Grey Blending includes 5 pre-blended shades ranging from light natural to dark ash.

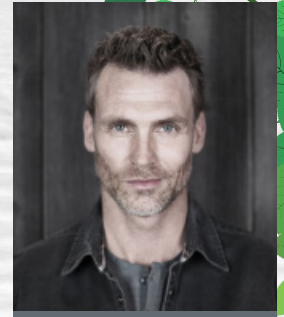
Try this low-maintenance service for a sophisticated hair makeover! Aveda Men Grey Blending is available at sên beginning May 1. Price is not available at time of print.

For more information, please call sên at 6739-4449 or email spa@amclub.org.sg.

AVEDA
The art and science of pure flower and plant essences



BEFORE



AFTER

Hawaiian Ka Huna Bodywork by Guest Therapist Carita Wong

MORE THAN JUST A MASSAGE

Reinvigorate your senses with Ka Huna Bodywork, a combination of movement, dance, rhythm, breath, energy and massage. To ensure clients get the best out of their sessions, Carita works with each individual's unique needs and intentions in mind. She combines the feminine touch of flow with the masculine focus of deep tissue work. Together, they alleviate pain, stress and discomfort, resulting in a more relaxed and refreshed you.

APRIL 17 – MAY 18



ABOUT CARITA

An experienced Ka Huna Bodyworker and yoga teacher at High Spirits Retreat in Queensland, Australia, Carita is a certified Life Coach and Craniosacral practitioner. Her massages feature a combination of nurturing and dynamic flow, designed to help her clients reconnect with their mind, body and spirit.

Not to be used in conjunction with loyalty packages, niche group privileges and spa promotions. To make a reservation, log into your account on our website or call sên at 6739-4449. A 48-hour cancellation policy applies.



YOUTH

SUPERHEROES PARTY

Calling all Superheroes, the world is in trouble and we need you to save it!
Dress up in your favorite superhero costume and have a power packed time at the party.

Sunday, May 7
The Zone
10:30 a.m. to 12:30 p.m.
Member Child: \$35
Member Adult: \$12
Guest Child: \$40
Guest Adult: \$17

Highlights: Game booths, tattoo corner, obstacle course

Recommended for 8-year-olds and under
The computers at the Chill-out Zone will not be available for usage during the party;
the arcade and Wii machines will be available for usage at the Zone studio.
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.



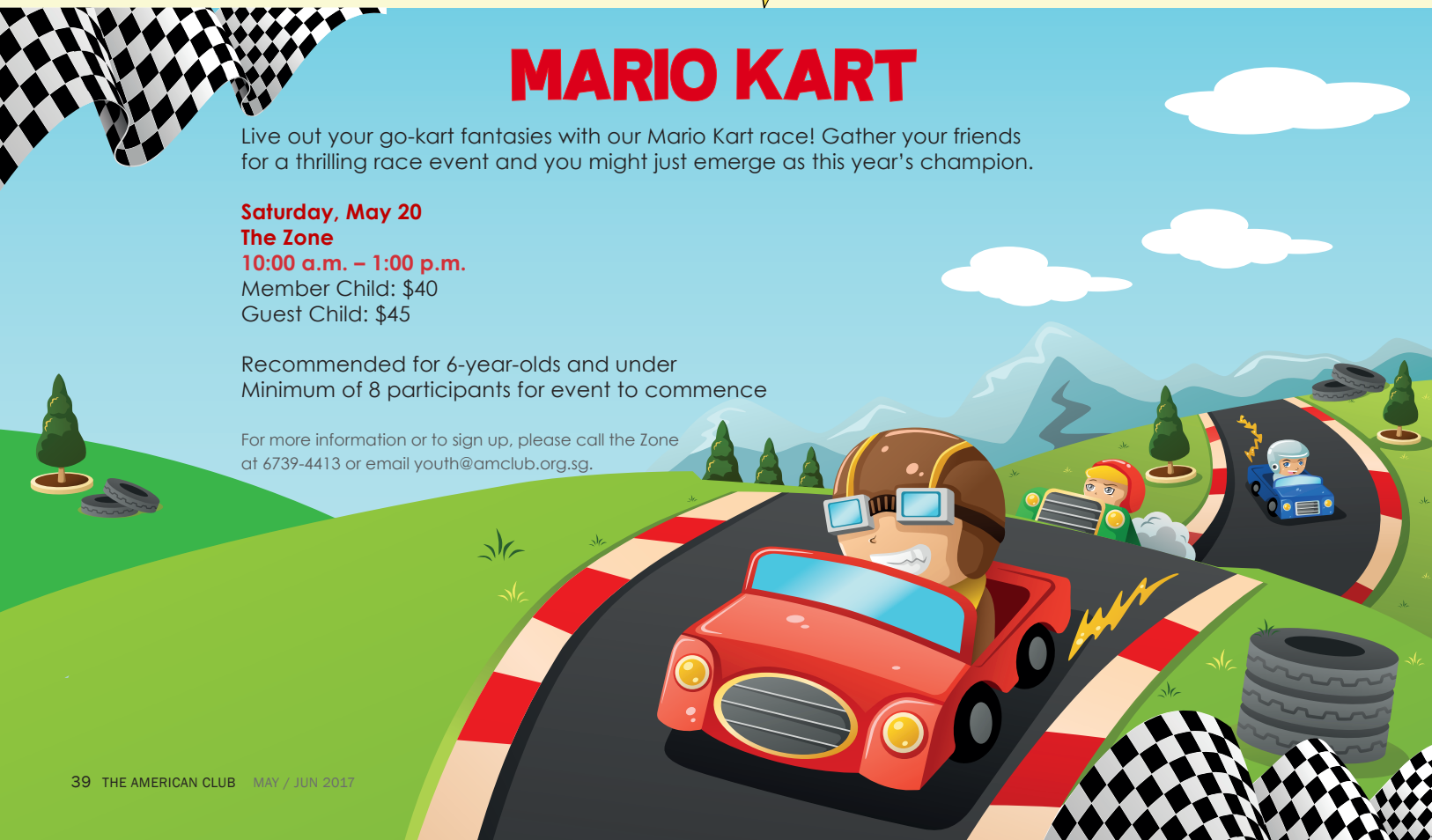
MARIO KART

Live out your go-kart fantasies with our Mario Kart race! Gather your friends for a thrilling race event and you might just emerge as this year's champion.

Saturday, May 20
The Zone
10:00 a.m. – 1:00 p.m.
Member Child: \$40
Guest Child: \$45

Recommended for 6-year-olds and under
Minimum of 8 participants for event to commence

For more information or to sign up, please call the Zone at 6739-4413 or email youth@amclub.org.sg.



EARLY BIRD PROMOTION:
REGISTER BETWEEN APRIL 21 TO MAY 7 AND
ENJOY 5% OFF YOUR TOTAL CAMP BOOKING FEE.
GUEST FEE WILL BE WAIVED.



SUMMER CAMP

JUNE 5 – AUGUST 11

The much awaited Stars n' Stripes Summer Camp is coming your way!
Join us for 10 whole weeks of fun and excitement.

Embark on nature walks and visit little-known farms. Be enchanted by the beauty of the Merlion and take in the scenic views on a river cruise. Learn martial arts or get thrilled on exciting rides at Universal Studios Singapore.

Enjoy Camp with new friends or bring your own!
Experience a memorable camp this Summer.

- 2- to 3-year-olds: \$275 per week; \$65 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 13-year-olds: \$550 per week; \$120 per day

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

To sign up, please drop by The Zone,
call the Camp Desk at 6739-4432 or email camp@amclub.org.sg.
For more information, please visit our website (Youth tab).



LASER TAG

Join us for Laser tag fun every Friday!

Our kids get their adrenaline pumping and battle it out at these exhilarating games that provide a unique bonding experience, all hosted by award-winning and safety-certified events company Tag Team.

Three sessions are available weekly for 5- to 6-year-olds, 7- to 8-year-olds and 9- to 12-year olds.

Enquire at The Zone or call 6739-4413 for more information.

Member Child: \$15

Guest Child: \$18



PRINCES AND PRINCESSES PARTY



Little princes and princesses came to celebrate our annual royal party on March 19 at The Zone!

From themed carnival game booths and glitter tattoos to a makeover corner, we hope our royal highness and highnesses had a ball of a time.



JUNIOR MEMBER

Privileges

January to June 2017



REDEEMED!

Congratulations to Max Ash, the winner of Lucky Draw 1!

LUCKY DRAW

DRAW 1 - MARCH 1

Stand a chance to win 4 tickets to Adventure Cove Waterpark, Resorts World Sentosa

DRAW 2 - MAY 1

Stand a chance to win 4 tickets to Universal Studios Singapore

DRAW 3 - JULY 1

Stand a chance to win an Xbox One console



Lucky draw T&Cs:

1. Make use of Junior Member promotions at outlets within The Club
2. Include email address and contact number on the back of receipt
3. Drop your receipt(s) into the draw box located at the Concierge
4. Promotion starts January 1, 2017 and ends June 30, 2017
5. Winners will be notified via email on the day of the draw
6. You may participate as many times as you like
7. Receipt(s) are cumulative

Junior Member promotions

- Quote "Junior Member promotion" when ordering or making reservations
- Not valid with other vouchers or promotions
- Non-transferable & non-refundable
- Not exchangeable for cash
- Promotions not applicable for guests
- All food & beverage promotions are limited to one Junior Member per visit
- Advance reservations required at sên, Aquatics and Gym

OUTLET	JAN	FEB	MAR	APR	MAY	JUN
Eagle's Nest	<ul style="list-style-type: none"> • 25% off one item on Starter menu when you order a Main course on Mondays from 5:00 p.m. to 9:00 p.m. • Complimentary coke float for every purchase of Classic Burger on Tuesdays from 5:00 p.m. to 9:00 p.m. • 2-for-1 Burrito every Thursday from 5:00 p.m. to 9:00 p.m. 					
The Zone	\$1.50 per half hour game (Xbox, Computer, Wii)					
Essentials	10% off all ice cream		10% off all power drinks		10% off coconut milk products	
sên	<ul style="list-style-type: none"> • 10% off haircuts • 10% off waxing services 					
Thyme Café	<ul style="list-style-type: none"> • Get a combo of Chicken pesto wrap & frozen yogurt with 2 toppings at \$14 (U.P. \$16.90) 					
Gym	<ul style="list-style-type: none"> • Enjoy a one-time personal training session at \$60 (U.P. \$80) 					
Aquatics	<ul style="list-style-type: none"> • 50% off your first private training session and 25% off subsequent sessions (ranging from 30 mins to 60 mins) 					



STA INTERLEAGUE SINGLES

The STA Singles Interclub Competition kept our enthusiastic Tennis team busy all through March and April, with one ladies' team and two men's teams representing The Club.

Our ladies' team comprised Anne Marie Carlisle (captain), Jennifer Stark, Alice Thomson, Juliet Ward, Marcella Sullivan, Ayako Seki, Emily Chang, Hanne Mcnutt, Ashlin Carlisle, Mara McAdams, Jessica Koh, and Jessica Anwar.

Helmed by Vladimir Makatsaria, men's team A was made up of Matthew Prestwich, Bill Alle, Christopher Caryesford, Alexander Makatsaria, Sohil Shah and Angus Potter.

Meanwhile, men's team B was captained by Raj Bhatia and Stephen Maher and the rest of the roster was formed by Paul Kitamura, Arjun Badhawar, Dylan Tinker, Gautam Puntambekar, Chris Pua, Jan Vasko, James Hsieh, Gautam Chellaram, Sandeep Sharma and Rohit Narang.

Men's Team A brought glory to The Club as they bagged second place in the league after several nail-biting matches! We are so proud of our spectacular team and kudos to them for all their hard work. Men's Team B had put up an equally tough fight, especially as the matches had already been postponed twice due to inclement weather. Although they didn't bring home a trophy, their strong resolve and camaraderie were inspiring. The Ladies' Team also similarly played a number of intense matches with laudable determination – we hope everyone had a great time!

ADULT SINGLES CHAMPIONSHIPS

It was with great pleasure that The Club hosted its annual Adult Singles Championship on February 18 & 19. All 26 players put up a good fight and competition was tough.

We would like to congratulate all our winners!

Ladies' Open Division Winner: Jennifer Stark

Ladies' Open Division Runner-Up: Hanne Mcnutt

Ladies' Consolation Tournament: Sachiyo Freund

Men's Open Division Winner: Matthew Prestwich

Men's Open Division Runner-Up: Vladimir Makatsari

Men's Consolation Tournament: Arjun Badhwar

TENNIS TEAM CHALLENGE 2017

On March 4, the Tennis Team Challenge saw 4 country-based teams and a total of 32 players competing on the courts. The event encompassed lots of camaraderie and healthy competition, and we are pleased to announce our winning teams! Thank you to all who took part and congratulations once again.

Winning Team: France – Nasir Kausar, Alvaro Patron, Tina King, Elizabeth Emerson, Assem Baltabayeva, Catherine Mah

Runner-up: Australia – Kevin Cumber, Chris Maurillo, Anne Marie Carlisle, Noelle de Jesus, Laura Flores, Jen Gocek

PARENT & CHILD TOURNAMENT

There's no better way to bond with one's child than through a shared love of a sport, and we are glad our Parent & Child Tournament provided the perfect platform! On March 5, 14 parent-and-child teams gamely participated in our tournament. We hope everyone went home with treasured memories!

Advanced Winners: Rohit and Ahaan Narang

Advanced Runner-Up: William and Bryce Cheong

Intermediate Winners: James and Justin Hsieh

Intermediate Runner-Up: William and Billy Freund

Novice Winners: Rajiv and Anika Ramanathan

Novice Runner-Up: Michael and Kurt Lucian Czerny

MINI TENNIS AND 3/4 COURT TOURNAMENT

Our Junior Members may be little but they sure pack a punch. On February 4, 46 junior players participated in our Mini Tennis and 3/4 Court Tournament and had a smashing good time!

Mini Tennis

Winner: Kurt Czerny

Runner-Up: Shayne Chulani

3/4 Court Tournament

Winner: Marcus Teo

Runner-Up: Alex Thiery

TERM 2 ENDS ON SUNDAY, JUNE 3

Please note that all tennis classes will follow our regular schedule until June 2, after which, The Club will be following the Summer Holiday program.

SUMMER HOLIDAY PROGRAM

The Summer Holiday Program will commence on June 5. Reservations can be made at the Sports Counter for one week or multiple weeks. Slots will be allocated on a first-come, first-served basis. Minimum of 3 participants for each class to commence. For more information or to register, please drop by the Sports Counter, call 6739-4312 or email sportscounter@amclub.org.sg.

SUMMER TENNIS PROGRAM 2017

June 5 – August 4

No classes on Public Holidays

JUNIOR PROGRAM

Mondays – Fridays

4:00 p.m. – 4:45 p.m.	Yellow Eagles	\$20.25
4:00 p.m. – 5:00 p.m.	Red / White Eagles	\$21.50
5:00 p.m. – 6:30 p.m.	Blue Eagles / Development	\$27.75
5:00 p.m. – 6:30 p.m.	Elite Squad	\$40.00

ADULT PROGRAM

Mondays

8:00 a.m. – 9:30 a.m.	Ladies Intermediate	\$40.00
9:30 a.m. – 11:00 a.m.	Ladies Advanced	\$40.00
6:30 p.m. – 9:30 p.m.	Men's Social	\$12.00

Tuesdays

8:00 a.m. – 9:30 a.m.	Ladies Advanced	\$40.00
9:30 a.m. – 11:00 a.m.	Ladies Intermediate	\$40.00

Wednesdays

9:00 a.m. – 12:00 p.m.	Ladies Social	\$12.00
------------------------	---------------	---------

Thursdays

8:00 a.m. – 9:30 a.m.	Ladies Intermediate	\$40.00
9:30 a.m. – 11:00 a.m.	Ladies Advanced	\$40.00

Fridays

8:00 a.m. – 9:30 a.m.	Ladies Advanced	\$40.00
9:30 a.m. – 11:00 a.m.	Ladies Intermediate	\$40.00

Saturdays

10:00 a.m. – 11:30 a.m.	Men's Drop-In	\$37.00
-------------------------	---------------	---------

*Saturday Men's Drop-In sign up is only available 24 hours in advance.

2017 TERM 1

Term 1 will begin on August 7. Registration will start as early as May and is on a first-come, first-served basis – register for yourself and/or your children early to avoid disappointment! Please note that automatic rollovers will not be available for Term 1.



TENNIS CAMPS

Summer Holiday Program:

June 5 – August 4

Winter Holiday Program:

December 18 – January 5

TERM 1 COACHING PROGRAM

August 7 – December 16

MIXED TEAM TENNIS SOCIAL

Friday, May 5

Friday, June 2

Friday, October 6

Friday, November 3

Friday, December 1

TOURNAMENTS

March 4:

American Club Tennis Team Challenge

March 5:

Parent & Child Tennis Tournament

March 14 – April 18:

STA Inter-Club Singles League

April 21 – 23:

Adult Doubles Championship

May 6:

Mini Tennis Junior Tournament

May 19 – 21:

Spring Junior Singles Championship

May – June:

Member Guest Tournament (TBC)

September 9:

Mini Tennis Junior Tournament

October 13 – 15:

Fall Junior Singles Championship

November 10 – 12:

Adult Mixed Doubles Championship

GYM



Summer FIT BODY PROGRAM

By Yattz, Personal Trainer

In the blink of an eye, summer is here again. The warm season spells sun, sea and lots of sand! Wouldn't it be great to flaunt a slimmer, stronger body and feel more confident than ever as you take to the beaches in your new swimwear?

Here's a simple Summer Fit Body program for those looking to attain their best beach bodies this season. Coupled with a clean diet, determination and hard work, you will perceive a noticeable difference in your body after six weeks of the program.

Weeks 1 to 4

The beginning is always the hardest. Stay focused on your vision of the fitter, healthier you at the end of the journey.

The ideal body is all about proportion – many fitness junkies focus on their upper bodies and in the process pay lesser attention to their lower bodies. A mix of both upper and lower body workouts two to three times a week is recommended, especially if you're hoping to get closer to the perfect body by the end of summer! This not only prevents your workouts from getting repetitive and boring, but also helps to strengthen your abdominal and lower back muscles.

Upper Body Workouts	Lower Body Workouts
Chest Presses	Hamstring Curls
Tricep Extensions	Back
Shoulder Presses	Bicep Curls
Squats	

Repetitions should range from 8 to 15, with recovery time from 40 to 65 seconds in between sets.

Besides upper and lower body workouts, core exercises are equally important:

- 2-minute planks (sets of 10)
- Lying lower back raises (10 seconds pause, 10 reps)
- 1-minute side planks (sets of 10)
- 90-degree leg raises while lying flat on ground (20 reps)

In the first four weeks, focus on building as much muscle as you can. Resting time should be kept to less than a minute and a half – this ensures the body burns fat while building muscles, especially when sets are performed back-to-back (supersets). Supersets are a major component in this program and if performed properly, will push your metabolism into the anaerobic zone, resulting in fat loss.

Weeks 5 & 6

Congratulations, you have now reached your penultimate and final weeks! By now, you would have gained a sizable amount of muscle mass. It's time to increase your cardio and intensity of your circuit training, and most crucially, keep to a clean diet. While many think that exercising is the only way to achieve visible abs, cutting back on one's body fat is even more important. Abs will only become visible when fat is cut from the waist, and lowering your total body fat will help you achieve your goal.

Cut back on carbohydrates with high glycemic indices (e.g. white bread, crackers, bagels, etc.) and opt for "good" carbs like fruit, vegetables, beans and nuts. At the same time, aim to drink an average of 7 or 8 glasses of water daily. Water not only flushes out toxins but also boosts your immune system and promotes weight loss.

By the end of week 6, you should be feeling readier than ever to hit the sand and enjoy the fruits of your labor.

GROUP FITNESS CLASSES

Working out needn't be a boring affair when you join our weekly Group Fitness classes! Our weekly Les Mills program features popular classes like BODYBALANCE®, BODYPUMP® and BODYCOMBAT®.



BODYPUMP®

The original barbell class strengthens your body and challenges your major muscle groups by using weight room exercises like squats, presses, lifts and curls.

- Wednesdays : 7:30 a.m.
- Thursdays : 10:30 a.m.
- Sundays : 9:00 a.m.



BODYBALANCE®

This low-intensity workout combines Yoga, Tai Chi, and Pilates moves. Join this class if you want to build flexibility and strength while leaving your mind calm and relaxed.

- Thursdays : 9:30 a.m.



BODYCOMBAT®

This martial arts inspired workout incorporates strikes, punches and kicks and encompasses moves from Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai.

- Mondays : 9:30 a.m.
- Saturdays : 10:30 a.m.

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

COLONIAL CUP FRIENDLY GOLF

Join us for a friendly game of golf between
The American Club, British Club and Tanglin Club!

Wednesday, May 17
Singapore Island Country Club – Island Course
Member: \$190
Tee time starts from 12:00 p.m.
Registration closes on Friday, May 5

To register, please drop by the Sports Counter, call 6739-4312
or email sportscounter@amclub.org.sg with your name,
membership number, contact number(s), and handicap.

A 72-hour cancellation policy applies, failing which,
the full rate will be charged to the Member's account.
Due to space constraints, only the first 12 players will be accepted.



PILATES

Pilates not only helps you to develop better postural alignment and build flexibility, it also increases your muscle strength and endurance when you engage in this low-impact workout. Avid tennis, squash and golf enthusiasts can benefit greatly too – Pilates offers sport-specific training, which in turn helps you excel in your favorite sport.

The Club has a dedicated Pilates studio that offers both group and private classes. Using equipment such as the Reformer and Cadillac, our passionate Pilates Movement Specialists can help you achieve your fitness goals.

Meet our team!



Jenny O'Malley
Pilates
Movement
Specialist



Annie Agoncillo
Pilates
Movement
Specialist



Leo Ronquillo
Pilates
Administrator

For those new to Pilates, our private sessions will ensure you master your fundamental movements before you join your friends at our group sessions.

Members are welcome to drop by the Pilates studio
(located adjacent to the Squash courts)
or call 6739-4465 for more information.





What's Been Happening?

MERLION LEAGUE

A big congratulations to our swimmers who represented The American Club swim team at the Merlion League that took place at The British Club on Sunday, February 12. It was the team's first competition this year, and we sent a total of 22 swimmers who participated in 65 events. We achieved a total of 35 personal best times. Our competent team also amassed a total of 17 Gold, 11 Silver and 5 Bronze medals – an amazing feat!

In late 2016, our Club introduced the SwimAmerica program to Members. We are pleased to share that since the inception of the program, we have seen a great deal of improvement in our Station 5 to 10 swimmers; 13 of our swimmers who participated in the Merlion League benefited from the SwimAmerica program – evident in their amazing results!

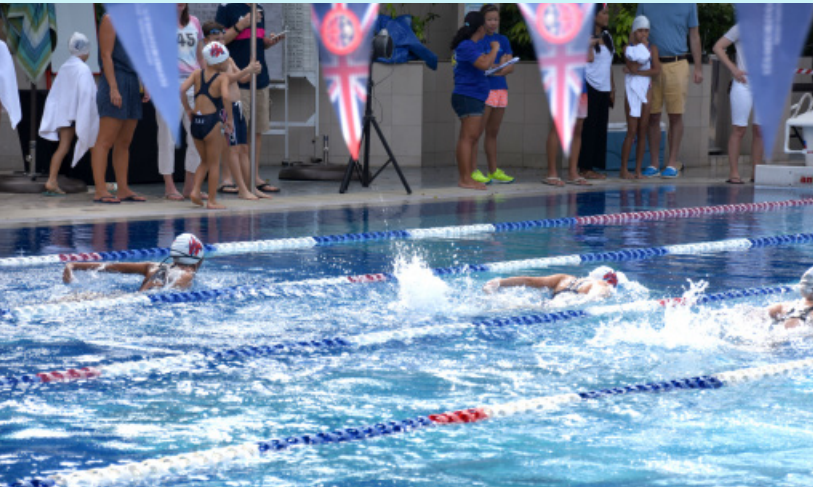
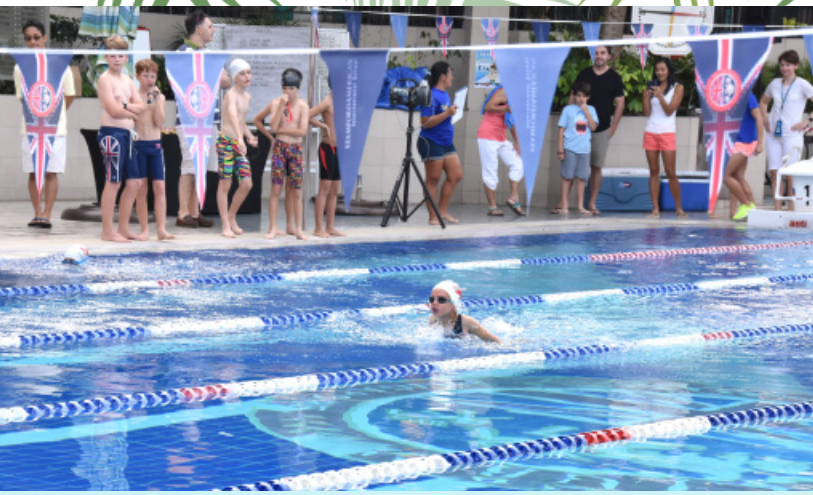
Shooting Stars swim team:

Megan Eyring, Liam Blakney, Alexia Abou Ghannam, Karl Abou Ghannam, Avery Bretting, Maile Sullivan, Zara Ghale and Angus Murphy

SwimAmerica program:

Bailey Lewis, Alicia Gilbertson, Alexander Gilbertson, Eric Abou Ghannam, Jack Ward, Mekaael Kazmi, Lola Murphy, Amaan Malhotra, Chloe Ward, Emma Ward, Lydia Ward, Helena Curtis, Shelby Bretting and Caio Sullivan





48TH SINGAPORE NATIONAL AGE GROUP SWIMMING CHAMPIONSHIPS 2017

It was with great pride that The Club sent 4 well-prepared swimmers who qualified for the Finals of the SNAG Championships. Our Juniors competed from March 10-12, while the Seniors competed over March 14-19. Thank you to all parents who relentlessly cheered your little swimmers on.

Junior Swimmers:

Liam Blakney:

Qualified for 4 events, with 4 new personal best times

Avery Bretting:

Qualified for 8 events, with 5 new personal best times

Maile Sullivan:

Qualified for 8 events, with 1 new personal best time

Senior Swimmer:

Megan Eyring:

Qualified for 8 events, with 6 new personal best times

UPCOMING EVENTS

Join our upcoming Summer Swim Camp and Summer Training Camp for a splashing good time! Improve your strokes and practice race skills at Summer Swim Camp; for those who fancy a more intensive schedule, sign up for the boot camp-style Summer Training Camp which focuses on race technique, strength work, endurance and stroke development.

- June 5 – 9
- June 12 – 16
- June 19 – 23
- July 24 – 28
- July 31 – August 4
- August 7 – 11

Swim Camp is recommended for students in SwimAmerica stations 5 to 10. Training Camp is recommended for students at Shooting Stars Development Squad level and above. Assessments can be arranged for swimmers who aren't in our program to make sure that they are ready for our camps.

We also offer more intensive private lessons over the Summer break. Book multiple lessons with the same instructor in the same week and watch your child's technique improve steadily!

For more information on our Aquatics programs, please visit our website, call 6739-4450 or email Aquatics Manager Elspeth at elspethl@amclub.org.sg.

Essentials

Just about everything you need



Now available at Essentials

Taking care of your family's health is important, but so is taking care of the environment. You can achieve both with bio-home's range of eco-friendly home cleaning solutions, now stocked at Essentials for your convenience!

Singapore Green Label-certified, the bio-home range of products is made from 100% renewable plant-based actives, free from any harmful chemicals/toxins, and packaged in recyclable materials.

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

CIRQUE DU SOLEIL®



PRESENTED BY



—— OPENS 12 JULY 2017 ——
UNDER THE BIG TOP, BAYFRONT AVENUE, BESIDE MARINA BAY SANDS

OFFICIAL SPONSORS



MEDIA PARTNERS





Best Human Resource

14C7071



Elderly-Care



Household & Cooking

Need A Good Helper?

At maidforexpat.com there is nothing we love more than the perfect match of family and domestic helper.

View testimonials at

<http://www.maidforexpat.com/testimonial.php>

Please visit us or call us for free interview today..

Far East Shopping centre #04-15 or #04-07	S(238882)	Tel : 6733 8348
Lucky Plaza #04-99	S(238886)	Tel : 6737 0018
Katong Shopping Centre #B1-77	S(437844)	Tel : 6743 0407
Bukit Timah Shopping Centre #02-48k	S(588179)	Tel : 6463 0407



Infant-Care



Child-Care

BEAUTIFUL INVESTMENTS OF QUALITY LIVING

PANORAMIC SEA VIEW • 3 MINUTES FROM THE BEACH • PRIVATE HILLTOP POOL VILLAS • PRIME LOCATION IN KRABI



NAKA BAY VILLAS

Klong Muang Beach, Krabi, Thailand



sales@nakabayvillas.com

+66 (0) 651 1300 13

+66 (0) 655 7322 34

www.nakabayvillas.com

Expat Life

The hilarious new card game based on your life



Expat Life features easy rules and quick set up so you don't waste time. It's a compact card game, so you can throw it in your bag and bring it to a friend's house. The endless combinations of questions and answers will have you laughing right away.

Order at

www.ExpatLifeGame.com

**Exclusive for American Club members:
Free shipping in Singapore
with promo code AMCLUB**

Also available on Amazon.com



STEPHANIE HO DERMATOLOGY

Do you have a changing mole? Come for a skin cancer screen



Our dermatology practice provides

- Skin cancer screening program
- Biopsies and laboratory analysis
- Surgical removal of skin cancers
- Post surgical scar treatments



Dr Stephanie Ho is a British trained Dermatologist with 18 years of medical experience. She has practised in the UK, Hong Kong and Singapore and has special interests in adult and children skin disorders, aesthetic and surgical dermatology.

We are 5 minutes walk from the American Club:
9 Scotts Road #08-05
Pacific Plaza, Scotts Medical Center
Tel: 6262 0880 Website: www.stephanieho.com.sg

SINGAPORE AMERICAN SCHOOL



**SUCCEED.
SURPASS.
SOAR.**

Opening a university acceptance letter is an unparalleled experience in a student's life. Over the past 60 years, thousands of Singapore American School graduates have earned acceptance to more than 300 universities around the world. An SAS education is much more than getting into a great college. It's also about what's *not* on a graduation certificate: building skills for the workplace of the future, forging bonds that last a lifetime, and celebrating the pursuit of life-long learning.



**JOIN THE SAS FAMILY AT
WWW.SAS.EDU.SG/ADMISSIONS**

Singapore American School CPE Registration Number: 196400340R
Registration Period: 22 June 2011 to 21 June 2017
Accredited by the Western Association of Schools and Colleges