



THE AMERICAN  
CLUB  
SINGAPORE

ISSUE 152 • JAN / FEB 2018

恭喜发财  
GONG XI  
FA CAI

HAPPY CHINESE NEW YEAR

Soak in the festivities at The Club!

# GIVE YOUR CHILD THE GIFT OF CULTURE AND LANGUAGES:

DEVELOPING STUDENTS AS BI-LINGUAL,  
BI-LITERATE & BI-CULTURAL



SEE OVER

# AN INTERNATIONAL COMMUNITY CELEBRATING DIVERSITY

A new language opens doors for children academically and socially, providing them with an appreciation of culture which is outside of their mother tongue. The best foundation for language learning starts young, but can be picked up at any age. Stamford American's World Language program offers 3 of the world's most spoken languages – Mandarin, Spanish and English through daily or bilingual language instruction, or specialist English learning where English is not the first language. Their aim is to develop children to become bilingual, bi-literate and bi-cultural through enhanced linguistic ability.



With a global and diverse community of over 65 nationalities at Stamford American, they believe that being multilingual is a key element of global citizenship which fosters cultural appreciation and enhances communication. All language lessons at Stamford are taught by native speaking specialists, handpicked from around the world.

### Daily Mandarin or Spanish from 18 months

Each child joining Stamford in the Early Years or Elementary receives daily Mandarin or Spanish lessons as part of the curriculum starting from 18 months to Grade 5. In Secondary this extends to 80-minute sessions every other day and as the program increases in intensity, students progress through 9 levels in Spanish and 7 in Mandarin. Children are grouped in classes aligned to their proficiency levels and assessed using STAMP – Standards-Based Measurement of Proficiency.

### Bilingual Mandarin/English from 3 to 10 years

Stamford recognizes that some students have increased ability or commitment beyond daily instruction, so they have the option to be part of our Bilingual Program from age 3 at no additional cost. The Bilingual Program offers 50/50 exposure to both Mandarin and English within the grade level subject and concept areas. Each Bilingual class is taught by one truly bilingual teacher, who models bilingualism and allows them to be fully engaged with each student's progress and ability.

### English Instruction for non-native speakers from 5 to 14 years

Many students arrive in Singapore with little or no mastery of English speaking and writing, as it is not their native first language. To provide opportunity for these students to quickly and successfully access the curriculum, Stamford offers two levels of English language instruction as part of the EAL Program - English as an Additional Language:

- Mainstream: (MEAL) for mid to high level English language learners
- Sheltered: (SEAL) for students who need more specialized support

### Mother Tongue Program – 10 languages and growing

For a child of any age integration into a new country can be difficult, so it is important they retain their connection and language from home. As Stamford is a thriving global community, together they welcome, celebrate, honor and respect all the cultures and languages which make the school so unique. The Mother Tongue Program is parent led and supported by the school providing language resources, classroom facilities, IT support, library access and celebration events space for 10 languages and ready for more.



Join Stamford's diverse community now to know more about their language programs. They have a Language Speaking Panel coming up for the February Open House. Book your place now for the monthly Open Houses or come for a personal tour.

[sais.edu.sg/language](http://sais.edu.sg/language) | +65 6653 7907

**STAMFORD**AMERICAN  
International School



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





# THE AMERICAN CLUB SINGAPORE

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## FROM THE *President*

Dear Members,

Happy New Year and Gong Xi Fa Cai! I hope you all enjoyed a well-deserved break over the holidays and got to spend plenty of time with family and loved ones. Though 2018 has begun, our festive season continues as we celebrate the Year of the Dog in February. According to the Chinese zodiac, the Year of the Dog will be a year of action – and that certainly holds true for The Club.

As you read this, we are in the process of obtaining our Temporary Occupation Permits for Phase 3 of the redevelopment. Trust me when I say that everyone is working as hard as they can to open these spaces as soon as possible. 48 official redevelopment-related committee meetings (Project Control Group / Tender Sub-Committee / Project Stakeholder Group) were held in 2017. This does not include the hundreds of onsite and offsite meetings with designers, contractors, consultants and vendors by breakout groups and management. Our Member volunteers, committees, management, and the consultant team have indeed worked (and are working) tirelessly to improve The Club for everyone's benefit. Please do thank a volunteer next time you see him/her – your acknowledgement means more than you will know.

If you have looked out the viewing windows or watched our redevelopment timelapse video recently, you will notice that our spaces are coming together and the new Scotts Road building is starting to look like a Clubhouse. I was on a site visit not too long ago and got excited when I saw tiles already in the pool and on the deck. Our Secretary, Diane Knox, ever-dedicated to the redevelopment and safety for all, even gave the new poolside tiles a barefoot spin to ensure they aren't slippery!

This year also marks The Club's 70th anniversary and we plan to celebrate in style. This historical milestone is especially significant when you consider the massive undertaking of the redevelopment during this time. With this progression, we hope to solidify The Club's future for decades to come; but this year, we'll be rolling out special Club-wide events and promotions to commemorate. Keep your eyes peeled.

I recently got a question from a Member that made me pause for a moment and reflect – "What has surprised you

since becoming the President?" It's a great question. The thing that constantly amazes me, now that I am privy to more behind-the-scenes action, is the sheer volume of day-to-day operations that take place within The Club. The American Club sees more transactions in a month than many other clubs do in a year. As an example:

- Have I seen you in line for dry cleaning? Essentials handled over 90,000 articles of clothing for pressing, laundering and dry cleaning in 2017.
- sên Spa, while tucked away in a quiet corner of The Club, is a hive of activity with over 12,000 hair services, 6,000 waxing services, nearly 5,000 massages, and almost 12,000 manicures and pedicures done last year. When I am in sên it often feels relaxed and quiet – where is everyone and how do the staff maintain the level of tranquility we all luxuriate in?
- Members don't just want to be pampered, they also want to be healthy and fit. We see quite a bit of activity happening at the Gym. An astounding 7,493 personal training sessions were conducted and 13,652 people participated in our group fitness classes last year.
- Our Members are a proud lot and often bring guests in to enjoy The Club – in 2017, over 24,500 guests were signed in at the Front Desk, each with a warm welcome.

Our staff manage this incredible level of usage with efficiency, warmth and a smile, often remembering our names and our preferences. We are truly fortunate to have them, and I am constantly reminded that we really do have the best staff in Singapore.

There is plenty of action in store for us all this year – a new Clubhouse, new facilities, new menus, new names and more. Plato once said, "The beginning is the most important part of the work", and as we begin 2018, I would say we are indeed at the crucial start of the work – the work that will lead to future enjoyment of the new pools, of eating delicious new food, of getting spoiled with new services at the spa...hopefully this kind of work will never end!

**Kristen**





# FROM THE *Assistant General Managers*

Dear Members,

Happy 2018! We hope you and your family had a joyous holiday season and that your New Year is off to a good start. We're looking forward to an exciting year of progress on our redevelopment project.

One of the biggest highlights this year will be the phased opening of our newly redeveloped outlets: our brand new swimming pools, Grillhouse restaurant, Central (café), and sên Spa are all slated to launch in the coming months. Our team is working hard to prepare the new spaces, menus and services. Following that, the next phase of our redevelopment efforts will be focused on the new kids' club and studios, Union Bar, banquet facilities, gym, bowling alley, Eagle's Nest, lobby, travel desk, and Claymore entrance. We will continue to communicate all redevelopment news through the information board outside the current Thyme Café, our microsite ([www.redevelopment.amclub.org.sg](http://www.redevelopment.amclub.org.sg)) and our redevelopment e-blast, so that you can stay informed of what's happening with the project.

This year also marks The Club's 70th anniversary, and it's an opportune time to reflect on how far we've come. We started out in 1948 with 146 Members. Today, The Club is bustling with over 10,000 Members and sees an average usage rate of around 80% a month – a remarkable statistic against industry standards. We'll be creating some memorable Club-wide events to commemorate our Platinum Anniversary and hope you'll be able to join us in celebrating this momentous milestone in our Club's history.

We know that for many of you, the New Year also brings New Year resolutions, and a lot of them will center on fitness and health. Our Fitness and Leisure team is ready to help you make 2018 the year you achieve and surpass your fitness goals. Be it to master your backhand, learn TRX, or compete in a Master's swim meet (at our new pool, no less!), you can reach out to our team to guide and cheer you to success.

Speaking of the new year, we're looking forward to celebrating the Year of the Dog in February. This is one of the highlights of our festive calendar and we welcome you to join us for our traditional Lohei, where we toss Yu Sheng (a symbolic Chinese New Year dish) to ring in good

fortune for the year ahead. Look out for the dates of our Lohei in the following pages or via What's On. We'll also be celebrating CNY Family Fun Day on February 25, with lion and dragon dance performances that will be great fun for the whole family. The 2nd Floor restaurant and CNY festive takeaway will be available during the festive period so you can still celebrate at The Club with family and friends. If you're doing CNY visiting, bring a gift of wine or a Chinese New Year hamper from HOME, or drop by The 2nd Floor or Essentials to stock up on Chinese New Year goodies.

February also marks a special occasion – Valentine's Day! Here at The Club, kids can join in the celebration too with our Pre-Valentine's Day Brunch at Eagle's Nest. The 2nd floor will also curate a special 4-course menu for those looking to enjoy a romantic and memorable evening. We encourage you to make reservations early to avoid disappointment.

As we bade farewell to 2017, it was with heavy hearts that we also said goodbye to our General Manager Martin Rudden, who headed back to Melbourne with his family after nearly 20 years in The Club community. We wish him all the best in his new adventures and thank him for his wonderful years of service at The Club. He will be dearly missed by Members, staff, and the greater community.

We'd also like to take this opportunity to thank all our Members who serve on committees as volunteers. Your dedication and support are immensely appreciated, especially so leading up to and during the redevelopment; and your countless hours of service have created a better Club for all of us – thank you.

Wishing you a wonderful 2018 and a year filled with good health and good fortune!

**Patricia and Vijay**



# Festive Operating Hours

Please note The Club's operating hours over the festive period.

## NEW YEAR'S DAY

Monday, January 1

The Club opens at 10:00 a.m.

## CHINESE NEW YEAR EVE

Thursday, February 15

The Club closes at 4:00 p.m.

Last food order will be taken at 2:30 p.m.

The last Youth and Fitness & Leisure classes will commence at 3:00 p.m. latest.

## CHINESE NEW YEAR DAYS 1 & 2

Friday, February 16 & Saturday, February 17

The Club opens at 6:30 a.m. and closes at 10:00 p.m.

## CHINESE NEW YEAR DAY 3

Sunday, February 18

Normal Club operating hours resume.

## MEMBER VISITORS TO COMMITTEE MEETINGS

The Club has a large number of Member volunteers who do a wonderful job of contributing to numerous aspects of the Club's business, from purchasing of books for the Library to supporting the redevelopment project in various capacities. These volunteers often dedicate a tremendous amount of time and expertise working closely with Management to ensure that our service offerings remain exciting, current and professional.

To ensure the governance structure of our Club remains inclusive, any Member who wishes to witness a committee meeting (including General Committee meetings) in action is more than welcome to join in a session. To obtain the dates of committee meetings you are interested to sit in for, as well as an overview of the process for attending such meetings, please email Sandra at [sandrac@amclub.org.sg](mailto:sandrac@amclub.org.sg). Please note that a handful of meetings are off-limits to Member visitors owing to the sensitivity of information being discussed, as prescribed in our bylaws.

# 15 DAYS OF CHINESE NEW YEAR *Lucky Draw*

Kickstart the Lunar New Year on a prosperous note! From February 1, spend any amount at The Club and drop your spending chit(s) into the draw box located at the Concierge. For 15 days beginning Friday, February 16, one lucky winner will be drawn daily to win a bevy of prizes!

Date	Prize
Friday, February 16	\$100 Eagle's Nest dining voucher
Saturday, February 17	\$100 Eagle's Nest dining voucher
Sunday, February 18	\$100 Eagle's Nest dining voucher
Monday, February 19	\$100 Eagle's Nest dining voucher
Tuesday, February 20	Sunday Brunch at The 2nd Floor for 4 valued at \$152
Wednesday, February 21	Sunday Brunch at The 2nd Floor for 4 valued at \$152
Thursday, February 22	2 sên Customized 60-minute Massages valued at \$168
Friday, February 23	Youth Birthday Party voucher at The Zone valued at \$188
Saturday, February 24	\$208 The 2nd Floor beverage voucher
Sunday, February 25	\$208 The 2nd Floor beverage voucher
Monday, February 26	2 Personal Training sessions valued at \$160
Tuesday, February 27	90-minute Kerstin Florian Caviar Facial valued at \$258
Wednesday, February 28	\$500 Club-wide dining voucher
Thursday, March 1	\$500 Club-wide dining voucher
Friday, March 2	\$500 Club-wide dining voucher

Winners on weekends or public holidays will be drawn and announced on the following working day. Limited to one prize per membership.

# A WARM WELCOME TO OUR NEWEST CLUB MEMBERS!



Rajiv & Srividya Maliwal  
 Law Jee Wei & Yang Tze Yi Steve  
 Mr. & Mrs. Yong De-Rhong  
 Chan Khuang Chai Vincence  
 Khoo Min (Qin Ming)



Chok Si Chiang & Lee Poh Chun Jane  
 Robert James Wiklund & Carrie Harper Wiklund  
 Tang Kai Wen & Susan Foong Soke Yee



Filippo Lanzi & Silvia Rivetti  
 Lau Miao Ing & Ding Hock Chai  
 Anthony Joseph Hanford & Holly Anne Hanford  
 Saif Amin & Amna Khan



William Wesley Barnes II & Alisha Loh Barnes  
 Zhou Nina



Michael Joseph Zoldak & Kathleen Louise Zoldak  
 Iris Sciammarella



Emily Augusta Gollob & Kevin Vere Ludwick  
 James Michael McCready & Amanda Eleanor McCready  
 Huong Caitlin Nguyen-Ferrante & Eugenio Ferrante  
 Harvinder Pal Singh & Punita Singh  
 Lee Seung Im & Oh Chi Hoon  
 Nicola Madeleine Fell

★

## ANNUAL STAFF FUND

*Thank You*

★

From all of us at The Club, our most heartfelt thanks to all Members for generously contributing to our 2017 Staff Holiday Fund, and for continuing to recognize and acknowledge our staff community.

## NICHE GROUP LUCKY DRAW

Congratulations to our winners and thank you to all Niche Group Members who have taken part in our monthly draws!



**October – Rose Ahuja**  
 Club Med Peisey Vallandry, France – 8D7N Resort stay inclusive of 3 daily international buffet meals and free flow beverage for 2 worth \$4,200



**November – Yvonne Kong**  
 1N stay in a Deluxe Room at Hard Rock Hotel & 2 Adult tickets to Universal Studios Singapore worth \$1,000

## SIGNING OF NEW POOL SHELLS

Two pieces of our new swimming pool's steel shells were brought into The Club in October for Members to sign and leave their marks in The Club's history. The shells, full of signatures, have been assembled on site and tiled over. Although Members won't be able to see their names on the pool, they can swim in it knowing that their names are part of the foundation!



## SKIN IN THE GAME & FINTECH FORUM

The special editions of our regular networking series were met with overwhelming response, with over 60 Members and guests in attendance at Skin in the Game, which was held in conjunction with the Distinguished Universities Alumni League (DUAL) on October 24. 14 start-ups took the opportunity to pitch their ideas to early stage investors. The FinTech Forum made its debut on October 30, and saw co-founder and CEO of Attores & Indorse, David Moskowitz and CEO of Bitcoin Exchange Pte Ltd & Infocorp Technologies, Zann Kwan discussing Bitcoin and Blockchain Technology. Several attendees even approached the speakers right after the event to set up their Bitcoin accounts!



## VIOLIN EXTRAORDINAIRE: AYKE AGUS

We were pleased to host renowned musician and protégé of the late Jascha Heifets, Ayke Agus, at The 2nd Floor on November 13. Ayke serenaded the crowd in an intimate live performance featuring some of her best works.



# TREE LIGHTING

A yearly highlight, our Tree Lighting evening on November 30 helped kick off the holiday season at The Club in a magical way – with Satarinas, elves, toy soldiers, enchanting live carols, cookies and eggnog, and of course, a long-awaited appearance by Father Santa!



# 10K & 15K CHRISTMAS PARTY

Thank you to all 180 10K & 15K Members who gathered for a special Christmas party at The Club on December 11! The 2nd Floor was awash in dazzling gold & silver as live music and sumptuous cuisine set a celebratory tone for the year-end festivities.



# ★ WINTER ♥ • WONDERLAND • GINGERBREAD DISPLAY

It may be summer all year round in Singapore, but our pastry team certainly spared no effort to bring some white Christmas cheer to Members! The spectacular Winter Wonderland gingerbread display took center stage at the Lobby over the month of December, and was the brainchild of Chef Yeni Sukowati and her talented team comprising chefs Teo Chew Ming, Iris Tan Hong Kia, Lew Kar Choong and Chanel Er Ler Sen, who took 2 months to conceptualize and fabricate the masterpiece, and another 8 hours to set up overnight.

Amidst the bustle of redevelopment, we hope the fun showcase gave Members a taste of home during the festive period.





# 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.

Suggest you limit the amount of time to a maximum of 10 minutes in the phone booths at the Business Center. Some Members are setting up their offices in these booths.

*Thank you for highlighting your concern.*

Our phone booths are meant for Members to take phone calls, and are complimentary for durations under 30 minutes or available for private bookings at \$10 per 30-minute block. Members who are looking for private spaces to hold meetings will be advised to book our meeting rooms or boardroom.

I heard that the new Gym will not have group classes, is it true? My Member friends and I think that the group classes (e.g. spin class, circuit training, boot camp, TRX, Zumba, etc.) are an important offering at the Gym. It is more beneficial for the older generation to engage in exercises that use body weight instead of weight machines or free weights (dumbbells) as we might injure ourselves. Hence, group classes are a fantastic fit for us. Is it possible to increase the number of group classes instead? Group classes might be "cheaper" for The Club to maintain, as opposed to repeatedly servicing old treadmills and equipment.

*Thank you for taking the time to share your thoughts with us.*

Firstly, we will not be cancelling our group fitness classes. We currently hold about 40 classes per week, and will continue to do so until we shift to our temporary gym space while the current Gym undergoes redevelopment. When we move to the temporary gym, we will have to scale down to 10 classes per week due to the lack of space; having said this, we are looking into other areas of The Club that can be utilized for additional classes. Once our new Gym is ready, there will be a brand new studio and we will return to the full schedule of weekly classes. We are looking into offering a host of new options including Aerial Yoga, BogaFit, Meditation, Boxing and other suspension classes (TRX, KUUBEE). We hope this puts your concerns at ease!

We want to hear from you!

Email your feedback to [info@amclub.org.sg](mailto:info@amclub.org.sg).

Your comments may be published in subsequent issues of our magazine.



THE ORIGINAL WEST END & BROADWAY PRODUCTION

Lyrics by  
**TIM RICE**

Music by  
**ANDREW LLOYD WEBBER**



# EVITA

Directed by  
**HAROLD PRINCE**

**“A STUNNING, EXHILARATING  
THEATRICAL EXPERIENCE”**

THE NEW YORK POST

**OPENS 23 FEBRUARY 2018**

 **MASTERCARD**  
THEATRES  
AT MARINA BAY SANDS

Presented by LUNCHBOX THEATRICAL PRODUCTIONS, BASE ENTERTAINMENT ASIA and DAVID ATKINS ENTERPRISES  
in association with DAVID IAN and PIETER TOERIEN

JAN / FEB 2018 THE AMERICAN CLUB 10

# THE AMERICAN CLUB REDEVELOPMENT PROJECT UPDATE



## MEMBER DRIVEN DESIGN

Thank you to the 434 Members who have voted for our new cafe concept - Central.

CONCEPT 1  
**33.64%**  
146 VOTES

NEITHER  
**7.83%**  
34 VOTES

**WINNER!**  
5 STARS  
CONCEPT 2  
**58.53%**  
254 VOTES



## PREPARING TO MIGRATE SERVICES

### PHASE 3

As The Club prepares to complete Phase 3 of the redevelopment, which is projected to finish in Q1 2018, there is a lot of behind-the-scenes work happening to ensure a smooth transition for both Members and staff. Our team will be working hard in the coming months to finalize new menus, learn new procedures, get familiar with new spaces, and so much more. We are excited to be opening the [new pools](#), [Grillhouse \(poolside restaurant\)](#), [Central \(café\)](#), and [Sên Spa](#), and will continue to share details and on-site photos with you so that you can enjoy the run up to the new facilities being opened.

### PHASE 4 & 5

With the completion of Phase 3 in sight, we are in full preparation to begin Phases 4 and 5 of the project. These phases include the Kid's Club and studios, Union Bar, banquet facilities, gym, bowling alley, Eagle's Nest, lobby, travel desk, and Claymore entrance. Committee members, management, and the consultant team are busy working through the detailed migration plan for the facilities that will soon open as well as the ones that will be closed as part of Phases 4 and 5 of the project. In the coming weeks, we will share specific details about this plan including dates, changes in operations, and new offerings.

You can anticipate the migration beginning after Chinese New Year (February 2018), so you'll have time to enjoy the holidays, resume school, and get settled back into your routine before anything changes at The Club. Stay tuned for more details...

## LEVEL 3 IS NOW CALLED THINKSPACE

Our branding consultants, DIA, came up with the name Thinkspace in conjunction with our Branding Committee, which is made up of Members, management, and consultants. Below you'll find their concept for the space. New images and signage that reflect this concept will be placed in Thinkspace in the coming weeks and months.

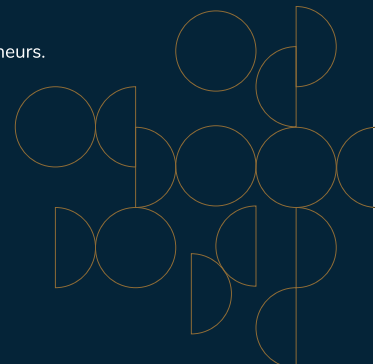
CONCEPT

# THINKSPACE

The United States of America has given the world many great thinkers, inventors, innovators, and entrepreneurs. The American Club pays homage to this with a special space that is a haven for both adults and children to think, work, and connect.

Thinkspace caters to everyone who wants to work, catch up on the news, read a book, or simply to rest the mind. It aims to be just like its namesake – a space for you to think, network, learn, innovate, discover, and ultimately, to inspire. Thinkspace is your place where we support you with a wide array of on-demand professional support services– all set in a comfortable and pleasant environment.

So be it a well stocked library that caters to all ages, a private area for quiet work that requires focus, a nook to chill in, or a space for networking, Thinkspace is a great place for everyone.





# IT'S OFFICIAL!

WE RECENTLY HELD A CEREMONY ON SITE FOR THE COMPLETION OF OUR SLAB AND STRUCTURAL WORK.

This work began in September 2016 and its completion is a major milestone in the redevelopment process. Members of the General Committee, management, and

our consulting team were all present, and our president, Kristen Graff, poured the final shovel of cement to complete the work.

M&E (mechanical and electrical) work and the interior fit out of the spaces will now begin. Keep your eyes peeled for interior photos soon, so you can watch the progress unfold!



## PILATES STUDIO

Our Pilates Studio will be temporarily closing in early 2018 as part of our redevelopment. Beginning January 8, we will offer pilates just down the road at International Building, right next to Shaw Centre. You will still enjoy the same instructors we have at The Club and billing will continue to be done through The Club for your convenience. Keeping fit is important for all of us, so you'll be able to park at The Club during class times. This temporary move is scheduled to last until Q3 2018, after which, the Pilates Studio will be open again at The Club.

## DID YOU KNOW?

Did you know that we'll be creating a temporary gym on-site while our gym is being redeveloped? This change will not happen until after Chinese New Year, so everything will remain the same through the holidays and into the New Year. The temporary gym will be located on the Scotts Road side of the building and will include cardio and weight equipment. We'll be sharing more details about specific equipment, hours of operation, and more in the coming weeks. Stay tuned...



# PROGRESSION OF NEW SPACES



## POOLSIDE



## YOUTH STUDIO



## SPA RECEPTION

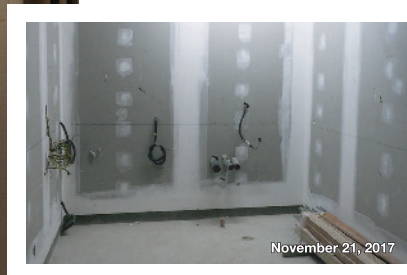




Now that the slab and structural work of the new building are complete, the construction team has moved on to the interior spaces. Here you can see the rendering compared with the actual work on-site as of December. We'll be updating these images in the Lobby and via the redevelopment eblast until the spaces open.



## SPA TREATMENT ROOM



November 21, 2017

## CENTRAL



November 21, 2017



## GRILL HOUSE



November 21, 2017

# A Literary Evening

Join us for an intimate author reading with Professor John D. Greenwood, who will discuss his new novel *Singapore Saga Vol 1: The Forbidden Hill*.

A fictitious and colorful reimagining of the early history of Singapore, *The Forbidden Hill* is a sweeping saga of historical fiction that spans the first 30 years of Singapore. It comprises memorable characters and restores William Farquhar to the spotlight, and illustrates the major role played by Scottish merchants and administrators in the development of Singapore, all while weaving Chinese, Malay and Indian folk tales into the narrative.

**Thursday, January 18**  
**Adults' Library, Thinkspace**  
**7:30 p.m. – 9:00 p.m.**

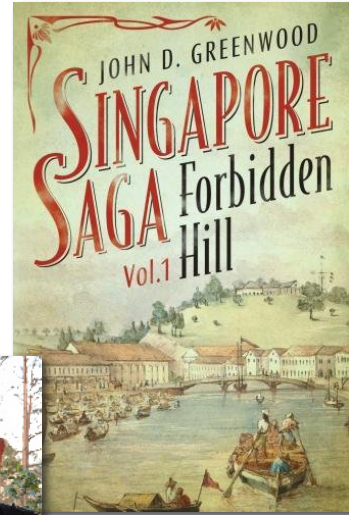
Complimentary  
 Light refreshments provided

**Program:**

7:30 p.m. – 7:45 p.m.: Registration and mingling  
 7:45 p.m. – 8:30 p.m.: Author reading and Q&A  
 8:30 p.m. – 9:00 p.m.: Discussion and mingling

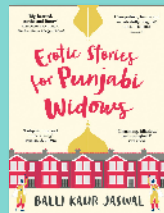
*Registration is required.*

For more information or to register, please drop by the Library, call 6739-4308 or email [library@amclub.org.sg](mailto:library@amclub.org.sg).



## Upcoming...

Don't miss a light-hearted evening with author of *Erotic Stories for Punjabi Widows* Balli Kaur Jaswal on Tuesday, March 6! Look out for more details in the coming weeks.



"Big-hearted, earthy and funny; turns so many preconceptions upside down. A rattlingly good story."

– **Deborah Moggach, author of *The Best Exotic Marigold Hotel***

"A page turner... Tackles serious themes with a light and funny touch"

– **Glamour Magazine**

"Sensual, authentic and hilarious, I will never look at an aubergine in the same way again – 5 stars!"

– **The Sun**

## e-Books

You can conveniently download a selection of our library's books to your personal device via the free OverDrive app.

1. Go to <https://theamericanclub.overdrive.com/>
2. Login with your membership ID (e.g. A123400)
3. Select book/s and click on the "Borrow" button – access titles for up to 2 weeks

**From now till February, checkout at least one e-book and stand to win a bottle of wine! Each transaction translates to one lucky draw entry; multiple entries allowed. Winner(s) will be drawn at the end of each month.**



# Book Club



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

## Library, Thinkspace

7:30 p.m. – 9:00 p.m.

Complimentary

Light refreshments will be served

### January 25: *Pachinko* by Min Jin Lee

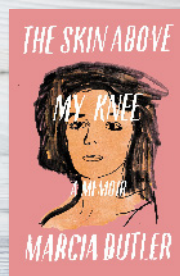
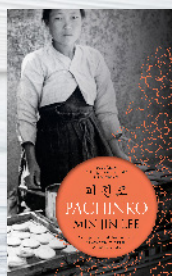
*Through eight decades and four generations, Pachinko is an epic tale of family, identity, love, death and survival.*

### February 22: *The Skin Above My Knee* by Marcia Butler

*The unflinching story of a professional oboist who finds order and beauty in music as her personal life threatens to destroy her.*

Books are available at the Club Library, Kinokuniya, the National Library, and Amazon.

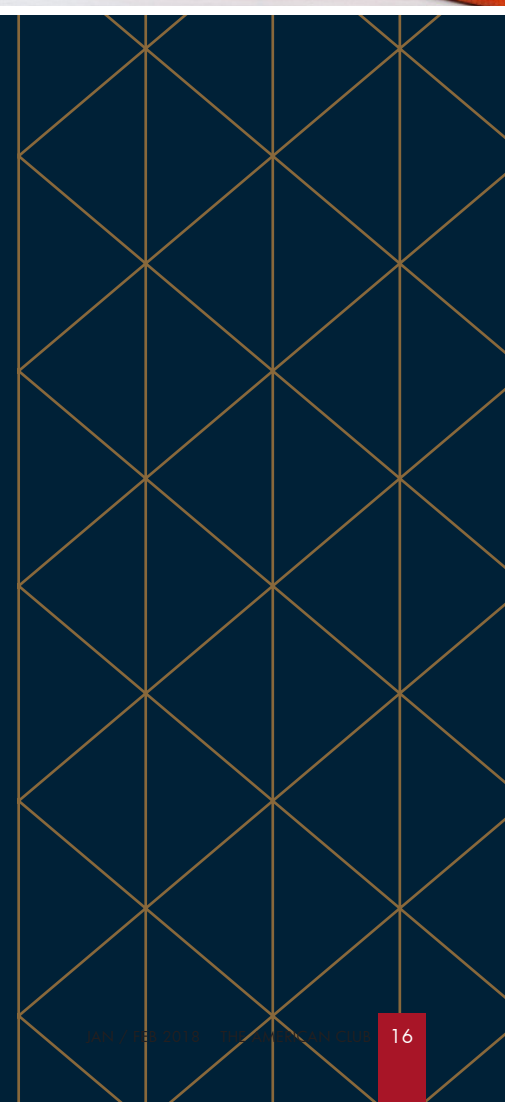
All adult Members are welcome! Email [library@amclub.org.sg](mailto:library@amclub.org.sg) if you're interested in joining our meetings



# THINKSPACE

Did you know? Our recently rebranded Thinkspace (Level 3), which houses our Adult and Kids' Libraries and Business Center, provides a gamut of services and events for your convenience, enrichment and edutainment. Here are some fun facts and tips to help you maximize this space:

- The Library houses over 20,000 books and 600 DVDs
- It takes less than 30 seconds to borrow or return your books via our self-checkout kiosk (you won't need your membership card to do so!)
- Access a world of books 24/7 via our e-library – no more late fines!
- Printing directly from your laptop is now possible – register your membership card at the main reception desk
- Color printing is now available in A4 and A3 sizes
- Attend regular Book Club meetings and author events, and meet fellow literary enthusiasts!
- Hold private meetings with banquet options
- Catch up on the news with our variety of newspapers
- Kids can join in the fun too! Look out for monthly kids' library activities (check out the Youth section of this magazine)



## RECIPROCAL CLUBS

Membership at The Club goes beyond enjoyment of just our facilities – all Members also benefit from access to over 150 reciprocal clubs worldwide (via our Club management program) and more than 300 clubs in the United States (via ClubCorp USA).

A visit to any of our reciprocal clubs is easy – simply request for a letter of introduction from our Concierge ([concierge@amclub.org.sg](mailto:concierge@amclub.org.sg)) and present this letter and supporting documents to your destination club upon arrival. All payments will then be made through credit card or cash coupons. Reciprocal visits to ClubCorp clubs in the US require no letter of introduction and can be arranged via email to Clubcorp ([clubline@clubcorp.com](mailto:clubline@clubcorp.com)) prior to your visit.

To view our list of reciprocal clubs, visit the Membership section of our website or request for one at the Concierge.

### **Reciprocal Club Recommendations**

We are continuously looking to enhance and add to our list of reciprocal clubs. If you have visited a club that you think would be a great addition to our reciprocal list, let us know by forwarding the club's name and website to [kimberlyl@amclub.org.sg](mailto:kimberlyl@amclub.org.sg) or by calling 6739-4360. Reciprocity arrangements will be subject to our management and Membership Committee's review, and the process may take 3 – 5 months.







TOKYO AMERICAN CLUB

Tokyo American Club has been an integral part of the international community in Tokyo since its founding in 1928. With more than 3,800 Members drawn from over 50 nations, the Club offers a diverse range of cultural, business and recreational activities and amenities in the heart of the Japanese capital.

The present facility, which was designed by lauded American architectural firm Pelli Clarke Pelli and opened on January 18, 2011, is the sixth incarnation of the Club. The building was described by private club consultants McMahon Group as "light years ahead of its U.S. counterparts" and "quite possibly the finest private club facility in the world."

Members enjoy access to world-class recreation facilities including a roof-top pool, bowling alley, golf simulators, full-sized gym, library, childcare center and spa, as well as a host of fitness, cultural and educational programs for all ages. Besides being home to five restaurants, a bar and a seasonal café, the eight-storey facility features seven overnight guest studios and superlative meeting, party and conference facilities.

**TOKYO AMERICAN CLUB**

106-8649, 2 Chome-1-2 Azabudai  
Minato, Tokyo 106-0041, Japan  
Tel: +81 3-4588-0381  
Email: tac@tac-club.org

**TOWER CLUB**

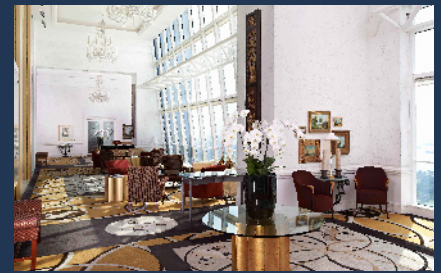
Nestled in the heart of Singapore's business district, Tower Club brings to the table a premier, private setting where the business elite gather. With a majestic lobby, top-class facilities, stylish sky-level dining options and a range of special events and activities for members and guests, Tower Club presents the perfect backdrop for networking and entertaining with fellow discerning professionals.

After a complete tear down and renovations, Tower Club's Straits Bar located at Level 64 of Republic Plaza Tower 1 has re-opened into a venue where patrons can luxuriate and socialize after a long day at work. Enhanced features in this completely refurbished outlet include a full buffet which can be concealed and specially designed day and night lighting. The icing on the cake is the spectacular bird's eye view of the dynamic city skyline amid exquisite cuisine and bar favorites.

Other than the Straits Bar, Members can also enjoy an intimate dining session at any of the five private dining suites or main dining hall at Atlantic, which offers contemporary European cuisine. Ba Xian, described as one of Singapore's best Chinese restaurants, touts a delicate yet sumptuous Cantonese-style cuisine. Other than dining options, Members can also work out in style at the buzzing Fitness Centre, or hold meetings and conferences while towering above neighboring edifices of the vibrant Central Business District.

**TOWER CLUB SINGAPORE**

9 Raffles Place  
Penthouse (62nd to 64th floor)  
Republic Plaza One  
Singapore 048619  
T. 6737 3388  
F. 6438 3673  
www.tower-club.com.sg



# A JOURNEY WITH *Color and Texture*

BY YEE LING CHOW

Reminiscent of Singapore in the 1960s and 70s, artist Yee Ling Chow's art evokes a sense of sentimental nostalgia. She specializes in using the palate knife in her oil paintings, the colors and textures of which act as a vessel for her deep emotions, while her strokes carry energy. Her works are inspired by nature, life and freedom.

**EXHIBITION AT THE CLUB**  
January 30 – April 30

**ART LAUNCH**  
Friday, February 9  
Thinkspace (Level 3)  
6:30 p.m. – 7:30 p.m.

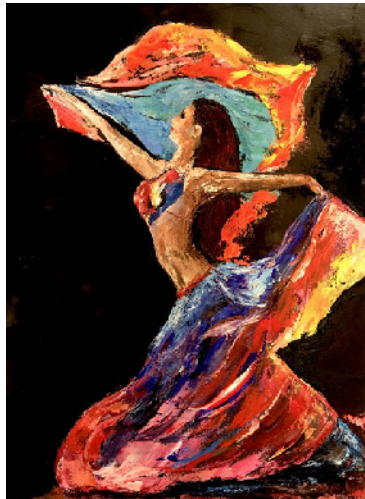
*Complimentary glass of wine and cheese*

**Yee Ling Chow**

<http://artsofyeeling.com>

<http://facebook.com/yeeling.chow.9>

Tel: +65 9749-8100



  
**Vietnamese Art**  
 THE ART OF LIFE  
 BY ARTBLUE STUDIO

Vietnamese art is vibrant, dynamic and full of life. It is reminiscent of the impressions formed by a visitor wandering the streets – bursts of life, an ever-changing flow of people, and an astounding harmony of contrasts. Revel in the intricacies of Vietnamese art and be transported to the colorful streets of Saigon.

**EXHIBITION AT THE CLUB**  
**October 21 – January 29**

**ArtBlue Studio**

23 Yong Siak Street, Tiong Bahru  
 Singapore 168652  
 Opening hours: Wednesdays – Sundays,  
 10:00 a.m. – 7:00 p.m.  
 www.artbluestudio.com

Email:  
 Phuong@artbluestudio.com  
 Jacques@artbluestudio.com  
 Tel: +65 9752-5458



**FX SPREADS &  
 HIDDEN COSTS  
 ARE SO LAST YEAR!**

**THIS NEW YEAR,  
 TRY A NEW WAY TO SAVE WITH**



**REAL-TIME FX RATES | NO HIDDEN CHARGES | FAST TRANSFERS**

**USE CODE: 2WAYAM**

**TO GET A SIGNUP BONUS\* OF **SG\$10****

**FIRST 20 SIGNUPS GET A JEWEL COFFEE VOUCHER WORTH SG\$5**

*\*Terms and Conditions Apply*

RA NO. 01420



# ESCAPE THE ORDINARY

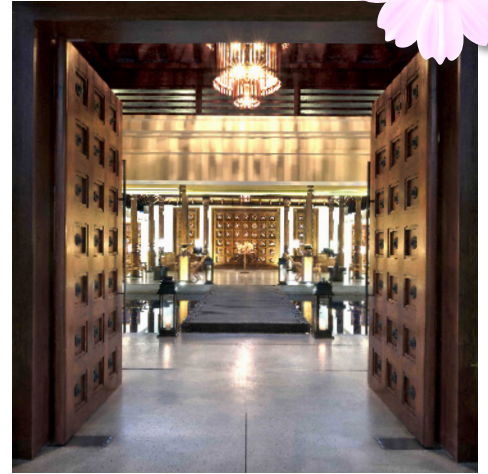
This spring break, indulge in a world of luxury at exotic locales around the world with Anantara Hotels, Resorts & Spas.

01

## Anantara Peace Haven Tangalle Resort, Sri Lanka

Available from Jan 1 – Oct 31

Sojourn at this luxurious resort, nestled within a coconut plantation on a secluded Indian Ocean rocky outcrop for an inimitable holiday experience. Voted best new hotel by Condé Nast US in 2017. **Enjoy free USD50/night resort credits & a 1-hour spa treatment for 2, worth up to USD400/family.**

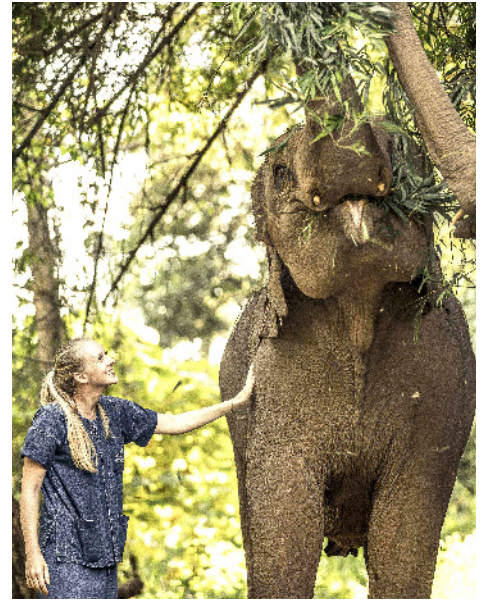


02

## Anantara Golden Triangle Elephant Camp & Resort, Thailand

Available from Jan 26 – Feb 28

Get up close and personal with nature's gentle giants in a traditional mahout village. **Enjoy free THB 3,888 resort credits per room and complimentary Chiang Rai airport transfer, worth up to USD435/family.**



03

## Anantara Angkor Resort, Cambodia

Available from Jan 1 – Mar 31

Retrace the steps of the legendary Khmer empire in ethereal Angkor. **Enjoy a free 1-Day Angkor tour with guide + car & a 30-minute spa treatment for 2, worth up to USD300/family.**



04

### Anantara Hoi An Resort, Vietnam

Available from Jan 1 – Sep 30

Take a trip to this idyllic riverside resort at Hoi An, a UNESCO World Heritage Site. **Enjoy a free Thu Bon boat cruise and Vietnamese high tea.**



05

### Anantara Dhigu Maldives Resort, Maldives

Available from Jan 9 – Dec 23

Inhale the azure sea breeze and let your worries dissipate at this spacious beach villa. **Enjoy free return speedboat transfers & full board children's meal (or 50% off adult menu) for 2, worth up to USD245/family.**



06

### NIYAMA Private Island Maldives Resort, Maldives

Available from Jan 9 – Dec 19

Hide away in a thatch-roofed haven and drift to dreamland amid the calming lull of breaking waves. **Enjoy up to 40% room discount and free upgrade to half board or USD50 food credit per person per night.**

*Blackout dates, minimum nights and other terms & conditions apply.*



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



# THE ENTREPRENEURS SERIES

## JANUARY

Our regular networking series gets a twist! In this edition, guest speaker Kyle Hegarty of TSL Marketing will be interviewed by Steve Stine, founder and host of Inside Asia. This entertaining and lively discussion is for anyone who has experienced challenges hiring and managing sales and marketing teams across this diverse region. Join us to learn and laugh about our maddening, strange, shrinking planet.

### Growing Teams across a Multipolar World

Tuesday, January 23

Thinkspace

7:00 p.m. – 8:30 p.m.

Registration commences at 6:30 p.m.

Member: \$25

Guest: \$35



### ABOUT KYLE HEGARTY

Kyle Hegarty's entrepreneurial story may be unusual but as he grew his marketing business across 7 countries practically overnight with no outside funding, the unexpected became the normal. These are the success and failure stories across the region you won't find in any textbook.



### ABOUT STEVE STINE & INSIDE ASIA

Inside Asia is a weekly podcast featuring conversations with Asia's "movers, shakers, thinkers and provocateurs", dedicated to presenting insights on Asia as one of the fastest growing and most dynamic regions. Founder and host Steve Stine is a former Wall Street Journal reporter, IBM and PWC executive, entrepreneur, and current Regional Managing Director of a global executive search firm.

*Interview will be featured as a podcast on Inside Asia  
Registration required; a 48-hour cancellation policy applies  
Maximum capacity of 60 participants  
Light refreshments will be provided*

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

# ★ THE ★ BIG BOWL



Catch two of the most prominent NFL teams compete live from Minneapolis at the U.S. Bank Stadium while enjoying a delectable breakfast spread!

**Monday, February 5**  
**6:00 a.m. – 11:00 a.m.**

### **Union Bar**

Member: \$37.95  
Max capacity: 65  
*Open seating; Members only*

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

Member: \$39.95  
Guest: \$49.95  
Maximum capacity of 110 participants

*Live broadcast is conditional upon the cable television's screening availability*

*Adults only, 18 years & above*

*Reservations required; a 48-hour cancellation policy applies*

*Limited seating available*

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

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



# Chinese New Year



## AT THE CLUB

### CHINESE NEW YEAR SAMPLING

Drop by the Lobby and sample lunar new year delicacies specially curated by Chef Kelvin and his team.

**Sundays, January 28 & February 4**

**Lobby**

**3:00 p.m. – 5:00 p.m.**

#### Early Bird Discount:\*

- Members enjoy 15% off total bill
- Niche Group Members enjoy 20% off total bill

*\*Applicable for orders made from January 28 – February 10*

### REUNION DINNER – DINE-IN & TAKEAWAY

**Available from February 2 – March 2**

The reunion dinner is often considered the most important family meal of the year. Partake in this significant Chinese custom with our heart-warming reunion dinner set menus at The 2nd Floor, available from \$88 to \$148 per person. Look out for our new creations!

Delicious takeaway options are also available for those who prefer an intimate get-together at home. Orders can be placed via the takeaway forms at the Concierge and The 2<sup>nd</sup> Floor.

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

### CHINESE NEW YEAR GOODIES AT HOME

**Available from February 9**

Spruce up your home for the Lunar New Year festivities! Drop by HOME and browse our range of themed decorations, or pick up a festive gift hamper for a loved one.

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



### PRE-CHINESE NEW YEAR BUFFET BRUNCH

Start the festivities early! Our pre-Chinese New Year buffet features a smorgasbord of popular CNY dishes including fresh Salmon Yu Sheng\*, crispy Roasted Suckling Pig, Premium Fish Maw Soup with shredded Abalone, Preserved Wax Meat in Claypot, and other traditional delights.

**Sunday, February 11**

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

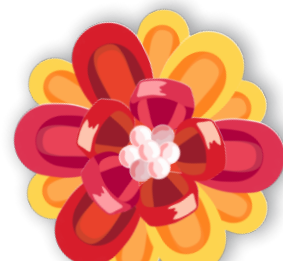
**11:30 a.m. – 2:30 p.m.**

Adult Member: \$69.95

Adult Guest: \$79.95

Child Member (6 – 11 years): \$34.95

Child Guest (6 – 11 years): \$39.95







New Year ritual among Chinese in Singapore and Malaysia to ring in an abundance of good health, prosperity and vigor. The higher you toss the ingredients, the luckier you will be in the coming year!

**February 16 – February 22**

**Lobby**

**12:08 p.m. daily**

*Complimentary*

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

## CHINESE NEW YEAR BUFFET DINING

**Friday & Saturday, February 16 & 17**

**Eagle's Nest**

**Brunch: 10:00 a.m. – 3:00 p.m.**

Adult Member: \$49.95

Adult Guest: \$59.95

Child Member (6 – 11 years): \$24.95

Child Guest (6 – 11 years): \$29.95

Child (4 – 5 years): \$9.95

Child (under 4 years): Free

**Dinner: 6:00 p.m. – 9:00 p.m.**

Adult Member: \$49.95

Adult Guest: \$59.95

Child Member (6 – 11 years): \$24.95

Child Guest (6 – 11 years): \$29.95

Child (4 – 5 years): \$9.95

Child (under 4 years): Free



*Walk-in only; reservations not required*

*A la carte menu not available*

*Buffet is inclusive of coffee or tea & free flow soft drinks*

For more information or for table of 8 or more, please drop by the Concierge, call 6737-3411 or email [concierge@amclub.org.sg](mailto:concierge@amclub.org.sg).

## CHINESE NEW YEAR FAMILY FUN DAY

Don't miss our annual spectacular Lion and Dragon dance performances! Come dressed in your brightest colors and join us in celebrating this jubilant and lively Spring festival.

**Sunday, February 25**

**Club-wide**

**11:00 a.m. – 2:30 p.m.**

*Complimentary*

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

Child (4 – 5 years): \$9:95  
Child (under 4 years): Free

*Maximum capacity of 100 participants  
Reservations required; a 48-hour cancellation policy applies  
A la carte menu is not available  
The 2<sup>nd</sup> Floor dress code applies  
Niche group promotions are not applicable to this brunch  
\*One portion per person*

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

## PROSPERITY TOSS

Don't miss our annual prosperity toss at the Lobby! Also known as Lo Hei, the prosperity toss is a traditional Lunar

Love  
is in the  
air



**FLOWERS &  
MERCHANDISE  
AT HOME**

**Available from January 31**

Say 'Be my Valentine' to that special someone with a unique gift or luscious flower bouquet. Selective merchandise available at HOME.

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

**PRE-VALENTINE'S DAY BRUNCH**

This romantic holiday can be a family affair too – celebrate in advance with the kids or with friends!

**Sunday, February 11**

**Eagle's Nest**

**10:00 a.m. – 3:00 p.m.**

Adult Member: \$29.95

Adult Guest: \$39.95

Child Member (6 – 11 years): \$13.95

Child Guest (6 – 11 years): \$18.95

Child (4 – 5 years): \$9.95

Child (under 4 years): Free

*Walk-in only; reservations not required  
Limited a la carte menu is available*

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

**VALENTINE'S DINNER**

Treat your sweetheart to an exquisite and romantic dinner at The Club this Valentine's Day.

**Wednesday, February 14**

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

**6:00 p.m. – 10:00 p.m.**

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

*Inclusive of 2 glasses of Zardetto "Z" Extra Dry DOC Prosecco NV*

*Reservations required; a 48-hour cancellation policy applies  
A la carte menu is available  
Limited seats available  
The 2nd Floor dress code applies  
Maximum capacity of 40 participants*

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



# HEDGER'S CARPET AUCTION

*at The American Club*

Join us for a colorful and festive carpet auction! To usher in the year of the dog, we will be offering 80 traditional, tribal and contemporary carpets at exclusively low prices; as if that weren't enough, we're going barking mad with our special 'Hong Bao' giveaway and Lucky Draws worth \$5,000 – you'd be doggone crazy to miss it! First 20 to register will receive a mystery gift.

**SATURDAY, FEBRUARY 24  
THINKSPACE (LEVEL 3)**

Viewing starts at 5:30 p.m.

Auction starts at 7:45 p.m.

- Refreshments will be provided
- Complimentary; guests of Members are welcome
- Reservations required • A 48-hour cancellation policy applies



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



# Wine Rant

By Alvin Gho, Wine Specialist

Chinese New Year (CNY) is undoubtedly the most important event in the Chinese calendar, and arguably the biggest national holiday in Singapore. Unlike other holidays, this occasion sees many businesses shutting down for at least a day, with local celebrants marking the festivities by visiting relatives and friends, feasting on special dishes, and bearing gifts of mandarin oranges and red packets filled with money to convey blessings of good fortune for the year ahead.

For the expat community in Singapore, CNY is probably one of the most unfamiliar festivals. The festive mood, bright colors, throngs of people and excitement can be soaked in at Chinatown, however, not much is experienced elsewhere as most of the celebrations are family affairs.

So what can you as an expat expect when a local invites you to his/her home for the merriments? What should you bring? One thing's for sure – do not attempt to show up in your body-hugging dress or tight-fit jeans as there will be plenty of eating. PLENTY.

There are many characteristic dishes that will be served by your hosts during this occasion, and here I share some wines you could bring along that would make wonderful accompaniments to these delicacies.

## STEAMBOAT

This is the number one feature in every family's reunion dinner. Steamboat consists of a simmering pot of Chinese soup in which various ingredients such as slices of abalone, fish, fish balls, prawns, meat, meat balls, vegetables and more, are cooked and eaten with dipping sauces and rice or noodles.

### What to pair with Steamboat

Most Singaporeans go for Tiger Beer, but champagne can also liven up the seafood taste. A bottle of Blanc de Blancs would be perfect with the savory and rich soup.



## YU SHENG

A dish (and tradition) unique to Singapore and Malaysia. Also known as the Prosperity Toss or Lo Hei, Yu Sheng

typically consists of raw fish slices mixed with a variety of shredded vegetables, sweet and sour honey plum sauce and various other condiments. The ingredients are tossed up high for luck.



### What to pair with Yu Sheng

Yu Sheng is crunchy and predominantly sweet, therefore, a dry wine may not pair as well – the combination may leave a tart aftertaste. I would recommend a slightly sweet Moscato d'Asti to balance the flavors. The spritz in the wine would enhance the freshness of the fish and veggies. Yummy!

## PEN CAI

This pot of treasure – literally translated to 'Basin Vegetables' – is a luxurious dish usually purchased from restaurants. Ingredients include abalone, scallops, fish maw, prawns and some meat (usually pork and duck) braised in a thick sauce. It is savory and rich on the palate, and commonly served with steamed rice.



### What to pair with Pen Cai

This one is tricky to pair because of the seafood and meat combination as well as the rich gravy. Personally, I would recommend a bold Burgundian Pinot Noir with good structure and acid, which will help balance the dish's rich flavors and soften its thick texture. The lack of tannins in a Pinot Noir also makes it good for pairing with seafood.

## LONGEVITY NOODLES OR MEE SUA



This noodle dish originated from the Fujian province of China, where the majority of Singaporean Chinese's ancestors descended from. Longevity noodles are eaten on birthdays and on the seventh day of CNY (also known as ren ri, or literally, everyone's birthday). Made from wheat, the noodles are soft and break easily, and

are usually cooked with chicken broth with cabbage, minced pork and fish balls.

### What to pair with Longevity Noodles

A light and fresh Sauvignon Blanc from Marlborough in New Zealand would make the perfect match. The citrus and bright acidity of the wine will enhance the flavors of the broth and bring out the sweetness of the cabbage.

# 125<sup>GS</sup>

GREENWICH STREET NYC

## LIVE <sup>INA</sup> MASTERPIECE

125 Greenwich Street is a new residential skyscraper designed by world-renowned architect, Rafael Viñoly. This condominium offering includes 273 residences ranging from studios to three-bedroom and penthouse residences, featuring one-of-a-kind interiors by March & White. The crowning triplex of amenities - located on the top three floors, 912' into the sky - spans dining, entertainment, fitness, pool and spa, each with sweeping views of the new downtown below.

- 24-hour concierge and attended lobby
- Approximately 15,000 sqft of amenities on 86 to 88 floors
- Developed by Bizzi & Partners
- **Prices from USD 1,275,000**

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**Join us for an exclusive NY Market Outlook on:  
19 January 2018 (Friday) at 6.30pm  
American Club Singapore, ThinkSpace, Level 3  
(Limited Seats. RSVP Required)**

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### **For more information:**

Linda Chern (CEA Reg. No.: R030706A)

T: +65 8228 8836 | E: [linda.chern@sg.knightfrank.com](mailto:linda.chern@sg.knightfrank.com)

# sên

## New sên Spa

We are excited to share that our new sên Spa will be opening later this year at our Scotts Road building – complete with most of your favourite treatments, products and services, but with the same great quality and customer service!

A big thank you to our Spa Committee members, who sacrificed much time and effort in working with The Club in preparation for the launch. From equipment selection, creation of a new spa menu, and even uniform designs, the committee has been meticulous and dedicated every step of the way.

Here's what you can expect at the new sên:

- Separate male & female pre-and post-treatment waiting rooms
- Increased seating at reception area
- Larger retail display
- 4 hair wash stations & 8 hair service stations
- 6 manicure/pedicure seats
- 2 dedicated manicure spaces
- 7 individual treatment rooms



### WE HEARD YOU!

In a survey of our frequent spa users in 2017, the majority of our Members indicated their preference for more variety of massages and massage oils. That's exactly what you can look forward to – try our new Signature Bamboo Body Massage and a range of organic massage oils, among other new treatments!

We can't wait to welcome you at our new premises!



A top-down view of a wooden tray containing various spa products: a large green monstera leaf, a small glass bottle of oil, a bowl of white salt crystals, a bowl of yellow butter, and several small glass bottles of oil. The tray is set on a dark, textured wooden surface.

# January & February PROMOTIONS

Rejuvenate for the new year with these specials!

**MASSAGE:**

60 minutes: \$68 (U.P. \$82)

90 minutes: \$102 (U.P. \$123)

Kerstin Florian Wrap Experience: \$160 (U.P. \$180)

**FACIAL:**

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

**NAILS:**

Manicure: \$60 (U.P. \$75)

Pedicure: \$68 (U.P. \$85)

**HAIR:**

Enjoy a complimentary haircut with every color, rebond, perm or Brazilian keratin treatment service

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

# UPCOMING YOUTH EVENTS

## VISIT TO THE FIRE STATION

Ever dreamed of being a firefighter? Join us for a fun trip to the Central Fire Station and learn how our heroes in blue fight fires – you may even get to hop on board the fire truck! Boys and girls welcome.



**Saturday, January 27**  
**Meeting point: The Zone**  
**10:00 a.m. – 12:00 p.m.**  
 Member Child: \$15  
 Guest Child: \$20

*Drop-off event; suitable for children aged 4 to 8 years who are able to access the washroom independently*  
*Two-way transport is provided*  
*Prices inclusive of light snacks*  
 Members enjoy priority for reservations; guest reservations open from January 15 and are subject to availability.

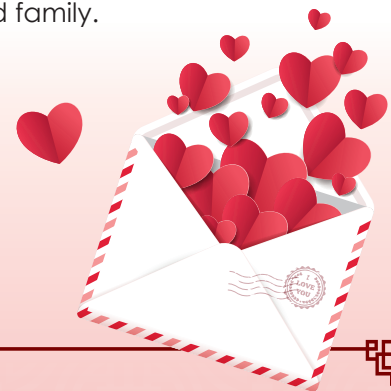
For more information or to register, please call The Zone at 6739-4444 or email [youth@amclub.org.sg](mailto:youth@amclub.org.sg).

## DROP-OFF WEEKEND - THINK, CREATE AND HAVE FUN!

With Valentine's Day just around the corner, design your own personalized artwork to convey your love and appreciation to friends and family.



**Saturday, February 10**  
**Yankee Doodler Room (The Zone)**  
**Session 1: 12:30 p.m. – 2:30 p.m.**  
**Session 2: 5:00 p.m. – 7:00 p.m.**  
 Member Child: \$10  
 Guest Child: \$15



4 years and above

## PROSPERITY TOSS PARTY

Also known as Yu Sheng or Lo Hei, the prosperity toss is one of the most significant traditions of the Chinese New Year festivities. Come experience this local custom and toss to good fortune while enjoying a medley of yummy CNY goodies!

It's the year of the dog – come creatively dressed to theme! Get up close with our lion dance troupe or try your hand at lion dance drumming!

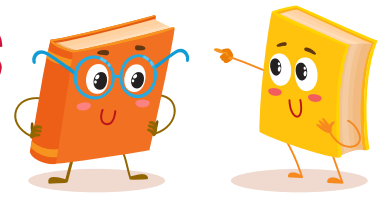
**Sunday, February 11**  
**The Zone**  
**10:00 a.m. – 12:00 p.m.**  
 Member Child: \$35  
 Guest Child: \$40

*For children aged 4 to 12 years*  
*Prices inclusive of CNY goodies and Yu Sheng (note: food items contain nuts and seafood)*  
 Members enjoy priority for reservations; guest reservations open from February 4 and are subject to availability.





# KIDS' LIBRARY ACTIVITIES



## JANUARY: I HAVE A DREAM

### Drawing Contest

What do you want to be when you grow up – a graceful ballerina, a fearless policeman or a noble doctor? Draw out your dreams and stand to win a \$30 Smiggle voucher! Submit your drawings on a sheet of white A3 drawing block with your name, membership number, date of birth and age printed on the back.

January 1 to 31

Age categories: 4 to 5 years | 6 to 8 years | 9 to 11 years | 12 to 14 years

### Book Review

I have a dream...that one day bullying will not exist in the world anymore. Learn how to stand up against bullies and turn your foe into a friend! Pick two books from the Children's Library (or approach our librarian for some title suggestions), then write short reviews of both books and tell us what you've learned via the book review form (available at the Library Counter). One lucky winner will bring home a hamper of treats worth \$50!

January 1 to 31

### Storytelling Session

Ever heard of the great Martin Luther King and his iconic speech "I have a dream"? Learn more about this important man in January's storytelling session.

*I am Martin Luther King, Jr. (Ordinary People Change the World)* by Brad Meltzer

Saturday, January 27

Children's Library, Thinkspace

10:00 a.m. – 10:30 a.m.

## FEBRUARY: YEAR OF THE DOG

### Popular Pooches Quiz

We are celebrating the year of the dog this Chinese New Year! Test your knowledge of man's best friend and stand to win a \$30 Smiggle voucher. Pick up a quiz form at the Library and submit your answers before the deadline.

February 1 – 24

### Book Review

Learn fun facts and read amazing stories about dogs! Pick two books from the Children's Library (or approach our librarian for some title suggestions), then write short reviews of both books and tell us what you've learned via the book review form (available at the Library Counter). One lucky winner will bring home a hamper of treats worth \$50!

February 1 – 24

### Storytelling Session

Join us for February's storytelling session and hear all about the adventures of a giant red dog!

*Clifford the Big Red Dog* by Norman Bridwell

Saturday, February 24

Children's Library, Thinkspace

10:00 a.m. – 10:30 a.m.



## NEED SOME AFTER-SCHOOL ACTIVITY IDEAS FOR YOUR KID?

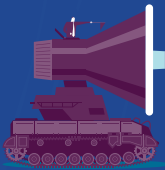
We've a myriad of programs and classes to help stimulate your child's mental and physical growth – from our highly-popular Taekwondo classes, to Ballet, Mandarin and even Kids' yoga. Help your child build confidence, learn a new skill or even discover hidden talents!

Visit our website to view the full list of Spring term classes.

## PLANNING A PARTY FOR YOUR KID?

Whether it's a Moana, Star Wars or superheroes-themed party, let our party crew take care of your kid's special day! From birthdays and graduation parties to themed play dates, we'll give your little one a celebration to remember while you sit back and relax.

• For more information, please email [youthparty@amclub.org.sg](mailto:youthparty@amclub.org.sg).



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KEEP CLIMBING  
 DELTA 

## AUTOMATIC ROLLOVER

Please note that Members currently enrolled in our Term 1 classes will be automatically rolled over to Term 2, which commences on January 8. If you would like to opt out of the automatic rollover, please ask for a cancellation form at the Sports Counter in the Gym.

## MINI TENNIS & 3/4 COURT TOURNAMENT

On Saturday, November 18, 36 junior players participated in our Mini Tennis & 3/4 Court Tournament. It was a great experience for our youngest members as they experienced the thrill of playing in a real match – some for the very first time! Keep your eyes peeled for two more Mini Tennis events in February and May this year.

### Mini Tennis Tournament

Winner: Tara Puri  
 Runner-up: Alaric Mcnutt

### 3/4 Court Tournament

Winner: Jackson Smits  
 Runner-up: Ishan Puri



## TENNIS CALENDAR



### TENNIS PROGRAMS

Winter Holiday Program:  
 December 18, 2017 – January 5, 2018  
 Summer Holiday Program: June 11 – August 10

### TERM 2 SPRING COACHING PROGRAM

January 8 – June 9

### TERM 1 FALL COACHING PROGRAM

August 13 – December 15

### WEEKLY TENNIS SOCIALS

Men's Socials: Mondays, 6:30 p.m. – 9:30 p.m.  
 Ladies' Socials: Wednesdays, 9:00 a.m. – 12:00 p.m.

### DROP-IN DRILLS

Men's Drop-In: Saturdays, 10:00 a.m. – 11:30 a.m.  
 Ladies' Drop-In: Fridays, 9:00 a.m. – 10:30 a.m.  
*\*24-hour advance booking required; Ladies Drop-In not available during Summer & Winter breaks*

### MIXED TEAM TENNIS SOCIAL

Every first Friday of the month, 7:00 p.m. – 9:30 p.m.  
 February 2 | March 2 | April 6 | May 4 | June 1 |  
 August 31 (Welcome Back Social) | September 7 |  
 October 5 | November 2 | December 7  
*\*No Socials on Public Holidays & Summer/Winter breaks*

### NICHE GROUP MIXED TEAM TENNIS SOCIALS

Every third Friday of the month, 6:30 p.m. – 8:00 p.m.  
*\*No Socials on Public Holidays; open to Niche Group Members only*

### TOURNAMENTS

Mini Tennis Tournament: February 3  
 Adult Singles Championship: February 9 – 11  
 Team Tennis Challenge: March 3  
 Parent & Child Tournament: March 4  
 STA Inter-Club Singles League: March & April  
 Adult Doubles Championship: May 11 – 13  
 Mini Tennis Tournament: May 19



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Members enjoy a  
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Run-off page  
Double page spread: \$2,750  
Full page: \$1,540  
Half page: \$770  
Quarter page: \$385  
Specified page: additional 10%  
Flyer Insertion: \$1,540

## EDM

1 Banner: \$500  
4 Banners: \$1,600

## LCD

Lobby: \$200 per week  
Thinkspace: \$200 per week  
Youth: \$200 per week

## Website

Banner: \$200 per week


## Flyer Display

Concierge Desk: \$200 per week  
Thinkspace: \$200 per week

\*prices are exclusive of 7% GST

## Want your ad to stand out?

Contact our Graphics team at  
[info@amclub.org.sg](mailto:info@amclub.org.sg) for an  
appointment now!  
20% off design services for  
Members when you  
book an ad with us.



For more information or to make a booking,  
contact us at [info@amclub.org.sg](mailto:info@amclub.org.sg)

# 1 MINUTE CHALLENGES

One of the most common New Year's resolutions is to get fit and stay healthy. Keep your fitness level in check with the following 1-minute challenges! Each challenge is completed by performing as many repetitions as possible within the time limit. Participants with the most repetitions recorded for each challenge will walk away with attractive prizes.

## Swiss Ball 1-minute Challenge | January 1 – 29

1 repetition comprises:

- Knee tuck
- Cross body mountain climber
- Overhead ball squat

## Functional Fusion 1-minute Challenge | February 1 – 23

1 repetition comprises:

- Ball slam (weight to be decided by trainer)
- TRX knee tuck
- ViPR ice skater (weight to be decided by trainer)
- Swiss ball cross body mountain climber
- Inverted BOSU ball squat

### Categories:

Males: 16 to 35 years

Females: 16 to 30 years

Males: 36 to 50 years

Females: 31 to 50 years

Males: 51 years and above

Females: 51 years and above

### Terms & conditions:

- Register your participation at the Sports Counter. Registration is free!
- Slots available on weekdays from 7:00 a.m. – 6:00 p.m. and on Saturdays from 8:00 a.m. – 5:00 p.m.
- Challenges must be assessed by our personal trainer
- Minimum age requirement of 16 years

For more information, please call 6739-4312 or drop by the Sports Counter.

# METABOLIC TRAINING

By Sofian, personal trainer



Achieve better results in a shorter time with metabolic training.

Metabolic rate is a measure of the amount of calories the body burns at rest. Metabolic training comprises a set of structural and compound exercises that require maximum effort, with little rest in between repetitions. Multiple joints are involved (e.g. squats combined with presses) to maximise calorie burn and increase metabolic rate during and after the workout. This high intensity anaerobic exercise is designed to make one breathless!

## Benefits of Metabolic Training

- **Improved cardiovascular capacity**  
Studies have shown that anaerobic exercises such as metabolic training and HIIT increase one's capacity for oxygen intake, thereby improving stamina.
- **Improved hormonal profile**  
Several studies have proven that high intensity strength training increases the hormones that promote lipolysis (fat loss). In general, strength training improves one's hormonal profile. Metabolic training is arguably the best type of strength training to elicit the most powerful hormonal response.
- **Serious calorie burn**  
High intensity workouts easily burn around 500 calories per 30-minute session, while increasing metabolic rate by 10% to 25% for up to 48 hours post workout (in some rare cases, 72 hours!). This means that hundreds of extra calories are burnt even when the body is at rest.

Here are some examples of how to perform a metabolic training workout:

### Workout 1

#### Work to rest ratio 3:1

Squat to shoulder press – 30 seconds  
Rest – 10 seconds  
Pull-ups – 30 seconds  
Rest – 10 seconds  
Jumping lunges – 30 seconds  
Rest – 10 seconds  
Barbell rows – 30 seconds  
Rest – 10 seconds

### Workout 2

#### Work to rest ratio 1:1

Burpees – 30 seconds  
Rest – 30 seconds  
Jumping squats – 30 seconds  
Rest – 30 seconds  
Pull-ups – 30 seconds  
Rest – 30 seconds  
Mountain climbers – 30 seconds  
Rest – 30 seconds

Rest 1 minute then repeat the workout 2 to 3 times.



# SQUASH

## Team Tournament

It's been an exciting season for the Squash team these past months. On October 7, our Team Tournament saw a total of 29 participants, with more juniors and ladies showing interest compared to previous installments. Congratulations to our winners!

### Winner: Team A

- 2nd place: Team Black
- 3rd place: Team White
- 4th place: Team Blue

## Padang Cup

With 14 representatives, our team competed in a friendly match against the Singapore Cricket Club (SCC) on September 30. Despite taking home the title for the past 3 years, our players were unfortunately unable to continue their winning streak even after putting up a tough fight. The final score was 11 points to 13 points.

## Ryder Cup

On October 28, both adult and junior Members congregated for a friendly game against The British Club. Amid all the adrenaline and great showmanship, our team emerged triumphant as they beat The British Club by a huge margin – 39 points to 17 points. A big thumbs up!

## Upcoming Events

More exciting squash events are lined up for the year ahead, with a tour to Australia and Hong Kong on the horizon. Please email [sportscounter@amclub.org.sg](mailto:sportscounter@amclub.org.sg) if you would like to receive invites to our squash events or games.



## SCUBA DIVING

Dive into another world with scuba diving lessons! Get certified with PADI (Professional Association of Diving) in this three-part course that includes theory, pool diving, and open water dive training. Pool classes will be conducted at Sentosa and open water dives will take place at the S.E.A. Aquarium, which boasts a 13m depth and over 40,000 fishes.

Fee: \$630 per Member

To register or for enquiries, please email [sportscounter@amclub.org.sg](mailto:sportscounter@amclub.org.sg).



## PILATES

Our Pilates Studio will be temporarily closing in early 2018 as part of the redevelopment. From January 8, Pilates classes will be conducted just down the road at International Building, right next to Shaw Centre. Members will still enjoy the same instructors for classes and billing will continue to be done through The Club for your convenience. Members will also be able to park at The Club during class times. This temporary move is scheduled to last until Q3 this year, after which, the Pilates Studio will re-open at The Club.

Contact our Sports Counter at 6739-4312 or [sportscounter@amclub.org.sg](mailto:sportscounter@amclub.org.sg) for more information.





# Pathway Membership

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

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

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



**THE AMERICAN CLUB**  
*Singapore*

# WE ARE RETURNING TO OUR ORCHARD HOME!

Our Aquatics team is thrilled to be returning to our Orchard home soon! We are gearing up for the launch of our brand new pools and can't wait to welcome all our water-loving Members back with fabulous new programs and a fresh lineup of activities.

**Here's a sampling of new offerings you can look forward to:**

- Scuba Diving courses (currently available offsite)
- BogaFit Standup Paddleboard classes
- New and improved Aqua Aerobics
- Deep Water Running
- New inflatables for kids
- Zorb balls
- Dive-in movie nights with inflatable movie screen
- In-house race nights
- Pool parties & other social events

Exciting times ahead!



## WHAT HAS OUR TEAM BEEN UP TO WHILE OFFSITE?

Although we moved to Bukit Merah over the redevelopment, our team has kept busy with the introduction of SwimAmerica, intensive staff training in preparation for our new pool launch, and welcoming some new faces on board!



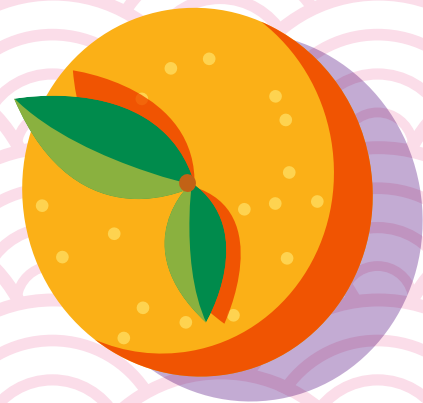
The successful implementation of the SwimAmerica program into our teaching scheme is a huge deal, as it makes The Club the only institution in Singapore to offer the SwimAmerica program. This means that if Members plan to take lessons in the US over summer break or in the event of repatriation, they can slot directly into any SwimAmerica program taught by over 500 program directors at more than 900 sites across the US. With SwimAmerica, our lesson format increased from 6 levels in the old program to 10 stations. Our swimmers now have more time and opportunity to master the fundamentals before progressing to more complex swimming skills. Another plus point of SwimAmerica is that it is a goal-oriented program. Once swimmers have demonstrated that they have mastered the skills of the level they are in, they can immediately move up to the next level. This system helps to keep many of our younger ones engaged and motivated.

Our team has also been undergoing more training than ever before. All our full-time staff are fully-qualified lifeguards under the Ellis Lifeguard training program and have been doing weekly in-house training sessions to keep their skills up to the highest level.



Our coaches Efren, Rodel and Tata have been superstars and achieved White Card status as part of being SwimAmerica coaches – a step up from being Red Card coaches. They are well on their way to achieving Blue Cards, the highest level a SwimAmerica coach can attain! We have also introduced a fresh face to the team – James has come on board as the department's new swim teacher and coach. Please give him a warm welcome if you see him around The Club!





Stock your cabinets for the  
*Chinese New Year*

festivities! A selection of perennial-favorite CNY goodies will be available at Essentials from late January 2018. Drop by Essentials for samples or to make an order.



For more information,  
please call 6739-4332.



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