

THE AMERICAN
CLUB
SINGAPORE

ISSUE 149 • JUL / AUG 2017



Gather your family and friends and
spread the patriotic cheer at The Club
this Independence Day!



FOR
LEARNING
LARGER THAN
LIFE



GIVE YOUR CHILD THE BEST START IN LIFE AT STAMFORD AMERICAN'S EARLY LEARNING VILLAGE.

Join Stamford American International School on their Open Day on July 29 to get a first glimpse of the brand new, state-of-the-art Early Learning Village. Based on the simple belief that the environment nurtures the child, the extraordinary new facility has

room to grow and the space to encourage their natural curiosity. When combined with an outstanding larger-than-life elevated curriculum, it's a place that encourages sensorial learning at every turn, providing young children with the very best start in life.



Facilities designed to enhance development

A stimulating environment is proven to enrich your child's education. Stamford American's new Early Learning Village provides the ideal place to stimulate young minds and help them be active participants in their learning. The 20-meter swimming pool is designed to support growing children, with 10 short, horizontal lanes for beginners, and 4 longer lanes for confident swimmers. The 6 large dedicated play areas with 75% UV protective roof offer children the opportunity to play outside, rain or shine. Attached to every classroom is a dedicated discovery space, tailored to different grades, where children extend and explore their classroom learning.

Physical activity leads to better academic results

Physical education in the early years is proven to assist in reading, writing, concentration and awareness. Which is why Stamford American places such importance on physical skills. The physical education curriculum starts at 18 months with the acclaimed SMART Steps Program. The new Early Learning Village is equipped with specialist indoor and outdoor spaces designed to support this program and help children thrive physically, socially and mentally.

Boost their brainpower with music

From improved concentration, better emotional awareness, to faster creative development, music has the power to enhance a child's education. Stamford American was the first school in Singapore to introduce the acclaimed Suzuki Violin Program from the age of 3. In addition, the Instrumental Music Program offers one-to-one or group instrument lessons in violin, cello, piano and drums during the school day, in dedicated music suites.

Let language open doors for your child

Bilingual proficiency equips children to thrive in different cultures and become true citizens of the world. Stamford

American's World Language Program encompasses Mandarin, Spanish and English. Taught by native speaking specialists, Stamford offers a Mandarin/English Bilingual Program starting from the age of 3 to 10 in Elementary and daily Mandarin and Spanish classes from 18 months onwards.

Technology inspires little innovative thinkers

Immersive, inquiry-based learning in the early years can equip children with the observational, analytic and collaborative skills to develop into curious, innovative thinkers. But it takes a special combination of environment, materials and educational expertise to do so. Stamford American's new Village is the ideal environment with an advanced curriculum that encourages hands-on problem solving. It not only integrates science, technology, engineering, arts, and math but also innovation that uses technology like virtual reality, simple circuitry, and robotic programming.

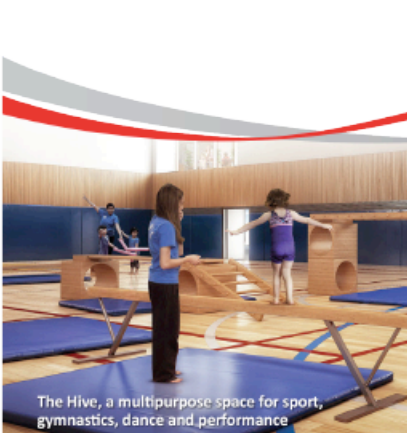
A flexible, convenient schedule for busy parents

Parents today have to juggle a multitude of demands on their time. To help make things easier, Stamford American offers you the freedom to design your school week with a 3, 4 or 5-day option. What's more, their flexible school day with the Breakfast and Afternoon Club gives you the choice of extending the day in the morning, afternoon, or both. Drop your child off as early as 7.15am with the Breakfast Club or take advantage of the flexible pick up time until 6pm. The Village also offers 10+ Co-Curricular Activities (CCAs) after school that provide enjoyable opportunities beyond the classroom.

Be among the first to enjoy this unique learning environment by registering for Stamford American's exclusive Open Day on July 29. **Secure your place today by calling +65 6653 7907** or visit sais.edu.sg/early-years to learn more.



STAMFORD AMERICAN
International School





THE AMERICAN CLUB SINGAPORE

ISSUE 149 • JUL / AUG 2017
www.amclub.org.sg

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

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FROM THE
PRESIDENT



Dear Members,

Happy summer!

I don't know about many of you, but I have definitely hit redevelopment fatigue. I am ready for our pool to be back and to visit with friends in the new lobby. Lately though, I feel a glimmer of hope when I look out the viewing portholes on the second floor mezzanine – there are actual walls coming up and lots of rebar where new walls will be, even the slab for floors. It is tangible, visible progress and no longer a hole in the ground. That is reason to celebrate, and Club management believes we as a club need to celebrate these milestones. It was great to see many of you at the Slab party on May 21. Thank you for toasting this achievement. As usual, our pastry team made a wonderfully creative cake out of chocolate blocks and cookie sand to mark the milestone of pouring the slab on our new building!

For those following along we released a new time-lapse video in June. It is viewable at the Lobby as well as on our Facebook page. In 42 seconds you can see everything that has happened over the last 10 months of construction work. We will continue to update these videos every quarter with photos taken every day from atop the Claymore building.

Thank you all for your patience and understanding as we build a better Club for Members. With the small challenges, redevelopment has done something wonderful for our Club community – it has spawned an incredible amount of creativity. Our Member-driven committees have all put their thinking caps on and come up with some of the coolest new ideas, and Club management and staff have been quick to act to try new things. To name just a few of these new initiatives happening at The Club since we started redevelopment:

- The Fine Arts committee has showcased live painting sessions at the Lobby with artist Jasmin Orosa. From what I hear there will be more art-related activities to come from this group including Club-organized art tours.

- The Youth committee has tried all sorts of new things to engage our younger members including Sunday Fundays, where you can drop your kids off for a day of poolside fun. My kids have enjoyed the Friday night laser tag sessions and just took part in the karaoke night party as well.

- If you're interested in learning more about wine, you can have an informal lesson and tasting session with our Beverage Director and Master Sommelier, Alvin Goh, who is conducting casual wine trainings every last Friday of the month at The 2nd Floor.

- Down at the gym you can walk away with prizes if you participate in their two-week fitness challenge. The wheel of prizes is a fun spin; at least less painful than the spin class.

I continue to be so impressed with the strong group of volunteers we have and I appreciate so much that they choose to share their time and talents to make this a fantastic Club. If you are interested in volunteering with The Club please contact the Leadership Development Committee via sandrac@amclub.org.sg. They will let you know which committees need Members and guide you through our volunteer orientation process.

I also need to give a shout-out to a few of our sporting teams that have performed at the top of their games, literally. Teeing up for the Colonial Cup held at the Singapore Island Country Club, The American Club Golf Team trounced the Tanglin Club and the British Club with a perfect score – unbelievable! Congratulations are in order.

The Club's Squash team has also been on an incredible winning streak this year, prevailing in all six matches since mid-March. They took home the Claymore Cup over the Tanglin Club, beat both the Hollandse Club and the Cricket Club and triumphed over the Hong Kong Football Club in Hong Kong! Way to go team. Adding to the list of new initiatives around The Club, our Squash team has also initiated a Junior Program to train our young players. This takes place every Tuesday at 4:00 p.m. and Saturday at 10:00 a.m.

While facing redevelopment works isn't The American Club home we're used to, I'm especially proud of all of the new, creative activities happening in our community during this time. It is a true testament that Club membership can make the best of any situation. It makes me feel positive about all the wonderful experiences in store for all of us when the redevelopment is complete. Because if we're this creative now; just imagine what the future will bring. Enjoy the summer!

Kristen Graff
President

FROM THE
**GENERAL
MANAGER**



Dear Members,

Everyone deserves a break, and I hope you are all enjoying a few weeks off this summer to spend time with family and friends either here, in the region, or back home.

Although parts of the clubhouse remain closed for the redevelopment, I want you to know that we are working hard to create new and different experiences for you with the resources we do have. We realize that we need to keep our offerings fresh, and we continue to focus efforts on improving your Member experience; so I'd like to share a few of our recent initiatives with you.

For those of you who are thinking about swimming lessons, Adult swim, or our Masters' program this summer, did you know that we have replaced our free shuttle bus with complimentary Uber service between The Club and the Bukit Merah swimming complex? This arrangement allows Members flexibility in their schedules, negates the hassle of parking, and eliminates the additional expense of a taxi. Our dedicated swim instructors and Aquatics team are all located at Bukit Merah, so you know you'll be receiving exceptional instruction. Please approach our Concierge team for full details and Uber bookings.

As we aim to make the clubhouse more usable for Members during the redevelopment, we have revised our dress code at The 2nd Floor to allow Bermuda shorts during Saturday lunches. This more casual attire makes it easier for everyone to enjoy lunch as they juggle busy weekend schedules. For those who haven't been to The 2nd Floor recently, may I suggest you join us for our weekly themed nights. Our Tapas Tuesday nights offer live music and great tapas combo sets, and Thursdays are Ladies' Nights where our wonderful women enjoy \$10 wines and spirits from 5:00 – 8:00 p.m. In addition, every weekend you can surprise your loved one with a romantic dinner with our wonderful wine pairing menus.

Adults will also enjoy our Entrepreneurs series, which is continuing to draw in interesting speakers and an engaged

crowd. This regular series, held on our new Level 3 space, is a great way to meet with other business-minded professionals and hear stories of an entrepreneur's challenges and strategies to ultimate success. You'll also be able to see the multi-functionality of Level 3, which was part of the concept when it was created.

As well on Level 3, we have introduced our new Library book club, which has already been very well received. There has been a Member call-out for this for a while, and now that the Library is larger and has more open space, we have finally been able to launch it. We have launched children's storytime sessions twice a week as well, on Saturday mornings and Tuesday afternoons, so stop by the Library or check out our website for more information on all of these offerings.

For kids, we just hosted our first-ever Funtastic Fridays—a series of three karaoke nights for kids in June. This new initiative aims to inject some fun and entertainment for children at the end of the week, when everyone needs a little break. Be sure to look out for more of these in the coming months.

In an effort to provide better service to all our Members, we opened a dedicated call center last year to remove from the Front Desk team the task of answering the majority of phone calls to The Club. Six of our team members received call center as well as spa appointment booking training. This has allowed both our Concierge and sên teams to focus on the Members in front of them, while the call center team can concentrate on those calling in. Our call center typically attends to an average of 150 calls a day. You can read more about this on page 6.

On a final note, and to keep you up to date with the redevelopment, I'm pleased to share that The Club has appointed a branding consultant, DIA, to help us with branding our new spaces as they come on line. Their first initiative will be to brand and name the Level 3 facilities, following which, work will fan out to other outlets in the new building. You may see the DIA team around The Club in the coming months, and we appreciate your cooperation if they approach you with questions or seek your opinion.

More exciting initiatives are underway and you can expect to hear more about these in the coming months. Again, I wish you a wonderful summer vacation and a well-deserved rest, and look forward to seeing you at The Club soon.

Martin

Martin Rudden
General Manager

CLUB CLOSURE ANNUAL STAFF DINNER & DANCE

Please note that The Club will close at **3:00 p.m. on Monday, August 7** for its Annual Staff Dinner & Dance. Last orders and activities will take place at 2:00 p.m.

The Club will resume operations as usual on the following day.

Thank you for allowing our team to enjoy this special evening in acknowledgement of their hard work and efforts in making this Club the best it can be for you.

Your support means the world to us and we really appreciate it!

1 COMPLIMENTARY ACCESS TO INTERNATIONAL DIGITAL NEWSPAPERS

We are pleased to share that Members can now enjoy complimentary access to the Financial Times, The New York Times and The Wall Street Journal's digital news websites. Simply connect to the Club wifi on your smart device and proceed to the papers' respective websites. Alternatively, you may access the sites via our Business Center desktops at Level 3. This service is available for a limited period.

2 AN EGG-CELLENT GUESS

Thank you to all our little Members who participated in our Easter Egg contest! Charlie Davies' guess of 276 was almost spot on, and he got to bring home the coveted prize – a pretty jar containing 278 actual chocolate eggs.

3 MAY DAY PLAQUE OF COMMENDATION

The Club was honored to be conferred the 'Plaque of Commendation' at the 2017 NTUC May Day Awards Ceremony on May 13.

Only 12 other companies in Singapore (with one other within the hospitality sector) were in receipt of this award, which honors organizations that have demonstrated a continuous track record in supporting the Labor Movement to promote and implement progressive workplace practices for staff.

Our sincere thanks to the Attractions, Resorts and Entertainment Union (our union partner) for the nomination!



1



2



3

4 DISTINGUISHED VISITING CHEF

Members were treated to a delightful champagne pairing lunch by our first female Distinguished Visiting Chef, Angela May of Angela May Food Chapters on May 13. The acclaimed culinary host and TV Presenter curated a sensory, contemporary menu centering on sustainable and organic products. A feast for the eyes and tummy!



5 MOTHER'S DAY AT THE CLUB

The Club was abuzz on Mother's Day with its first-ever Open House and Mother's Day celebration on May 14. An impressive strawberry sculpture took center stage, while two fantastic brunches, free flow bubbly and a host of complimentary activities kept Members and guests engaged on this special day. Our thanks to Stamford American International School for their support of this event.

Congrats to Mrs Lisa Kong and her daughter for winning our mother-and-child lookalike contest! The mirror-image pair have won a Laura Mercier gift set, Club vouchers and an exclusive tea hamper.



6 AN EVENING WITH FRANK LAVIN

Former White House aide and US Ambassador to Singapore Frank Lavin gave Members a peek into his new book, *Home Front to Battlefront: An Ohio Teenager in World War II* at a special book launch and wine dinner on May 15. The poignant book recounts the tribulations and horrors Frank's father had to grapple with as a young military enlistee in the thick of World War II.



7 'PITCH PERFECT'

The Club was thrilled to partner with The University of Pennsylvania to bring Members an exclusive performance by the Penn Glee Club on May 20! Well into its 155th season, the acclaimed male a cappella group treated all present to a wonderful evening of song and humor as part of a stopover on their Asia tour.



8 SLAB PARTY

Thank you to all who attended our Redevelopment Slab Party on May 21! It was a small way of celebrating the next significant milestone in our Redevelopment project – the laying of the foundation (slab) of our new Scotts building. Members took the opportunity to enjoy bubbly and a creative cake taking the form of our construction site.

You can see the actual structure of the new building rising out of the ground in the right image.



9 NICHE GROUP LUCKY DRAW

Congrats to our Niche Group Lucky Draw winners for April and May!

April: Catherine Kuehn

Bali National Golf Resort - 2N stay in a 2-bedroom Villa inclusive of breakfast for 2 + Complimentary golf for 4 worth \$5,000

May: Simon Grose-Hodge

Soori Bali - 3D2N stay in a Mountain/Beach Pool Villa inclusive of breakfast for 2 worth \$3,000

Niche group Members are invited to continue dropping their spending chits in the draw box at Concierge for a chance to win more fantastic prizes this year.





SEND US YOUR STORIES!

We want your stories!

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

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

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

THE AMERICAN CLUB CALL CENTER

Did you know that The Club receives an average of 160 phone calls a day?

In response to the large volume of incoming calls, which has resulted in Member feedback about the difficulty of getting through to busy outlets such as sên Spa and Thyme Café (especially during peak periods), The Club officially launched its dedicated Call Center in July 2016.

A year into its operations, the Call Center has significantly reduced the number of calls to the Concierge. With the Call Center team handling multiple activities, from event registrations and outlet bookings to processing vehicle registrations and attending to Member and guest enquiries, the Front Desk staff is now better able to focus their attention on providing face-to-face services and engaging with our Members.

To date, the Call Center has processed close to 27,000 phone calls. We hope this value-added service has helped enhance our Members' experience at The Club!





STAFF NEWS

3 Our Aquatics team recently attended a clinic with South African former Olympic Gold medalist and world champion, Roland Schoeman. Hosted by the Singapore Swim Association, the clinic focused on training techniques for competitive swimming.



WHAT'S NEW

1 For the safety of all Members, we've recently installed a customized hand rail and added floor signages at the stairs leading to and from the restrooms at The 2nd Floor.

2 Our Senior Director of Facilities & Security, Tang Teck Wah, was re-elected as Chair of the Claymore Cluster Safety & Security Watch Group this year. In this capacity, he facilitates quarterly meetings with over 30 Facility Managers and security personnel from commercial buildings within walking distance of The Club. These meetings, during which security ideas, developments, and joint evacuations are shared and planned, ensures our Club is kept well-apprised of security and safety updates and procedures.



4 16 of our full-time and 6 part-time staff have recently participated in a 3-day Occupational First-Aid, CPR & AED Training course. This highlights our commitment across all levels/designations of staff to our core value, Safety. Over 100 of our staff are now first-aid/CPR-qualified.

5 Since May 12, 2017, organizations globally have suffered from data compromises as a result of the WannaCry ransomware attack. As part of our Club's software and data security measures, our IT team has upgraded our backup software from a 16- to a 40-cycle system (that will allow for the recalling of files up to 1.5 months back), as well as undertaken a further backup of all PCs. All staff are also reminded to adhere to cyber security measures and policies.

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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.

MAY 20

I took the boys swimming this morning but I didn't wear my suit. Adventurous Charlie swam by himself to the middle of the pool where he couldn't touch the bottom. He looked like he was starting to tire. I thought I was going to have to go in after him. All of a sudden, he flipped himself onto his back, floated to rest and then swam on his back to the side. Amazing! Please thank the Aquatics team for their hard work!

Thank you for your kind words!

Children from as young as 6-months-old can enrol in our Infant program, where drowning prevention skills such as floating to safety will be taught. For more information, please contact Elspeth at 6739-4450 or elspethl@amclub.org.sg.

MAY 28

I have recently hosted 2 events using the Club's catering service. One event was an end-of-year tennis party for the American Women's Organisation and the other was a private party we hosted at our home. I would like to inform you that I was very pleased with the results of both. The staff was friendly and helpful as usual, and the food was fantastic as well. Of course, I also need to add that it was a breeze planning both events due to the wonderful job Yvonne does. She really does make party planning so pleasant.

Thank you again for having such a wonderful staff, I will keep using The American Club for my events! I would appreciate it if you could please pass on my thanks to all involved.

Thanks for the fantastic support!

We are very happy to hear that both events were successful and hopefully we can do them for you again in the future.

And yes, Yvonne is amazing. She works hard, as do all the team. Thank you for taking the time to acknowledge her and all the staff.

JUNE 1

We don't understand why the F&B team is promoting a cricket tournament which has no relevance to the American community, but has no plans to show the NBA finals, which is a quintessential American annual sporting event. It seems more and more that not only American events, but also food are being shoved into the background, while events that have zero American connection are being celebrated. The idea of an American Club is to celebrate American culture and life. I think you would have to agree that The Club has gradually pulled away from that concept the last couple of years. It is a concern to many of us.

Thank you for your feedback.

You certainly will be able to enjoy the NBA finals at the Union Bar – this information has been updated on our website as well as on the LCD screen outside the bar.

We have noted your concerns, and rest assured that we will continue to do our best to bring in as many American sports and events to The Club where feasible. For example, the NHL live relay was screened at the Union Bar on Friday, June 26, while our International Wednesday Buffets in July will center on American comfort foods. While we work hard to preserve and communicate a distinct American culture at The Club through our food, activities and offerings, many of the new initiatives we bring, such as the cricket screenings, are also made possible based on the number of Member feedback and requests we receive over the years.

We hope to see you and family/friends at The Club soon to enjoy the games and the lineup of activities we have in store.

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.



Explore new culinary realms with Benjamin Halat, CURATE's resident chef.

CURATE, Asia's first Michelin Showcase restaurant, has a new Resident Chef, Benjamin Halat, whose CURATE menu introduces an exciting culinary direction that is bold, adventurous and cutting-edge as contemporary classics are given fresh, imaginative and unexpected interpretations. The menus that Chef Halat has created for CURATE are a culmination of his strong grasp of classic and avant garde culinary techniques as well as his experiences in Europe and Asia.

On a quarterly basis, CURATE & Chef Halat also collaborates with Michelin Guide Singapore and Robert Parker Wine Advocate to continue our popular series of culinary pop up events, 'Art at Curate', where international chefs from Michelin-star restaurants are invited for a "restaurant takeover" over a ten day period.

Make your reservations today!

 +65 6577 7288  curate@rwsentosa.com

 rwsentosa.com/curate



THE AMERICAN CLUB REDEVELOPMENT PROJECT UPDATE



Thank you to the 608 Members who took part in our recent Level 3 Member Satisfaction Survey; we appreciate your feedback!

As you may know, in May 2016 we administered a benchmark survey prior to the redevelopment to establish baseline Member satisfaction levels with all the outlets and services in The Club. The recent survey, administered 8 months after the opening of Level 3, was an exact replica of the survey questions we administered in May 2016, so that we could get an accurate before and after snapshot of Member satisfaction.

The survey consisted of three questions to measure service, ambience, and range of services and it only measured satisfaction in three outlets: the Business Center, Adult Library, and Kid's Library. We also gave Members the opportunity to write in anonymous comments that they wanted to share about the facilities. We were happy to have 265 Members write in with their feedback, and we will respond to many of these in the coming weeks and months via the redevelopment eblast, information board, and other collateral. Because the survey was anonymous, we are not able to reply directly to Members.

As you'll see, Member satisfaction increased in 8 out of 9 areas measured. The service level in the Adult Library is the only area where Member satisfaction decreased—from 6.11 in 2016 to 6.04 in 2017; however, it should be noted that the Adult Library received the second highest score in the entire 2016 survey.

If you missed the survey, but have feedback for us about Level 3, please email us at reddevelopment@amclub.org.sg and we'll get back to you with a reply.

SCORES

See the scores from the 2016 and 2017 surveys:



	Jun-16	Jun-17
Service		
Business Center	5.64	5.99
Adult Library	6.11	6.04
Kid's Library	5.58	5.84
Ambience		
Business Center	5.08	5.87
Adult Library	5.31	6.08
Kid's Library	5.14	5.86
Range of Services		
Business Center	5.46	5.90
Adult Library	5.67	6.05
Kid's Library	5.32	5.82

493 respondents **608 respondents**

Scale:

1= Completely Unsatisfied

4= Neutral

7= Completely Satisfied

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

UNION BAR UPDATE



Changes to Linkway and Union Bar Access

We heard you. We received feedback from Members that the temporary changes to the Union Bar that created a thoroughfare from the carpark area to the Claymore building were not ideal. So, we have come up with a new solution that alleviates many of the issues raised.

In mid-June we created a small corridor along a short stretch of the linkway to provide access between the carpark / Thyme Café and the Claymore building. A key advantage of this new plan, is that Members, guests, and children no longer have to walk through the Union Bar to get to other parts of The Club. This small corridor was created by repositioning a part of the Union Bar's front wall. A brick patterned wall covering has been added to the new interior UB wall and pennants have been rehung to maintain the look and feel of the space until it is moved to its new location in 2018.

The corridor is 1.2 meters wide, allowing for strollers, wheelchairs, and walkers to move through the space. See our FAQs below and on our microsite, <http://redevelopment.amclub.org.sg> for the answers to some of your questions.



1. Why did The Club change the plans for the Union Bar walk through?

The Club became aware that some Members were unhappy about having the UB be a thoroughfare for Members, guests, and children walking between areas of The Club. With this new plan, The Club is able to minimize disruption to Members in the bar, while creating a safe and viable alternative for everyone else navigating The Club.

2. How was the small corridor created?

The external wall of the UB (the shared wall with the linkway) has been repositioned to create a 1.2m-wide, approximately 5m-long corridor along the linkway. The main door of the UB has also been repositioned and The Club has installed a new door, so that we can preserve our existing door for the new UB location.

3. Is the big screen still at the Union Bar?

Yes! We have kept all our screens in the bar--so you can still watch your favorite games--we've just moved two of them. The big screen has moved to an area near the main entrance, and one of the large flat screen TVs has moved behind the bar for convenient viewing.

4. Has the look and feel of the Union Bar remained the same now that this corridor has been created?

The Club's goal was to retain the look and feel of the bar as much as possible during this short interim period. A brick patterned wall covering has been installed on the internal UB wall and pennants have been rehung so that the space looks as close to the existing wall as possible.

5. What time will the Union Bar doors be open in the morning now that the new corridor has been created?

The Union Bar will maintain its existing hours and open at 8:00 a.m. daily.

6. Can I still sit in the Union Bar if I ordered from Thyme but there is no available seating in Thyme?

Yes, we'd love to welcome you to the Union Bar. Our team knows you might sit in the bar with your Thyme purchase and that's okay with us.

7. How long will this corridor be in place?

This new corridor will be in place until early 2018, when the new building opens.

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



WE WANT YOUR PENNANTS

CALLING ALL UNION BAR ENTHUSIASTS!

While you are home this summer, please bring back a pennant from your alma mater for the new Union Bar. We will be collecting your college pennants at the Concierge Desk over the summer and upon your return.

Due to the delicate nature of some of the pennants on the walls, even if your college is currently represented, please bring a replacement. We want to ensure we accommodate as many as possible!

Pennants can measure up to 30" long x 12" wide; unfortunately larger pennants cannot be accommodated.

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: _____

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.




 SAY
Merry Christmas

HAPPY NEW YEAR, HAPPY BIRTHDAY
 OR EVEN I LOVE YOU
 WITH A PERSONAL TOUCH

TO PLACE AN ORDER CONTACT OUR
 DESIGN TEAM AT 6739-4489 / 12

EARLY BIRD SPECIAL
 20% off design services from now till Oct 31
Last order for Christmas and New Year Cards will be on December 12.
 A turn-around time of 3 to 5 working days is needed.


 Ivy League & Oxbridge
 Experts, Mentors & Tutors




10-Year
 Track Record







**US | UK Boarding School &
 University Admissions Experts**

- Mentorship Services
- Private Tutoring Services
- US & UK Boarding School Advisory
- US & UK University Advisory
- US & UK Graduate School Advisory
- Internship & Career Advisory

www.aegis-advisors.com

Email: inquiries.sg@aegis-advisors.com Tel: +65 3150 7234


Get the word out

 MAGAZINE ADVERTISEMENTS	 FLYER INSERTION IN MAGAZINE	 FLYER INSERTION IN BILL STATEMENT
 WEBSITE ADVERTISEMENTS	 DISPLAY OF FLYERS	 LCD ADVERTISEMENTS

FOR MORE INFORMATION ON
 ADVERTISING AND OUR RATES,
 CONTACT OUR MARKETING EXECUTIVE
 AT INFO@AMCLUB.ORG.SG.



SUMMER READING RACE

The race is on! Take part in our Summer Reading race—dive into the fantasy world of fairy tales or re-read a favorite classic. Collect your race cards from the Library and embark on your summer literary journey! All participants who complete the reading race will stand a chance to win exciting prizes.

June 24 – August 6

Age groups: 3- to 5-year olds / 6- to 8-year olds / 11- to 13-year olds

All reading cards must be returned to the Library by **Sunday, August 6**.

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

Book Club



Calling all book lovers – join our monthly Book Club meetings and meet fellow avid readers! Members are invited to read the book of the month in their own time then join us for a discussion at the meeting. A facilitator will encourage participation from the group with talking points. All adult Members welcome.

Thursday, August 31

Adult's Library, Level 3

7:30 p.m. – 9:00 p.m.

Complimentary

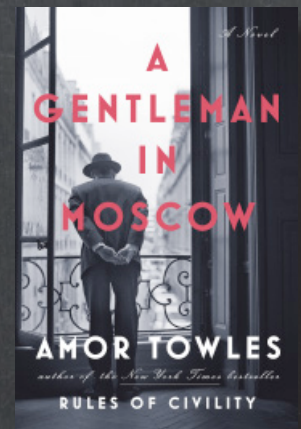
Light refreshments will be served

A GENTLEMAN IN MOSCOW: A NOVEL BY AMOR TOWLES

In 1922, Count Alexander Rostov is deemed an unrepentant aristocrat by a Bolshevik tribunal, and is sentenced to house arrest in the Metropol, a grand hotel across the street from the Kremlin. Brimming with humor, a glittering cast of characters, and one beautifully rendered scene after another, this novel casts a spell as it relates the count's endeavor to gain a deeper understanding of what it means to be a man of purpose.

This book is available at the Club Library, Kinokuniya, the National Library, and Amazon.

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



DIY...AND BE REWARDED FOR IT!

Did you know that Members who use the Library self-checkout kiosk complete their borrow and return transactions in a quarter of the time it takes those who do so via our counter staff?

Avoid the line at our Library counter by using our self-checkout kiosk. Our Librarians are on hand to guide you on using the kiosk at all times.

From July 3 to October 15, present your self-checkout chit to the Level 3 reception team and enjoy a pack of chips on us! All Members who complete self-checkouts will also be eligible for month-end lucky draws from Jul – Oct to win attractive Tea Forte gift sets.



THE AMERICAN CLUB
Singapore

ANNUAL GENERAL MEETING



The AGM provides Eligible Members with an opportunity to vote six Members on to the General Committee for a two-year tenure, approve and/or ask questions about the Audited Accounts for the fiscal year ended June 30, 2017, as well as appoint The Club's Auditors for the next twelve months. Voting and discussions will also take place on any other business that is properly presented as prescribed by the Constitution.

All Members (voting and non-voting) are encouraged to attend.

Wednesday, November 8

The American Club

Registration begins at 7:00 p.m.

Meeting commences at 7:30 p.m. sharp

Light refreshments will be provided.

THE AMERICAN CLUB'S *Extra*ORDINARY MEMBERSHIP

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

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

“EXTRAORDINARY!”

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

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

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

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



THE AMERICAN CLUB
Singapore

Schedule of Fees:

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

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

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

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

Monthly Dues:

Family Dues **S\$211.86**

Single Dues **S\$170.67**

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

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

Terms & Conditions:

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



NICHE GROUP LUCKY DRAW

Our Niche Group Lucky Draw is back by popular demand!

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

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

JULY 2017

COUNTRY HOLIDAYS

2N Villa stay at Four Seasons Resort The Nam Hai, Hoi An, Vietnam
inclusive of breakfast for 2 + Complimentary shuttle service
Worth \$2,400

QUALIFYING PERIOD: JUL 1-31, 2017

Winner will be notified by August 1, 2017

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



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

RESORTS WORLD SENTOSA

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

KERSTIN FLORIAN

\$1000 cash + SpaRitual hamper worth \$800



Club Med
MEMBERSHIP HOTELS, RESORTS AND CRUISE SHIP SERVICES

SOORI
BALI

AVEDA
THE WELLNESS RESORTS, SPA AND SKINCARE BRANDS

SPARITUAL

Resorts World
Singapore
a Sentosa 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

EMOTION IN MOTION

by P. Gnana

Inspired by the zest and rhythm of human emotions, P. Gnana's intricate works are an intimate interpretation of his surroundings and explorations in the subject of relationships.

EXHIBITION AT THE CLUB

JUNE 30 – AUGUST 31

ART LAUNCH

FRIDAY, JULY 7

THE COMMONS, LEVEL 3

6:30 P.M. – 7:30 P.M.

Complimentary glass of wine and cheese

Special guest High Commissioner of India Mr. Jawed Ashraf will grace Art Launch!

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

Drop by Business Center on Level 3 and check out the gallery's beautiful sculpture works.

The Gallery of Gnani Arts

Website: <http://www.gnaniarts.com>

Email: gnani_arts@yahoo.com.sg

Tel: 6735-3550





 **SuperCamp[®]**

at Green Camp Bali

www.supercampbali.com / info@supercampbali.com

**2 FREE TICKETS TO BE WON
(WORTH 2,750 USD EACH)**

Junior Forum

(10 - 13 years old)

Senior Forum

(14 - 18 years old)

December 17 to 23, 2017

What is SuperCamp?

SuperCamp[®] is the #1 camp for improved academics, increased confidence and leadership development.

Through non-stop activities, campers experience a shift in learning through academic enrichment classes, exciting outdoor challenges, personal growth and character building exercises in a unique and nurturing jungle lush environment!

To take part in the draw, please email your name and Membership number to info@amclub.org.sg. Draw will close on Monday, August 14. Winner will be contacted via email on Tuesday, August 15.


By entering this draw, participants consent to SuperCamp Bali's collection and use of personal particulars to receive information on marketing activities and/or promotions. The prize ticket does not include transportation to the program.





NEW ZEALAND

A LUXURY PLAYGROUND



New Zealand, one of the world's greatest playgrounds, is home to landscapes, lakes and oceans perfect for a family getaway. From relaxed stays at luxury lodges to an action-packed adventure with wildlife encounters, the country offers an array of activities for the family.



LUXURY FAMILY RETREATS

Book a stay at Treetops Lodge & Estate, a 2,500-acre natural theme park in Rotorua. Enjoy horse trekking, waterfall hiking, trout fishing and other exciting outdoor activities. Let your little ones have a taste of farm life at The Farm at Cape Kidnappers in Hawke's Bay, or sign them up for an enriching Kiwi Discovery Walk to learn about New Zealand's elusive national bird, while parents tee off at the golf course or enjoy a relaxing spa treatment.

ADVENTURE

Looking for some adventure? Begin your day with the wind rushing through your hair as you fly through the canopies on a zipline, before rolling down a hill in a giant plastic orb. Abseil up a limestone cliff or descend into a roaring canyon, or, even hike across an active marine volcano.

MĀORI CULTURE

Seize the opportunity to immerse in the ancient and unique Māori culture, which has molded and shaped New Zealand familiar to many today. These indigenous people are skilled artisans, accomplished hunters, fishermen, gardeners and warriors. Partake in interactive performances, traditional meals and visit museum exhibits, or for those who prefer a more in-depth experience, venture up to Northland for the largest remaining tract of native forest and take a ride in a Māori war canoe.

WILDLIFE

Imagine sighting wild orcas along the coast of Auckland, or watching spectacular whales at Kaikoura. Swim with tiny Hector's dolphins at the edge of Akaroa Harbor or watch adorable penguins return home each night at Oamaru or Otago Peninsulars. An unforgettable wildlife experience awaits you in New Zealand.



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



FOUR SEASONS

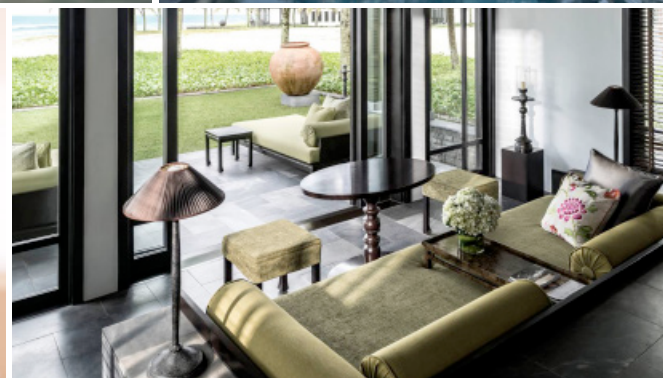
FOUR SEASONS RESORT THE NAM HAI, ★ HOI AN, VIETNAM ★

Four Seasons Resort The Nam Hai, Hoi An, Vietnam, rests on a tranquil stretch of Ha My Beach, just 11 kilometers north of the UNESCO city of Hoi An on Vietnam's central coast.

The Resort was once a fishing village with a historical temple preserved on site. The authentic connection to the region is showcased through inspiring on-site activities. From cooking academies featuring delightful local dishes, earth-attuned spas, to interesting cultural excursions, the Resort provides an all-in-one experience to enrich your soul.

Country Holidays Travel is part of the Four Seasons Preferred Partner program - an exclusive, invitation-only network comprising leading travel agencies from around the world, allowing them to deliver a seamless travel experience with the intuitive service and personal expertise necessary to exceed guests' expectations.

Enjoy exclusive value-added benefits when you book any Four Seasons Hotels & Resorts with Country Holidays. For more information, visit www.countryholidays.com.sg or contact us at traveldesk@amclub.org.sg or 6735-1033.



TURNING THE TIDE *in the land of the Thunder Dragon*

By Christine Amour-Levar



As eleven of us advance resolutely into the flowing, glacial river, a rush of excitement grips us. Admittedly, we are all a little nervous; feeling apprehensive because the currents below are strong. After months of training in the warm tropical coastal waters of Singapore and Dubai, my 'Women on a Mission' teammates and I can hardly believe we are finally here, in Bhutan, to begin the challenge we set ourselves about a year ago. The pristine, gushing rivers of this hidden Himalayan kingdom are a brand-new environment for us to paddle in, and the moment is made even more exceptional because ultimately, we know we are here to support a very worthy cause, but also because the adventure itself is pioneering. Indeed, we are the *first* - the first team to ever Stand Up Paddle Board (SUP) in the Kingdom of Bhutan and attempt the descent of two of its rivers.

Our WOAM team's added objective is to raise awareness and funds for RENEW, a charity founded by the Queen Mother of Bhutan, which is dedicated to the empowerment of women and children with specific attention to survivors of domestic violence. The charity offers survivors shelter and care to help them heal from their physical and emotional wounds, while also providing life skills training to allow them to eventually become financially independent.

A few days earlier, we landed in Bhutan after a hair-raising, albeit breathtaking, final approach. Paro International Airport is known as one of the most challenging airports in the world. Its tiny airstrip is 2,200m (1.5 miles) above sea level and surrounded by sharp mountain peaks. Pilots have to manoeuvre dozens of houses scattered across the ridges, often while battling strong winds that whip through the valley, resulting in severe turbulence.



From the moment we disembark the aircraft and breathe in the fresh mountain air, my teammates and I are captivated. We take in the spectacular views of the emerald-tinted mountain peaks as we head to meet our local guide, Karma. As we drive out of the airport, he tells us about his country: "Bhutan is situated on the ancient Silk Road between Tibet, India and South East Asia. Today it is in the midst of reconciling century-old cultures with rising modernity; in fact, it was isolated from the outside world for centuries and only began to open up to foreigners in the 1970s."

During the first couple of days of our journey, our group travels from Paro to the capital, Thimphu, and after a visit to Buddha Dordenma – a gigantic Shakyamuni Buddha statue – and a blessing at Thimphu Dzong, we swap the expedition bus for bikes to descend from the high Dochula Pass at 3,200m to the Punakha valley where we base ourselves over the next few days for the SUP challenge.

Over a period of four days, we paddle down the confluence of the Mo Chhu and Pho Chhu rivers against the backdrop of the stunning Punakha Dzong. The locals have never seen anyone on SUPs before, in fact, the equipment has been shipped into Bhutan especially for our expedition, and so we attract quite a lot of attention along the riverbanks.

The currents and rapids are much more unpredictable than we expected and very different from what we have experienced at sea. Fortunately, Anthony, our expert SUP guide, gives us a crash course on how rivers flow. "Most people assume a river follows the curves of its banks, but in reality, a river flows in a straight line" he tells us, drawing a sketch on the sand. "This means that when a paddler approaches a turn in the river, he or she has to be very careful not to drift to the side and crash into the rocky riverbanks. The key is to try to remain in the central part of the river, which is usually the deepest and safest place to be." Easier said than done.

We learn the hard way, and our first day is spent falling off the boards so many times in the churning rapids that we lose count. We are reminded time and time again that lowering our center of gravity makes us more stable and reduces our chance of falling off. Ultimately, we come to understand that a flowing river's calm surface can be deceiving, and that currents should never be underestimated. Getting back on the board once we fall into the flowing river and avoiding oncoming rocks are the most challenging tasks. Many of us get very badly bruised and cut through our wetsuits – but we keep going without

losing momentum. Adrenaline is pumping and despite feeling exhausted, soaked and miserably cold at times, we are proud to tackle this unique challenge.

On the last day, we start early in the morning. It's a beautiful sunny day, the sky is blue, the birds are chirping and the water is crystal clear. We are getting more confident on the SUPs and the team is moving well together, navigating the rapids with ease. When it's time to get out of the water, we are sad that our journey on the rivers has come to an end, but the women and children of RENEW have prepared a special show for our visit and we can't be late.

The children in particular have been waiting excitedly all day. To our disbelief, we learn that they are not the children of the women survivors of domestic violence living at the shelter, but survivors themselves, and it breaks our hearts. Some of them are as young as four or five years old.

The children dance beautifully as they have been practicing all week and you can see on their little faces that they are eager to do well. We meet the women survivors too. There is a deep sadness etched on their faces but when we ask them about the weaving they have learnt at RENEW, their eyes light up, and they show us their beautiful work with great pride. We are told our donation will go towards building more shelters for the survivors; it's a small gesture, yet after speaking with the dedicated management team at RENEW we feel confident our efforts will have a lasting impact.

Our trek culminates with a hike up to the iconic Tiger's Nest to visit the Taktsang Monastery, perched on the very edge of the mountainside. This is a pilgrimage site for Buddhists from all over the world and Guru Rimpoche, who introduced Buddhism to Bhutan, is said to have reached this place on the back of a flying tigress. The climb and the views from the peak at 3,200m are simply awe-inspiring.

For our team, it has been a journey into a different and unique reality. From the multi-colored prayer flags fluttering high above the suspension bridges as we paddled below on the sparkling rivers, to the silk scarves we received as gifts from the women and children at RENEW; the beauty of the Kingdom of Bhutan and the kindness of its people will remain engraved in our memories for a lifetime. No wonder many believe Bhutan to be the last real-life, Shangri-La; most of all because of its unwavering pursuit of one of life's most elusive concepts – national happiness.

Photo credit: Women On A Mission | www.womenmission.com





CANADA DAY BUFFET DINING

Celebrate Canada's National day with us! Feast your heart out on the country's best loved dishes including Calgary-style Ginger Beef, Tourtière, Nanaimo bars and more.

Saturday, July 1

Eagle's Nest

Buffet Brunch: 10:00 a.m. – 3:00 p.m.

Buffet Dinner: 6:00 p.m. – 9:00 p.m.

Adult Member: \$34.95

Adult Guest: \$39.95

Child Member (under 12 years): \$18.95

Child Guest (under 12 years): \$23.95

Child (under 5 years): \$9.95

Child (under 3 years): Free

Walk-in only; reservations not required

A la carte menu is not available

Buffet inclusive of regular coffee or tea

For more information or for Table of 8 or more, please call the Concierge at 6737-3411 or email concierge@amclub.org.sg.



Gather your family and friends and spread the patriotic cheer at The Club! Join fellow Americans around the world in celebrating this historic day with our All-American, mouth-watering feasts.

PRE-4TH OF JULY BRUNCH

Sunday, July 2

Eagle's Nest

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

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

Adult Member: \$49.95

Adult Guest: \$59.95

Child Member (under 12 years): \$24.95

Child Guest (under 12 years): \$30.95

Child (under 5 years): \$9.95

Child (under 3 years): Free

Reservations required

A la carte menu is not available

Buffet inclusive of regular coffee or tea

A 48-hour cancellation policy applies

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

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

Reservations required

A la carte menu is not available

A 48-hour cancellation policy applies

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

4TH OF JULY BUFFET DINNER

Tuesday, July 4

Eagle's Nest

6:00 p.m. – 9:00 p.m.

Adult Member: \$34.95

Adult Guest: \$39.95

Child Member (under 12 years): \$18.95

Child Guest (under 12 years): \$23.95

Child (under 5 years): \$9.95

Child (under 3 years): Free

Walk-in only; reservations not required

A la carte menu is not available

Buffet inclusive of regular coffee or tea

For more information or for Table of 8 or more, please call the Concierge at 6737-3411 or email concierge@amclub.org.sg.



Mark your calendars – to commemorate our nation's 52nd birthday, our chefs will be preparing a series of delectable buffet spreads featuring local Singapore favorites.

PRE-NATIONAL DAY BRUNCH

Sunday, August 6

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

Reservations required

A la carte menu is not available

A 48-hour cancellation policy applies

For reservations, please call The 2nd Floor at 6739-4329

or email 2ndfloor@amclub.org.sg.

NATIONAL DAY DINING

Wednesday, August 9

Eagle's Nest

Buffet Brunch: 10:00 a.m. – 3:00 p.m.

Adult Member: \$49.95

Adult Guest: \$59.95

Child Member (under 12 years): \$24.95

Child Guest (under 12 years): \$30.95

Child (under 5 years): \$9.95

Child (under 3 years): Free

Buffet Dinner: 6:00 p.m. – 9:00 p.m.

Adult Member: \$34.95

Adult Guest: \$39.95

Child Member (under 12 years): \$18.95

Child Guest (under 12 years): \$23.95

Child (under 5 years): \$9.95

Child (under 3 years): Free

Walk-in only; reservations not required

A la carte menu is not available

Buffet inclusive of regular coffee or tea

For more information or for Table of 8 or more, please call the Concierge

at 6737-3411 or email concierge@amclub.org.sg.

Beverage Promotion:

- Singapore Sling at \$10.95 per glass
- Bandung at \$5.95 per glass / \$12.95 per jug

中秋

Mid-Autumn Festival

THE AMERICAN CLUB MOONCAKES

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

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

Available at HOME, Thyme Café and The 2nd Floor
from **August 30 to October 4.**

Early Bird Special:

Enjoy **20% off*** all orders
(boxes of 4) from
August 30 –
September 14



*Not valid in conjunction with other promotions

END OF Summer

WELCOME BACK WEEKEND SPECIALS

THYME CAFÉ

Thyme Café welcomes you back with sweet, refreshing treats!

Friday, August 18 – Sunday, August 20

1-FOR-1 DEAL:

Grab our Frappé of the Month and enjoy another one on us!

COOKIE TREAT:

Receive 1 large cookie on us when you spend a minimum of \$10 in a single receipt

Terms & Conditions:

- Not valid in conjunction with other vouchers, discounts or promotions
- Limited to one transaction per redemption

EAGLE'S NEST

The "Nest" welcomes you back from summer break with our Buffet Brunch Madness!

Sunday, August 20

10:00 a.m. – 3:00 p.m.

Adult Member: \$29.95

Adult Guest: \$34.95

Child Member (under 12 years): \$13.95

Child Guest (under 12 years): \$18.95

Child (under 5 years): \$9.95

Child (under 3 years): Free

Buffet Highlights:

- Blackened Catfish
- Buttermilk Fried Chicken
- Seafood Gumbo
- BBQ Pork Ribs
- Baked Mac & Cheese

Welcome Back Special:

Receive a Complimentary Dessert Buffet for 2 on your next visit, with every 4 paying adults*

**Terms & conditions apply; maximum of 4 paying adults per receipt per membership card*

Walk-in only; reservations not required

Limited Eagle's Nest regular menu is available

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



THE 2ND FLOOR

We can't think of a more delicious way to welcome you back home than with our Fresh Lobster promotion – back by popular demand!

Friday, August 18 – Sunday, August 20
Lunch & Dinner

Lobster Specials \$42.95

Western

- Flame-grilled Maine lobster with sautéed button mushrooms & Hollandaise gratin
- Creamed Maine lobster with grilled Portobello & parmesan lemon foam
- Whole poached Maine lobster cocktail

Eastern

- Baked Maine lobster with spicy pumpkin cream & corn
- Braised Maine lobster with button mushrooms & black pepper sauce
- Braised Maine lobster with superior stock & crispy Hong Kong noodles
- Singapore-style chili Maine Lobster with man tou
- "Gong Bao" style braised Maine lobster with honshimeji mushrooms
- Braised Maine lobster with ginger & spring onions

Reservations required

A 48-hour cancellation policy applies

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

UNION BAR

Enjoy our selected magnum-size wines at special prices!

Friday, August 18 – Sunday, August 20

- **2005 Barossa Old Vine Company Shiraz** \$115 (reg. \$140)
- **2004 Craneford Merlot** \$120 (reg. \$145.50)
- **2004 Pepper Tree Grand Reserve Cabernet Sauvignon** \$125 (reg. \$160)
- **2002 Elderton "Ode to Lorraine" Cabernet Sauvignon Shiraz Merlot** \$135 (reg. \$170)

**Not valid in conjunction with other vouchers, discounts or promotions*

For more information, please approach any Union Bar staff or call 6739-4340.

The Coravin Revolution

By Alvin Gho, Senior Beverage Director

The Club has successfully evolved its wine preservation methodology from the cabinet-type Enomatic system to the Coravin – a hand-held device that allows access into a bottle's content without removal of the cork. The Coravin is considered "disruptive technology" – a rare occurrence in the wine world – that has taken 'by the glass' offerings at restaurants, hotels and bars to new heights.

I'm thrilled to share that The Club is a pioneer among Singapore clubs to offer a selection of wines through the Coravin system.

The magic of Coravin lies in the tiny capsules which contain a gas called Argon. Argon is a colorless, odorless and non-toxic gas used to preserve wines. As the needle is inserted through the cork (note that Coravin does not work with screw caps or synthetic corks), this gas is forced into the bottle, pushing the liquid out and filling the space which would otherwise have been replaced with gases like oxygen and carbon dioxide. This prevents the oxidation process. Bottles may even stay fresh for up to 6 months after being accessed.

Even so, I recommend a proper understanding of the type of wine you are planning to access when used in conjunction with the Coravin. For example, a young vintage Napa Cab will hold out longer and better than an old vintage Burgundy Pinot. While the wine does not oxidize, the softer and more delicate it is, the higher the chance of its flavor altering.

Come experience the magic of the Coravin at The 2nd Floor. Our Sommelier, Lei Dong, curates a wine list with 10 premium selections that rotate regularly. The Coravin is also available for purchase at HOME for \$490 nett.



	Glass (150ml)	Taste (75ml)	Bottle
2013 Bachelet-Monnot, Puligny Montrachet	\$24	\$12	\$118
2005 Segla, Margaux Bordeaux	\$22	\$11	\$220 (Magnum)
2008 Giacomo Borgogno "Cannubi" Barolo Piedmont	\$32	\$16	\$160
2006 Clos des Papes, Châteauneuf-du-Pape Rhône Valley	\$52	\$26	\$255
2006 Château Angélu, Saint-Émilion 1er Grand Cru Classé A Bordeaux	\$88	\$45	\$438
2013 Chateau Montelena, Chardonnay, Napa Valley CA	\$28	\$15	\$130
2013 Bucella "Mica" Cabernet Sauvignon, Napa Valley CA	\$28	\$14	\$140
2013 Joseph Phelps, Cabernet Sauvignon, Napa Valley CA	\$30	\$15	\$148
2010 Silver Oak, Cabernet Sauvignon, Napa Valley CA	\$43	\$22	\$215
2012 Amuse Bouche by Heidi Barrett (Screaming Eagle), Napa Valley CA	\$86	\$43	\$427

THE ENTREPRENEURS SERIES

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

Tuesday, September 19

The Commons, Level 3

7:00 p.m. – 8:30 p.m.

Member: \$25

AAS/AWA/AM Cham Member: \$30

Guest: \$35

Light refreshments will be provided



SEPTEMBER'S SPEAKER:

PETER MACH

Location Location Location, Vietnam and Me

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

Registration required
A 48-hour cancellation policy applies

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

Fine Arts COMMITTEE

ART THAT PLEASURES, IN YOUR HOME AWAY FROM HOME

Written by Jim Tietjen
FINE ARTS Committee Member

Members have likely noticed that from time to time, new artwork appears on the walls of our Club. Specifically, this happens every 2 months, compliments of our Fine Arts Committee (FAC) and management team.

Though seemingly easy, adorning our walls is a challenge. Subject matter, theme, style, pricing, relevance, Member tastes, and finding willing galleries are just some of the many issues the FAC takes into consideration monthly. The process – which starts with scouting for a suitable gallery, screening it, scheduling presentations, gathering consensus, to installation, launch and ancillary activities – takes 6 to 12 months for each of our six annual exhibitions. The process has become even more complex considering the current Club renovations – but the FAC is up to it. The FAC – although unable to please everyone – certainly aims to please!

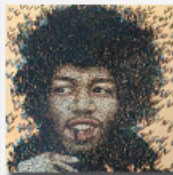
Over the past 15 years we have hosted the works of over 50 different galleries (and many more artists) in The Club, usually displaying 30 to 40 pieces every two months. We are glad to share that The Club now has two more venues for art display besides the Lobby: The Commons and the Business Center at Level 3. We began installing artwork on Level 3 late last year. Recently, we added 12 niches in the Business Center for small sculptures or paintings – a first for The Club. We will soon add even more spaces for tasteful artwork in the Business Center and Library, and subsequently, throughout the rest of The Club. Eventually, you may see up to 50 art pieces around The Club – of course, this effort will require more Member involvement.

Besides showcasing artwork, the FAC almost always offers a gallery Art Launch with each new exhibition. Art Launches take place on Friday evenings, beginning with wine, cheese, and a chat at The Commons. The gallerist – sometimes an artist – provides a short tour of their work. If possible, there will be a live art demonstration, so Members can see the artist live at work! In addition, the gallery or artist is always invited to give a relevant art talk at The Club during their exhibition's tenure.

In the near future, we anticipate offering our artistically inclined Members the opportunity to showcase their own masterpieces at The Club. The Club has done this before on an ad hoc basis. Hopefully, a dedicated space for our Members' beautiful works will become a permanent fixture as part of our new Club. We are also exploring organizing exclusive excursions to local art installations, e.g. Singapore's new National Gallery, specifically for special exhibitions like the upcoming Yayoi Kusama "Life is the Heart of a Rainbow," or "Listening to Architecture: The Gallery's Histories and Transformations." Stay tuned!

The FAC is constantly on the lookout for new volunteers to join our tight-knit committee. From getting the word out regarding new exhibitions, raising awareness for Art Launches or simply discussing art and culture in an intimate setting, all interested participants are welcome!

Finally, feedback is important to us. If you have any artsy ideas that might appeal to our Members at large, constructive comments, or if you would like to join the FAC, please contact Sandra at sandrac@amclub.org.sg.



ASIAN PREMIERE IN SINGAPORE

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NARRATED BY **JEREMY IRONS**

A PASSIONATE DANCE MUSICAL FROM THE HEART OF BRAZIL
EXPLORING RAINFOREST DEFORESTATION

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OPENS 28 JULY

MASTERCARD
THEATRES
AT MARINA BAY SANDS

PRESENTED BY **BASE**
ENTERTAINMENT
ASIA

July & August PROMOTIONS

Enjoy these special deals during our Redevelopment period!

BEAUTY:

Tulasara Facial: \$165 (U.P. \$198)

K-Lift by Kerstin Florian: \$165 (U.P. \$198)

HAIR:

Pramāsana™ Pre-Cleanse Treatment: \$30 (U.P. \$35)

Pramāsana™ Botanical Scalp Treatment: \$108 (U.P. \$128)

Pramāsana™ Botanical Hair and Scalp Therapy: (U.P. \$178 onwards)

Short: \$148

Medium: \$158

Long: \$168

MASSAGE:

60 minutes: \$68

90 minutes: \$102

Not valid for Guest Therapist, Sports and Physiotherapy treatments

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

GUEST THERAPIST JULIAN EYMANN

All-time favourite guest therapist Julian Eymann will return to The Club from July 24 to August 13! Julian has been a certified California Massage Therapist since 1998 and is a graduate of the International Massage Association. The experienced therapist is trained in Chiropractic massage therapy, Deep Tissue, Trigger Points, Sports Therapy & Clinical Advice.



To book an appointment, please visit sên, call 6739-4449, or email spa@amclub.org.sg.

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

SÊN E-NEWSLETTER

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



New at sèn:

AVEDA PRAMĀSANA™ BOTANICAL SCALP CARE

The skin is the body's largest organ. Naturally, most people put in considerable effort into taking care of their skin. The scalp is an extension of facial skin – ironically, proper scalp care often falls through the gaps.

Many are under the impression that proper hair care extends only to hair masks and regular treatments. Proper hair care actually goes beyond, comprising scalp care too. Think of the scalp as the hair's control station – without a healthy scalp, no amount of masking can minimize hair fall or make your hair appear shinier!

sèn is pleased to introduce **Pramāsana™ Botanical Scalp Treatment**. This treatment simultaneously purifies and nourishes the scalp and hair when massaged in, helping to create a clean scalp foundation for beautiful hair. Scalp is left refreshed and cooled, and hair is soft with a natural looking shine.

Those who wish to continue their scalp care regimen at home will be pleased to know that **Pramāsana™ Homecare Collection** will also be available at sèn.

The homecare range comprises **Exfoliating Scalp Brush**, **Purifying Scalp Cleanser**, and **Protective Scalp Concentrate** to help you achieve a clean and healthy scalp – the foundation to beautiful hair.

The 96% naturally-derived **Pramāsana™** collection is formulated with an exclusive blend of ingredients including:

- **Seaweed Extract:** helps control and balance sebum levels on the scalp
- **Lactobacillus:** patented ferment helps preserve the scalp's natural protective barrier
- **Tamanu Oil:** a known antioxidant that helps to protect scalp from pollution and free radicals



NEW LAUNCH
AT SÊN



sên is happy to introduce an extensive range of organic Body, Skincare and Lifestyle products by Le Château du Bois.

Lavender is one of the most popular essential oils in aromatherapy use. But not all lavender oils are created equal – you might be surprised to learn that some lavender oils are not what you thought they were!

In aromatherapy, when we talk about lavender, we usually refer to Lavandula Angustifolia, which is commonly known as 'True lavender'. Some lavender essential oils are actually Lavandula Latifolia, which is lavandin – a completely different plant. Both have their advantages, however true lavender is in a class of its own.

What is the difference?

Lavandin	True Lavender
<ul style="list-style-type: none"> • Grows throughout the world between sea level and 800 meters altitude • No medical use • 40kg flower > 1L Lavandin essential oil • More economical and widely used • Used in cosmetics & fragrances, e.g. Lavender scented household products like detergents • Strong smell, infinitely less subtle than fine lavender 	<ul style="list-style-type: none"> • Grows in the arid Provencal hills above 800 meters altitude • Medical use • 130kg Lavender flower > 1L True Lavender essential oil • Well-being purpose • Also called "Fine Lavender" • Delicate fragrance for perfume manufacture

Le Château du Bois products combine fine lavender with aromatic essential oils and plant extracts in the same formula. The ingredients are selected for their complementarity and perfect synergy of action.

Available at sên:

- Lavandotherapy
- Face care
- Body care
- Shower and bath
- Fragrance
- Home Range



Le Château du Bois's lavender essential oil has been given the prestigious AOC label. AOC (appellation d'origine contrôlée) is a French certification granted to agricultural producers by the government bureau to ascertain geographical authenticity.

Drop by sên or call 6739-4449 for more information.

OPEN HOUSE
Tuesday and Saturday

SINGAPORE'S INTERNATIONAL SCHOOL FOR GLOBAL STUDENTS

Why Choose GEMS World Academy (Singapore)?

- **The Future School:** Global initiatives such as our ground-breaking Blended Learning, STEM programme and focus on entrepreneurship ensures that the education our students explore today, supports their aspirations for the future
- **International Educators:** Committed and child-centred, our globally experienced teachers are the true difference for our international students
- **Internationally Certified Curriculum:** Our IB World School status, Cambridge International School accreditation and EduTrust certification enables families to join us from anywhere in the world, to move anywhere in the world
- **Parent Engagement:** Our parents are active partners with us in community service and parent engagement opportunities

GEMS World Academy (Singapore) is owned by GEMS Education, the world leader in K-12 education

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SUMMER CAMP

JUNE 5 – AUGUST 11

Summer is in full swing, and the much awaited Stars n' Stripes Summer Camp has been in session for a month now! It's not too late to sign up for Camp to enjoy 6 more 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!

- 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
 Register for a full week & get exclusive coupons

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).





SUMMER CAMP FAREWELL PARTY

In the blink of an eye, ten fun weeks of Summer Camp has flown by. Although Camp may be over, the friendships made will hopefully be forever. Grab your friends for one last hurrah before the Fall school term commences. Mark this momentous occasion with a funtastic day at our smashing Summer Camp Farewell Party!

Thursday, August 10

The Zone

3:00 p.m. – 4:00 p.m.

Complimentary for all Campers

Program highlights:

- Disco party at Youth Studio
- Glitter tattoo
- Face painting
- Light snacks



YOUTH OPEN HOUSE

Save the date! Come and see what we're all about at our 2017 Youth Open House. Let the kids enjoy complimentary glitter tattoos and face painting while you take the chance to meet with our class instructors. Learn more about the huge offering of kids programs and classes lined up for the Fall and Winter terms.

Saturday, August 12

Claymore Entrance

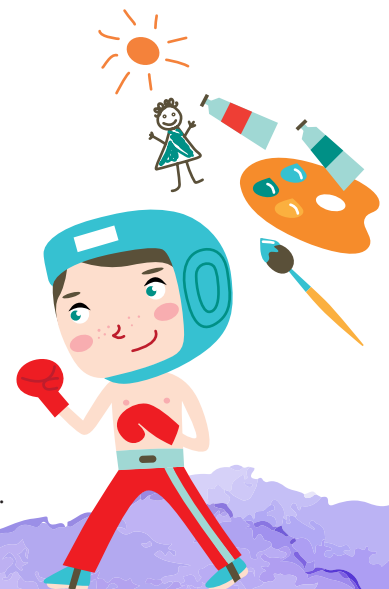
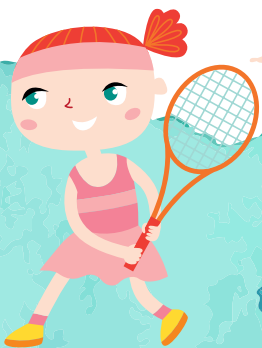
10:00 a.m. – 2:00 p.m.

Complimentary

Classes featured:

- Music
- Race Car Engineering
- Brush Lettering
- Street Dance Mandarin
- Multisports
- Ballet
- Science

For more information, please drop by The Zone, call the Youth Desk at 6739-4413 or email youth@amclub.org.sg.



CONGRATULATIONS TO OUR JUNIOR MEMBERS!



Draw 1 (March): Max Ash
4 tickets to Adventure Cove Waterpark,
Resorts World Sentosa



Draw 2 (May): Susana Salah
4 tickets to Universal Studios Singapore

Thank you to all Junior Members who took part in our lucky draw. The next Junior Member lucky draw will run from August to December – stand a chance to win complimentary movie passes!

To take part, drop your chit(s) into the box located at the Concierge. Open to all Junior Members.

BIRTHDAY PARTY

What better way to celebrate your birthday than right here at The Club?

Let our experienced birthday party crew take care of all the nitty-gitty details while you sit back, relax and enjoy your child's special day. From an entertaining program full of engaging activities to scrumptious snacks and a delicious birthday cake, our team will make sure your child has a memorable day!

We can also host the party at Bukit Merah Lifestyle Complex. If you have an alternate venue in mind (e.g. Trampoline park or indoor playgrounds), our crew will be able to assist you too!

For more information or enquiries, please approach any of our staff at the Youth Counter, call 6739-4413 or email youth@amclub.org.sg.

Disney
IN CONCERT

A Dream IS A Wish



Base Philharmonic Orchestra

Conducted by

Jessica Gethin

Featuring hit songs from classic Disney movies performed by a 72-piece orchestra, four Broadway-caliber singers and multimedia projection of video clips from some of your favourite Disney movies. A little Disney magic for everyone!

14 - 15 July 2017



Book now at MarinaBaySands.com

Tickets also available via 6688 8826 and all SISTIC channels

Presented by



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MINI TENNIS TOURNAMENT

On Saturday, May 6, 44 juniors pitted their skills against each other in a lively mini tennis tournament. The younger ones competed in half court tennis, with Louis Levar emerging tops while Nick Thiery followed hot on his heels in second place. The slightly older kids played on a three-quarter court – Rohan Arun took home the coveted medal and Alexander Thiery came close behind. Thank you to all participants and parents who cheered them on!



SPRING JUNIOR SINGLES CHAMPIONSHIP

46 juniors enjoyed a smashing good time at the Spring Juniors Singles Championship, which took place over the weekend of May 19 to 21. Congratulations to our winners on their well-deserved wins, and thank you to all our sporting players.

Winners:

- Girls 10 : Nila Arun
- Girls 12 : Taylor Hoang
- Girls 16 : Ashlin Carlisle
- Boys 10 : Luke Floro
- Boys 12 : Henry Vasko
- Boys 16 : Christopher Yang

Runners-Up:

- Girls 10 : Saina Vaidya
- Girls 12 : Justine Mach
- Girls 16 : Katelyn Yang
- Boys 10 : Julian Tay
- Boys 12 : Bryce Cheong
- Boys 16 : Arnav Nemali

STAR PLAYER: KATELYN YANG

It was a thrilling weekend on June 3 and 4, when The Club's very own junior tennis player Katelyn Yang took part in the STA Singles Championships 12 and under (SPEX). After a gruelling battle, Katelyn clinched the runner-up position.



Katelyn was crowned champion when she played at the STA Doubles Championship 14 and under (SPEX), along with her partner two years her junior. The match was met with an equally enthralled crowd as Katelyn brought home the prized title.

Congratulations once again to our star player!

SUMMER HOLIDAY PROGRAM

Summer is in full swing and our Summer Holiday program has been in session for a month. It's however never too late to register! Sign up for classes in July and August at the Sports Counter. For more information, please call 6739-4312 or email sportscounter@amclub.org.sg.

Summer Tennis Program 2017

Week 1: June 5 – June 9
 Week 2: June 12 – June 16
 Week 3: June 19 – June 23
 Week 4: June 26 – June 30
 Week 5: July 3 – July 7
 Week 6: July 10 – July 14
 Week 7: July 18 – July 22
 Week 8: July 24 – July 28
 Week 9: July 31 – Aug 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

ADULT PROGRAM

Mondays

8:00 a.m. – 9:30 a.m.	Ladies Intermediate	\$40
9:30 a.m. – 11:00 a.m.	Ladies Advanced	\$40
6:30 p.m. – 9:30 p.m.	Men's Social	\$12

Tuesdays

8:00 a.m. – 9:30 a.m.	Ladies Advanced	\$40
9:30 a.m. – 11:00 a.m.	Ladies Intermediate	\$40

Wednesdays

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

8:00 a.m. – 9:30 a.m.	Ladies Intermediate	\$40
9:30 a.m. – 11:00 a.m.	Ladies Advanced	\$40

Fridays

8:00 a.m. – 9:30 a.m.	Ladies Advanced	\$40
9:30 a.m. – 11:00 a.m.	Ladies Intermediate	\$40

Saturdays

10:00 a.m. – 11:30 a.m.	Men's Drop-In*	\$37
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- Slots will be allocated on a first-come, first-served basis
- Reservations can be made for one week or for multiple weeks
- A minimum of 3 registered participants is required for a class to commence

*Sign-up for Men's Drop-in classes on Saturdays are available 24 hours in advance only

TERM 1 COACHING PROGRAM (FALL TERM)

The Fall Term commences on Thursday, August 7. Sign-ups for all classes are open – the earlier you register, the higher your probability of getting your desired slot(s). Please note that there is no automatic rollover from summer so sign-up is required. To register, please drop by the Sports Counter, call 6739-4312 or email sportscounter@amclub.org.sg.



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

October 6
 November 3
 December 1

TOURNAMENTS

Member-Guest Tournament
 September 8 & 9

Mini Tennis Tournament
 September Fall Junior Singles Championship
 October 13 – 15

Adults Mixed Doubles Championship
 November 10 – 12

DELAYED ONSET MUSCLE SORENESS (DOMS)

by Michael Cheah, Personal Training Coordinator



One of the most common misconceptions by gym junkies is that a good workout must be accompanied by soreness and intense muscle aches the day after. This soreness is known as delayed onset muscle soreness (DOMS) – but did you know it's actually a myth?

DOMS happens when the human body is unable to deal with exercise-induced muscle damage. It becomes evident six to eight hours after physical activities and peaks around 24 to 48 hours after training. DOMS may result in reduced range of motion and joint stiffness, local swelling and tenderness, and diminished muscle strength.

The myth that DOMS indicates a good workout arises as most people are likely to experience DOMS after introducing a new training stimulus – like a new activity, increased intensity or volume. Exercises with a greater emphasis on the eccentric phase (lengthening or stretching phase) play the most significant role in the manifestation of DOMS. Hence, DOMS is not the best gauge of the effectiveness of a workout. The soreness will subside as the body gets used to the workout over time and learns to distribute the workload across muscle fibres more effectively.

This begets the question: if soreness does not indicate the effectiveness of a workout, then what does? Setting and achieving goals or beating personal bests is a consistent way of checking one's progress.

Last but not least, recovery is essential. Moderate aerobic exercise after strength training may help reduce DOMS and can even enhance the effect of lifting weights. Replicating the exercises with lighter weights will help with recovery as well.



AWA Welcome Fair 2017
Wednesday, August 23
10 AM to 12 NOON
Fort Canning Lodge, 6 Fort Canning Road
Free Of Charge

Come aboard and learn about our 30+ social, sport, special interest and community outreach groups and activities.

From coffee mornings to bar nights, local tours to book clubs, golf to tennis, kidsREAD to The Ronald McDonald House Charities - not to mention our Carpet Auction, Home Tour, Fashion Show and so much more — cruise on over to our Welcome Fair as we launch another exciting AWA year!

WELCOME FAIR

COLONIAL CUP

This year's installment of the Colonial Cup was hosted by Tanglin Club. The 3-way golf game between The American Club, Tanglin Club and British Club took place at the Singapore Island Country Club's Island Course on May 17, with each club represented by 12 golfers, all vying for the coveted trophy. We are super proud that our team bagged 6 out of 9 points to emerge as the ultimate champion!

Thank you to our winning team for bringing glory to The Club!

Manny Fernandez (Team Captain), Bryan Banfield, Brett Van Norman, Adam Lawrence, Charles Leong, Bill Gentry, Kevin Tam, Diederik DeBoer, Craig Johnson, Aaron Frankel, Joey Antonio & Peter Gibson



SQUASH

The Squash community has been busy with a full program of activities so far this year.

Last month, a team of seven Members headed to Hong Kong for the second Annual Tournament with the Hong Kong Football Club. Supported by friends and loved ones, our team did us proud by emerging victorious over HKFC! We are thrilled to be hosting the HKFC team in Singapore for a return match this summer for a chance to continue our great squash rivalry (and not forgetting, to return the favor to our gracious hosts and demonstrate our own American hospitality for which we are known for!).

The Veteran team is off to a great season in the National Squash League, coordinated by the Singapore Squash and Racquet Association. Matches are played weekly against clubs from all over the country and provides a fantastic opportunity for our Members to catch up with old squash acquaintances and make new friends in Singapore's convivial squash community. It's still early in the season, but after three matches, our team leads the league with a perfect 3-0 record. Hopefully, we can keep this up and celebrate our first NSL championship this year.

Saturday, April 29 was an important date for our players –



they had waited breathlessly all year for The American Club Open Tournament! This year, the tournament was held over two weekends. The first weekend was for our older players with the best player determined in the over 50 and over 60 categories. The following weekend saw all eligible players battle it out for the coveted Club open championship. Congratulations to Sverre Pritz for defending the Open championship title again this year and to Harvey Glick for taking the Plate championship. Our congratulations also goes to Master's Champion Mohit and our Super Master's Champion Harvey Glick. It was all in all a great event with lots of participants and supporters, excellent food and drink and most of all, competitive but friendly camaraderie that makes the squash community at The Club so special.

In addition to these activities, we also invite interested squash players to come on down to the courts for our regular squash socials every Tuesday and Thursday from 5:00 p.m. – 7:00 p.m. and Saturdays from 11:00 a.m. to 2:00 p.m. All levels are welcome. We also have a junior program which is a great way to help kids stay in shape and teach them a sport that will stay with them for a lifetime.

For more information or to join the Squash program, please call the Sports Counter at 6739-4312 or email sportscounter@amclub.org.sg.

ADULT RECREATION

BALLROOM DANCING

Social Dance is a classification of dance where sociability and socializing are the primary focuses. This activity offers participants the flexibility of dancing with different partners while being able to lead or follow in a relaxed and easy atmosphere.

The Instructor

Benedict Lau was a Malaysian Latin Dance Champion from 2004 to 2007. He represented Malaysia in the SEA Games, Asian Indoor Games and other major competitions. The accomplished choreographer and popular dance teacher is also certified by the Imperial Society of Teachers of Dancing, United Kingdom.

Swing, Waltz, Salsa

Thursdays

7:45 p.m. – 8:45 p.m.

Cha-cha, Salsa, Foxtrot

Sundays

4:00 p.m. – 5:00 p.m.



Studio 1

Member (Couple): \$300, 6 sessions

Member (Single): \$165, 6 sessions

Guest (Couple): \$330, 6 sessions

Guest (Single): \$185, 6 sessions

Min. of 10 participants for classes to commence.

A 48-hour cancellation policy applies.



CHINESE BRUSH PAINTING

Chinese brush painting involves not just learning a new set of skills, but also cultivating a new voice, discovering a new way to look at the world and re-learning the art of appreciating life's simple pleasures. This class acquaints you with the concept of Chinese Art. It introduces the essentials of traditional Chinese Painting including the use of different materials, brush strokes, ink and color tones. The course is conducted by Mr. Yap, a full-time artist with over 30 years of experience teaching students from a wide variety of backgrounds.

Thursdays

Studio 1

2:00 p.m. to 3:30 p.m.

Member: \$180, 4 sessions

Guest: \$200, 4 sessions

Compulsory one-time material fee of \$100 will be collected by the instructor during the first lesson.

Min. of 5 participants for class to commence;

max. of 10 participants.

A 48-hour cancellation policy applies.

GROUP FITNESS CLASSES



ZUMBA® FITNESS:

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BOLLYWOOD FITNESS BY RHYTHMIC FITNESS

Add some spice to and shake up your exercise routine with our Bollywood Fitness classes! This fat-burning cardio class is designed for participants of all levels.

Please visit our website to view the Group Fitness class schedule (updated weekly). For more information, please drop by the Sports Counter, call 6739-4312 or email sportscounter@amclub.org.sg.

Regular Group Fitness class fees apply.

Sign-up is only available at the Sports Counter 30 minutes before classes commence.

Benefits of Swimming

Active child, active adult

Swimming is not only a fun activity, it also helps to combat childhood obesity. The low impact sport has all three elements of physical activity recommended to keep children healthy: endurance, strength and flexibility. In addition, swimming provides children and teenagers with the tools, skills and dedication to maintain healthier lives as adults.

Boost your brain power

Regular exercise, such as swimming, improves memory function and thinking skills. So on top of a healthier body, this also translates to a sharper mind! Exercising reduces inflammation and insulin existence in the brain, which fosters new brain cell growth. Swimming also improves one's mood and decreases one's anxiety and stress, which in turns increases the brain's ability to think more efficiently.

Bond in the pool

Many might think swimming is a solo sport – individualistic and isolating. However, most swimming lessons are conducted in groups. When kids and teens of all ages train together or work with different coaches in the same pool, a unique sense of belonging and community is fostered. Exercising and socializing together leads to improved mental health – so go ahead and enroll your kids in our Summer Swim Academy or Summer Swim Lab!

More confidence

An ongoing study at Griffith University in Australia reveals that young swimmers are more confident than their non-swimming peers. This is true for both competitive and non-competitive adult swimmers as well. Swimming teaches kids and adults discipline, endurance and resilience – all these amazing qualities translate to confidence both in and out of water.

Be a team player

Swimmers in teams or group swimming lessons have honed their team-building skills over the years. Swimmers learn to work together, encourage each other and communicate, hence making them a desirable team player. The team building skills they have learned encourage collaboration, goal orientation, strategy development and coordination. These skills will aid in successful careers and professional relationships.

Burn more calories

One hour of vigorous lap swimming can burn as much as 715 calories (depending on the stroke you choose and speed), but running for the same amount of time at 5 mph burns only 600 calories. Lower the stress on your joints with swimming.

Slow down aging

Regular swimming can delay the effects of aging by reducing blood pressure, increasing muscle mass and improving oxygen and blood flow to the brain – which leads to better cardiovascular health. Swimming also helps to improve physical strength and balance in seniors. Moreover, seniors who suffer from joint pains can hit the pool to increase flexibility and reduce joint inflammation.

No more asthma

Swimming is a fantastic sport for people who suffer from chronic lung conditions such as asthma. Asthma sufferers, especially those with sport-induced asthma, experience difficulty in breathing when the heat and moisture in the bronchial tubes causes the tubes to contract. This happens when the air is dry or cold outside. Swimming is one of the best exercises for asthma patients as the moisture from the water replaces the moisture expelled during vigorous breathing.



WHAT'S HAPPENING OVER SUMMER AND FALL TERMS?

It may be summer all year round on this sunny island we call home, but the Aquatics Department has planned some exciting lessons for those staying put over the long term break.

Summer Swim Lab & Summer Swim Academy

July 24 – July 28

July 31 – August 4

August 7 – August 11

Summer Swim Lab is recommended for Swim Team Swimmers

Summer Swim Academy is recommended for SwimAmerica Swimmers from Stations 5 to 10 or equivalent

Summer Swim Intensive

Private and semi-private lessons will be conducted throughout summer.

Babies lessons

Lessons will continue based on demand on Saturdays throughout summer.

For more information or to enroll in any of the swim programs, please call 6739-4450/470 or email Aquatics Manager Elspeth at elspethl@amclub.org.sg.

Fall Term

Lessons will start on Monday, August 14 at the Bukit Merah Sports Lifestyle Centre.

Complimentary Uber service

Bus shuttle service between The Club and the Bukit Merah Sports Lifestyle Centre has ceased since June 3. Instead, The Club has started offering complimentary Uber service between the two venues during lesson times. Speak to the Front Desk team at The Club or the Lifeguard team at Bukit Merah pool to book a ride.

Closure of pool on National Day

The pool will be closed on August 9 due to the public holiday.

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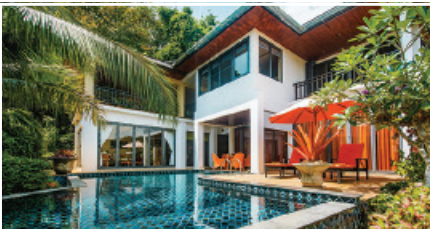


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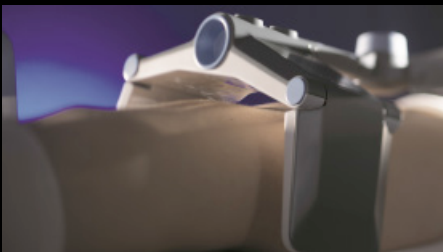
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