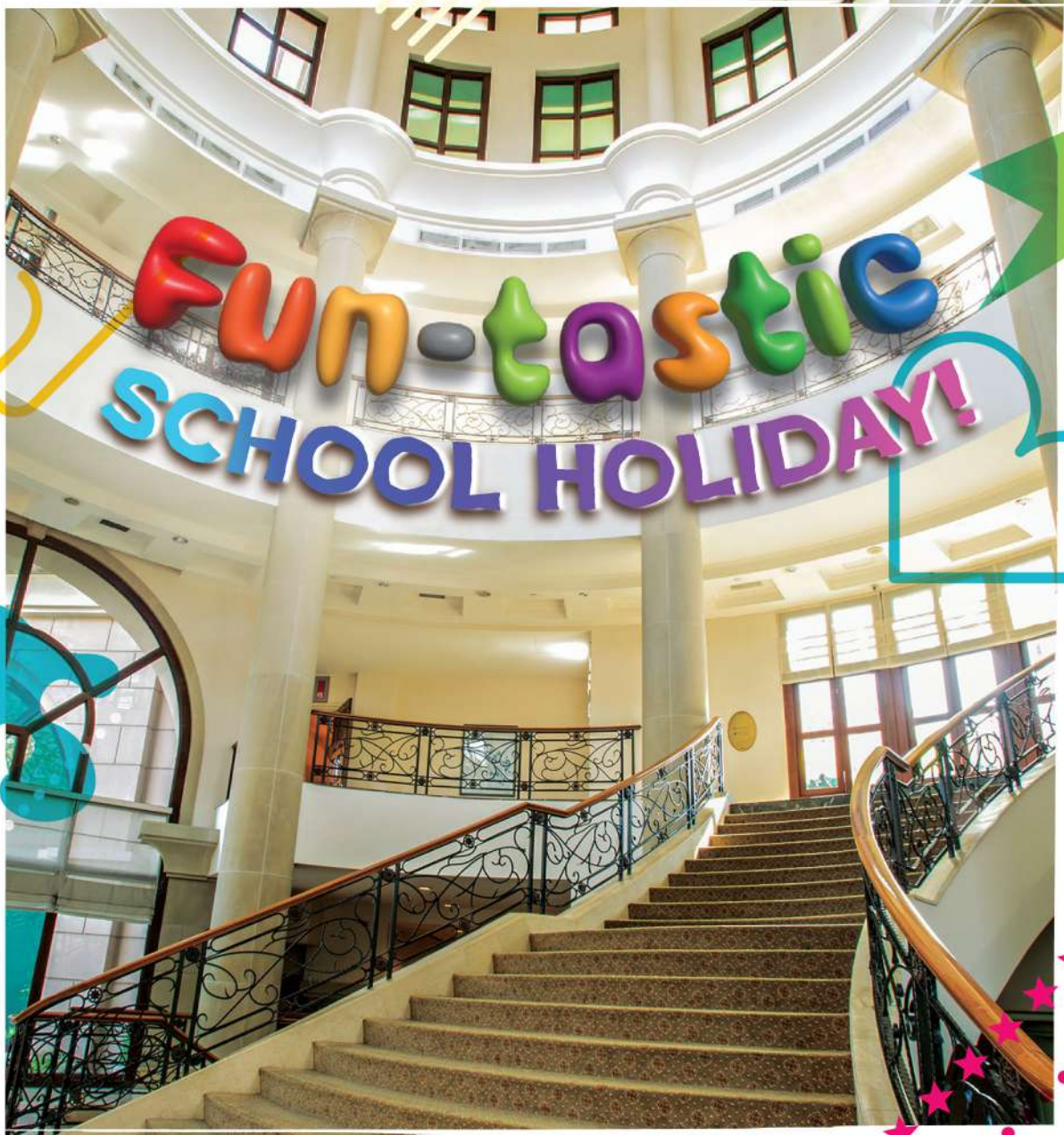


# Signature



A RAFFLES TOWN CLUB MEMBERS' MAGAZINE

MARCH - APRIL 2024





RAFFLES TOWN CLUB  
SINGAPORE

## DIRECTORY

### FOOD & BEVERAGE OUTLETS

THE CAFÉ & TERRACE 6357 3332 / 333  
Daily: 7.00am – 11.00pm (Last order at 10.15pm)

THE CHINESE RESTAURANT 6357 3338 / 339  
Tue – Sat Lunch: 11.30am – 3.00pm (Last order at 2.30pm)  
Sun & PH Lunch: 10.30am – 3.00pm (Last order at 2.30pm)  
Dinner: 6.00pm – 10.30pm (Last order at 10.00pm)  
Closed on Mon (Excluding Eve of PH & PH)

THE DINING ROOM 6357 3337  
Lunch: 11.30am – 3.00pm (Last order at 2.30pm)  
Dinner: 6.00pm – 10.30pm (Last order at 10.00pm)  
Closed on Tue (Excluding Eve of PH & PH)

MIYABI JAPANESE RESTAURANT 6357 3335  
Lunch: 11.30am – 3.00pm (Last order at 2.30pm)  
Dinner: 6.00pm – 10.30pm (Last order at 10.00pm)  
Closed on Wed (Excluding Eve of PH & PH)

THE LOUNGE 6357 3334  
Daily: 11.00am – 11.00pm (Last order at 10.30pm)

ROOM SERVICE 6357 3332 / 333  
Daily: 8.00am – 11.00pm (Last order at 10.00pm)

### GENERAL FACILITIES

MAIN LINE 6323 2323

FRONT OFFICE / ROOM RESERVATIONS 6357 3502 / 504

MEMBERSHIP ADMINISTRATION /  
BILLING ENQUIRIES 6358 0012  
Fax: 6358 1171

MEMBER RELATIONS & MARKETING 6357 3322 / 323

CATERING SALES 6357 3325 / 326 / 388

### GENERAL ENQUIRIES:

Catering Sales: [catering@rtc.com.sg](mailto:catering@rtc.com.sg)

Sports & Recreation: [snr@rtc.com.sg](mailto:snr@rtc.com.sg)

Membership: [membership@rtc.com.sg](mailto:membership@rtc.com.sg)

Room Reservations: [roomresvn@rtc.com.sg](mailto:roomresvn@rtc.com.sg)

Member Relations: [member\\_relations@rtc.com.sg](mailto:member_relations@rtc.com.sg)

### OTHER FACILITIES

THE THEATRE 6357 3325 / 326 / 388

THE BILLIARD ROOM 6357 3334  
Daily: 12.00pm – 10.00pm (Last order at 9.30pm)

THE CARD ROOMS 6357 3334  
Daily: 12.00pm – 10.00pm

CAR GROOMING SERVICES 6357 3479  
Daily: 11.00am – 7.00pm  
Closed on Wed

MINDCHAMPS PRESCHOOL 8809 3816  
Mon – Fri: 7.00am – 7.00pm  
Sat & Sun: 9.00am – 6.00pm

### SPORTS & RECREATION

THE BOWLING ALLEY &  
VIDEO GAMES ARCADE 6357 3330 / 331  
Daily: 1.00pm – 9.00pm

SPORTS & RECREATION COUNTER 6357 3566 / 567  
Daily: 7.00am – 10.00pm

THE GYM 6357 3566 / 567  
Daily: 6.00am to 10.00pm

TENNIS COURTS 6357 3566 / 567  
Daily: 7.00am to 10.00pm

SWIMMING & WADING POOLS 6357 3566 / 567  
Daily: 7.00am – 9.00pm

TOWEL COUNTER 6357 3487  
(Mezzanine Level)  
Daily: 7.00am to 10.30pm (Last towel draw at 10.00pm)

STEAM & SAUNA 6357 3487  
(Male & Female Changing Rooms)  
Daily: 7.00am – 10.00pm

All prices are inclusive of GST, unless otherwise stated. All promotional images used are for illustration only. Pre-registration for classes and activities is a must. Classes will commence only if the minimum number of participants have been met. Cancellation or no show past the closing date of registration will be charged full fees. All information in this magazine is accurate at the time of publish.

1 Plymouth Avenue Singapore 297753

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[www.rafflestownclub.com.sg](http://www.rafflestownclub.com.sg)

Vol. 105 ROC199605086N

# Our Message

Dear Valued Members,

It is the month of March and it is time for a well-deserved break! Check into your vacation by booking a guest room at the Club for a short getaway with dining, workout and relaxation located conveniently for your access. Find out from our Front Office about the 3-day 2-night staycation package.

The Dining Room has dining events in March and April for you to pamper your palates. In March, you will discover fresh flavours of authentic Italian dishes with thoughtfully paired Italian wines at the Italian Wine Pairing Dinner. In April, the 6-course Surf & Turf Special brings you flavours of seafood accompanied by succulent meat. Reserve your seats early for these dining events to avoid disappointment!

If you have invited friends over for a relaxing chat over a meal. Surprise them with a jumbo size burger! The Burger Bomb Takeaway Set is good for sharing among 5 persons and is sure to impress with its flavours. Contact Catering Sales to enquire and place your order!

Looking out for more dining options in March and April? Do not miss the curated specialty dishes available at the Signature dining venues. Besides the monthly specials, The Café & Terrace has launched a new a la carte menu with newly added items!

Recreational classes for little girls got more interesting with Rhythmic Gymnastics classes that teach a mixture of graceful ballet and dance movements with the use of apparatus. If you prefer your kids to train and play under the sun, sign up for the Tennis & Swim Camp! Your kids will learn the right techniques to play tennis and to swim confidently. Since the little ones are staying active through classes, it is also time for yourself to keep fit with Fitstop's functional fitness programme! Find out more about classes available from the Sports & Recreation Department!

In this issue of magazine, we look at what is circular economy and how is it related to the economy, the environment and even us, the consumer. And how can we play our part in the circular economy as a consumer. After playing our part as a green consumer, we find out why adding colours to our plate promotes overall health. And what are the nutrients and health benefits from each colour group of fruits and vegetables. We have also included some tips to get you started on your journey to eat with the colours of rainbow.

As we close the chapter of the first quarter of Year 2024, we hope that you and your dearest family members are taking a well-deserved break, having a great time relaxing and dining at the Club!

From The Management

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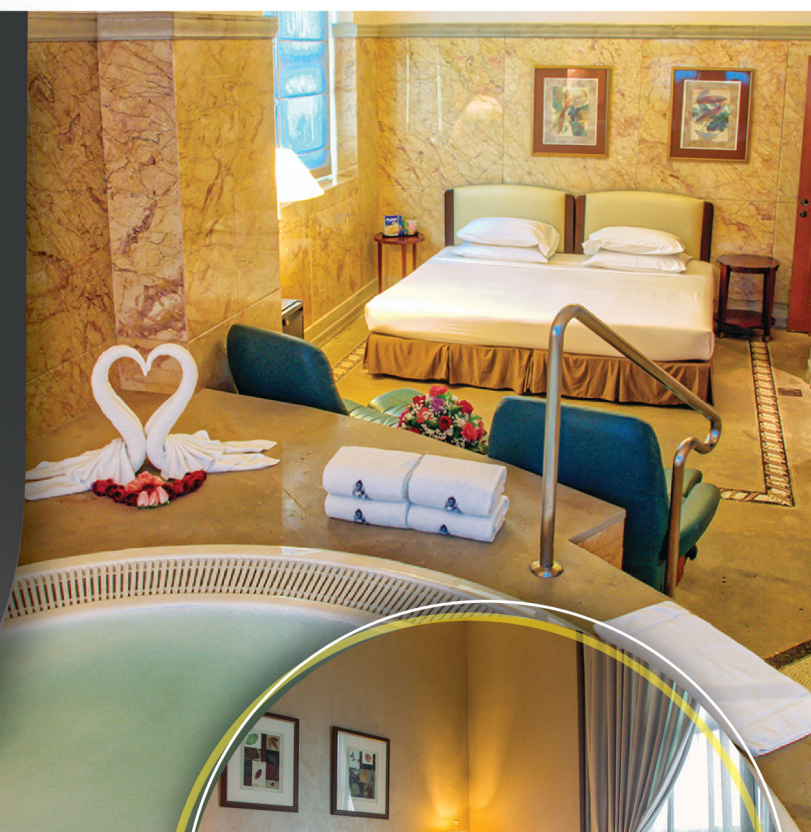
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| Rooms                | 3D2N Rates |
|----------------------|------------|
| Studio Room          | \$350 ++   |
| Straits Suite        | \$470 ++   |
| Lavender Spa Suite   | \$530 ++   |
| Sandalwood Spa Suite | \$530 ++   |
| Jasmine Spa Suite    | \$570 ++   |



# Check-in to your *Vacation!*

Do you like the idea of checking into your vacation without leaving Singapore? Be it a short getaway for relaxation or a family vacation to strengthen bond, a staycation at the Club is just the place for it! Our guest room provides you not only cosy ambience but also with conveniences of dining, workout and relaxation.

### Package includes:

- Breakfast at The Café & Terrace for two persons
- Raffles Town Club Signature Welcome Drink for two persons
- \$20 dining voucher for booking of Studio Room, \$30 dining voucher for booking of Straits Suite or \$40 dining voucher for booking of Spa Suite
- Complimentary parking for room guests
- Complimentary WIFI access

The promotion is valid for booking made from 1 March to 30 April 2024. Rooms are subject to availability upon booking. Advance reservation is required at dining outlets, subject to availability. Dining vouchers are valid for use during stay only. No refund of unused dining vouchers. Terms & conditions apply.

Prices are subject to 10% service charge and prevailing government tax.

For reservation, please call **The Front Office** at 6357 3502 / 504 or email [roomresvn@rtc.com.sg](mailto:roomresvn@rtc.com.sg).

# Harmonised *Flavours*

Take yourself on a discovery of culinary flavours through the Italian Wine Pairing Dinner at The Dining Room. Taste the highlighted flavours of authentic Italian dishes as it harmonise with the thoughtfully paired fine Italian wines. Reserve your seats today!

## Italian Wine Pairing Dinner

Date: Friday, 22 March 2024

Time: Commence at 7:00pm sharp

Please drink responsibly.

Venue: The Dining Room

Price: **\$108** w/GST per person

### WINE RECEPTION

Assorted Canapés,  
Butler Style

*Piccini 1882 Vino  
Spumante Extra Dry Nv*



### MENU

#### Appetiser

Formaggio Brie Al Forno  
Con Pancetta

Soft-ripened Cheese Baked in  
Puff Pastry, Drizzled Raspberry  
Sauce

*Piccini Costa Toscana  
Vermentino IGT 2022*

*Piccini Pinot Grigio Delle  
Venezie IGT 2022*

#### Soup

Shrimp Diavolo  
Spicy Tomato Soup with Pasta

#### Main Course

Stinco di Vitello e Spaghetti  
Osso Buco and Spaghetti  
Red Wine Sauce, Baby Arugula,  
Vine Ripe Tomato

*Piccini Chianti DOCG 2022*

*Piccini Collezione Oro  
Chianti Riserva DOCG 2019*

#### Dessert

Tiramisu Fatto in Casa  
Homemade Tiramisu  
Berries, Vanilla Ice Cream,  
Maple Sauce

#### Coffee & Tea



For enquiries, please call The Dining Room at 6357 3337.

# A Meal Cooked to *Perfection!*

Make plans to treat yourself to the Surf & Turf Special, available only at The Dining Room. The 6-course set features dishes with seafood harvesting fresh flavours from the sea accompanied by succulent meat cooked to perfection! Reserve your table at The Dining Room today!

## *Surf & Turf Special* Friday, 26 April 2024

### Menu

#### Cold Appetiser

Cold Scallop and Corn Beef Salad  
Microgreens, Cherry Tomato,  
Pickled Papaya, Pine Nut

#### Hot Appetiser

Crab Meat Stuffed Baby Potato  
and Turkey Ham Cheese Pinwheel  
Rolled Puff Pastry,  
Drizzled Cranberry Sauce

#### Soup

Cajun Seafood Gumbo with  
Roasted Chicken

#### Fish

Pan-seared Salmon and Chicken  
Sweet Potato Puree, Guacamole,  
Asparagus

#### Meat

Rosemary Mignon Steak topped  
with Shrimp Scampi  
Parmesan Cheese, Cauliflower,  
Rice Risotto

#### Dessert

Blue Flower Parfait and Chocolate  
Panna Cotta  
Wild Berry, Crunchy Crumble,  
Berry Sauce

**\$98 w/GST** per person



RAFFLES TOWN CLUB  
SINGAPORE

# BURGER BOMB

Invited a few friends over for a meal? Surprise them with a **jumbo burger**! Other than its extraordinary size, the fluffy burger bun with its juicy meat patty is sure to impress with its flavours too. Available for a limited time only.

## **Burger Bomb** Takeaway Set

**\$68 w/GST per set (recommended for 4 - 5 persons)**  
**Complimentary one bottle of soft drink (1.5L).**



**Scan me to order!**

Order via WhatsApp 8136 4936

Available from now to  
30 April 2024. While stocks last.

Terms & conditions apply.



For enquiries, please call Catering Sales at 6357 3325 / 326 / 388 or email [catering@rtc.com.sg](mailto:catering@rtc.com.sg).



**DEEP-FRIED OYSTER AND CORN COATED WITH SALTED EGG YOLK 玉米金沙生蚝**



**\$18.80** w/GST  
Available in March.

**WOK-FRIED KUROBUTA  
PORK CHOP WITH DANG  
GUI SAUCE SERVED IN  
HOT PAN**

**当归汁铁板黑猪扒**

**\$23.80** w/GST  
Available in March.



## SEIRO MUSHI GOHAN

**The promotion includes:****Mixed Sashimi**

Kanpachi, Shake, Mekajiki

Choice of:

**Unagi, Tori Seiro Mushi**

Taiwanese Grilled Eel, Tender Chicken, Edamame with Sweet Sauce

**OR**

**Aburi Kaisen Chirashi Seiro Mushi**

Flame-seared Diced Norwegian Salmon, Indonesian Tuna, Malaysian Prawn, Canadian Scallop, Ikura, Edamame, Sakura Denbu with Sushi Vinegar Rice

**OR**

**Kani Shake Seiro Mushi**

Suwai Gani Crab Leg, Norwegian Grilled Salmon, Trout Roe, Shredded Egg, Edamame, Yuzu Zest

**Dessert**

Macha Gelato, Mochi, Strawberry, Red Bean Compote

This meal is served with chawanmushi, steamed rice, miso soup and pickles.

**\$38.80 w/GST** • Available in March.

## HARU ZEN PROMOTION

**The promotion includes:****Raw**

Shirauo Ice Fish, Bonito Tataki, Fairy Squid

**Baked**

Takeo, Seafood with Cod Roe Sauce

**Steamed**

Chilean Sea Perch, Shrimp, Domyoji Glutinous Rice with Red Bean, wrapped in Cherry Blossom Leaf

**Teppanyaki**

Australian Wagyu Beef Tenderloin, Edamame, Eryngii Mushroom, Nasu, Wasabi, Sea Salt

**Oshokuji**

Aburaage Sanuki Udon, Local Asari Clam, Canadian Scallop, Kamaboko, Mitsuba

**Dessert**

Hokkaido Melon Gelato with Monaka Biscuit, Mixed Fruits

This meal is served with steamed rice, miso soup and pickles.

**\$48.80 w/GST** • Available in April.



Closed on Wednesday (Excluding Eve of PH & PH). For enquiries, please call **Miyabi Japanese Restaurant** at **6357 3335**.

## AMERICAN SPECIAL



New Orleans Chicken Gumbo Soup

Oven-baked Boston Lobster  
*Saffron Rice, Champagne Cream Sauce*

**\$48 w/GST**

## CAKE OF THE MONTH



**March**  
Mandarin Orange Cheesecake | **\$42 w/GST**



**April**  
Chocolate Coffee Mousse Cake | **\$42 w/GST**

## MARCH CHEF'S SPECIAL



Chicken Curry  
with Baguette  
**\$11.80** w/GST

Includes a cup of  
coffee or tea.

Available from 11:00am  
to 9:00pm, Monday to  
Friday in March,  
excluding PH.

## APRIL CHEF'S SPECIAL

San Lao Hor Fun  
**\$10.80** w/GST

Includes a cup of  
coffee or tea.

Available from 11:00am  
to 9:00pm, Monday to  
Friday in April,  
excluding PH.



## DRINK OF THE MONTH

Chin Chow with Longan  
**\$3** w/GST

For enquiries, please call **The Café & Terrace** at **6357 3332 / 333**.



*The Café & Terrace*

# New À La Carte Menu Launch

Calling all the foodies! The new à la carte menu at The Café & Terrace features an array of culinary delights, from Seafood Tom Yam Soup and Green Curry Chicken to some of the most popular dishes, including Hainanese Chicken Rice and Nasi Goreng Istimewa. Come and be one of the first to see what we are bringing to the plate.



SCAN ME  
VIEW THE MENU



For enquiries, please call **The Café & Terrace** at **6357 3332 / 333**.



RAFFLES TOWN CLUB  
SINGAPORE

# Sunshine & Happy Times!

The annual Summer Bazaar is here! We are planning to bring exclusive food menus to our Members and their guests, as well as activities suitable for all ages. Join us as a Booth Tenant and be part of this exciting event.

Date: **22 and 23 June 2024**

Time: **12pm to 6pm**

Venue: **The Dunearn Ballroom, Level 1**

Closing date for booth registration:  
**10 June 2024**

WhatsApp us at **8136 4936** for details



Scan me to enquire!

Book your booth  
space at the Summer  
Bazaar today!



For enquiries, please contact Catering Sales at 6357 3325 / 326 / 388 or email [catering@rtc.com.sg](mailto:catering@rtc.com.sg)

# ONLINE RESERVATION IS NOW AVAILABLE

The illustration features a large blue smartphone in the center. A woman with long black hair, wearing a light blue long-sleeved shirt and orange pants, is sitting on top of the phone, working on a laptop. To the left, a man in a light blue shirt and orange pants is walking, carrying a black briefcase and holding a smartphone. To the right, a woman with long black hair, wearing an orange top and light blue pants, is sitting on the floor, looking at a tablet. The background is a light blue abstract shape with faint leaf patterns. Dotted lines connect the people to various elements: the woman on the phone to 'THE CHINESE RESTAURANT' logo, the man to 'THE DINING ROOM' logo, and the woman on the floor to 'MIYABI JAPANESE RESTAURANT' logo. The central phone screen displays a large QR code with the text 'SCAN & BOOK' below it, and a progress bar. At the bottom of the phone screen, it says 'Or visit www.rafflestownclub.com.sg/reservation'.

THE CHINESE RESTAURANT

THE DINING ROOM

MIYABI JAPANESE RESTAURANT

SCAN & BOOK

Or visit  
[www.rafflestownclub.com.sg/reservation](http://www.rafflestownclub.com.sg/reservation)

Reservation must be made at least a day in advance.  
For reservation on the same day of visit, please call the respective outlet directly.

For enquiries, please call respective dining outlets.  
The Chinese Restaurant – 6357 3338 / 339 • The Dining Room – 6357 3337 • Miyabi Japanese Restaurant – 6357 3335

# Play with Confidence

Learning and training in a group is a fun and interactive way to pick up new sports skills. Upon completion of a 5-day tennis and swim camp, your little ones will be equipped with techniques to play a game of tennis and swim confidently in the pool! They will also be awarded a certificate too.

## **5 Full Days Tennis & Swim Camp**

Day: Monday to Friday

Time: 9:00am to 3:00pm

Price: \$700 w/GST

*Daily lunch provided for Full Day camp.*

## **5 Half Days Tennis & Swim Camp**

Day: Monday to Friday

Time: 9:00am to 12:00pm

Price: \$420 w/GST

*Lunch provided on the last day of Half Day Camp.*



**Lessons available  
every month!**

**Suitable for children aged  
between 4 and 12.**

Campers will receive photos (soft copy) and goodie bags at the end of the camp week.





# *Ignite* the Passion

Sign up for rhythmic gymnastics classes and ignite the passion for the sport in your kids. Your little ones will learn a mixture of graceful ballet and dance movements with the use of apparatus. At the same time, they will improve their agility, balance and motor skills!

## ***Rhythmic Gymnastics***

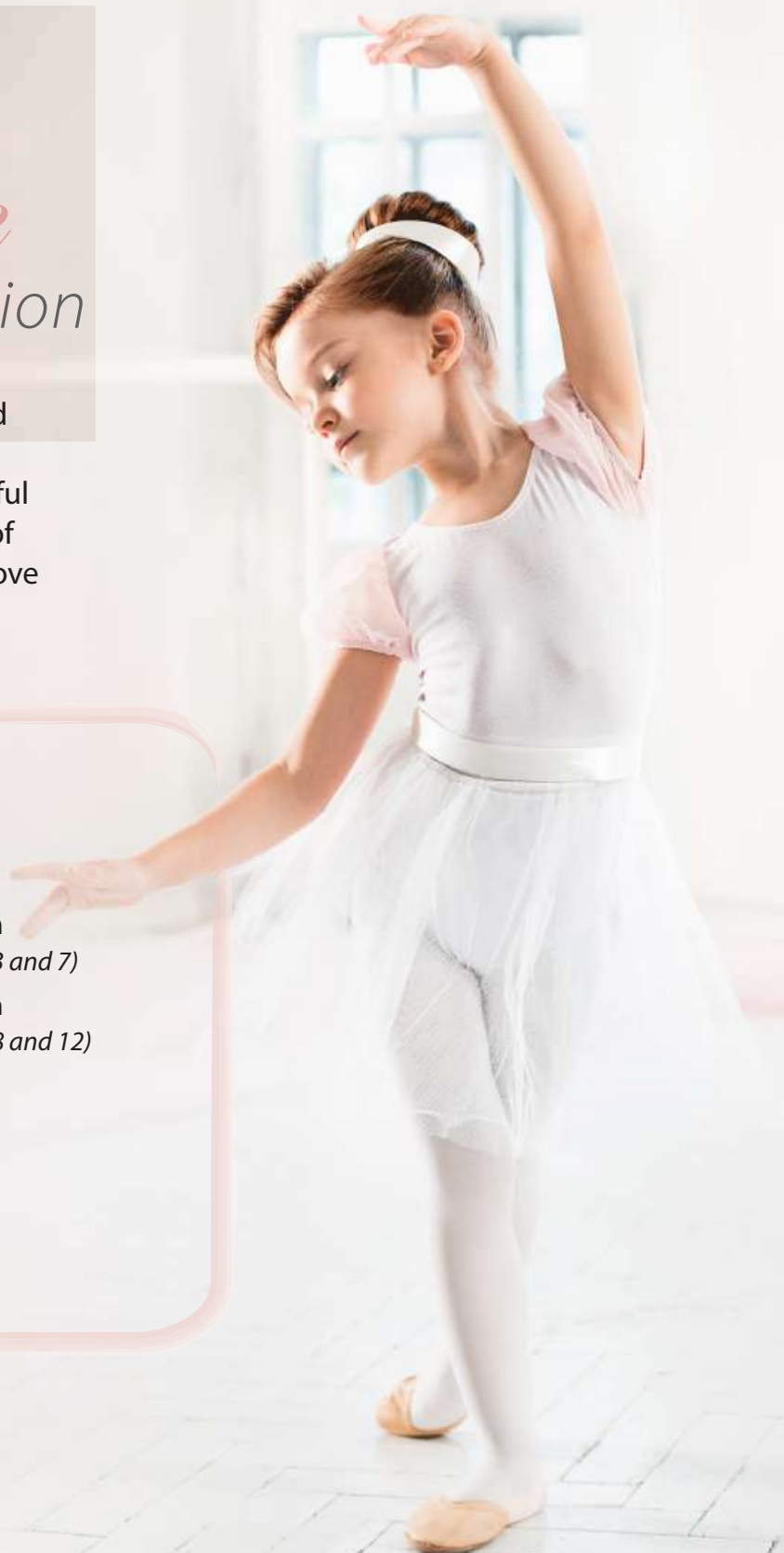
Instructor: Jessica

Time: Thursday | 2:00pm to 3:00pm  
*(Suitable for girls aged between 3 and 7)*  
Thursday | 3:00pm to 4:30pm  
*(Suitable for girls aged between 8 and 12)*

Fees: 10 sessions | \$708.50 w/GST

Venue: Aerobics Room

This class requires a minimum number of participants to commence.



**fitness**



*For You*

Fitstop is a functional fitness programme that blends strength, endurance and metabolic conditioning together. The high intensity programme in a group environment ensures that the workout session is based on your fitness level and progress according to your ability. The peer motivation to achieve your fitness goals is unparalleled. Come experience the Fitstop formula with the trial sessions!

### **Fitstop**

Instructor: Brandon and his Fitstop Team

Time: Friday, 10:00am to 11:00am

Price: 3 trial sessions | \$130.80 w/GST  
10 sessions | \$381.50 w/GST  
20 sessions | \$654.00 w/GST

Venue: Aerobics Room

***Trial Sessions  
Available!***



***Suitable for all fitness levels***

***This class requires a minimum number of participants to commence.***

# MindSpace™

The Ultimate School After School

by

## MindChamps®



Art at Gardens by the Bay

## Action-Packed Holiday Programme!

In the blink of an eye, the month-long holidays whizzed by, packed with exhilaration and learning. Our Champs from MindSpace @ Raffles Town Club made the most of their break with soccer training camp, cookery, calligraphy writing, nature exploration, and art jamming!

Our Champs ventured into nature at Rifle Range Nature Reserve, uncovering wetland wonders and encountering vibrant birdlife. It was an educational adventure through lush terrains that left a lasting impact.

Guided by their teacher, our Champs unleashed their creativity, dabbling in shapes, colours and blending techniques. Gardens by the Bay turned into an artistic haven, igniting their imagination and setting the stage for their next masterpieces.

Don't miss out on the chance to be a part of our next holiday programme.



Enrol your child now and watch them thrive at MindSpace @ Raffles Town Club (Stevens Road).



Exploring Rifle Range Nature Reserve



Explore the Art of Cookery



Unforgettable Soccer Camp

📍 **MindSpace @ Raffles Town Club (Stevens Road)** 📞 **8828 5380**

1 Plymouth Avenue, #01-00, Raffles Town Club, Singapore 297753

# THANK YOU

## for your compliments

The club would like to thank our members for giving us the wonderful opportunity to serve you. It is our desire to keep you satisfied with our services and none of our achievements would have been possible without you and your unwavering support.

### THE DUNEARN BALLROOM

I would like to extend my gratitude to Valerie and the Club for the successful event. The Hawaiian Night is a very important annual fundraising event for our rehabilitation centre and it would not have been nearly so successful if it hadn't been for your superb service.

You went above and beyond our expectations and we are really pleased with everything. Your staff were a credit to you and nothing was too much trouble. The food too was excellent. Thank you for making the event a complete success, you can be sure that we will be booking more events with you in the future and we will of course refer other businesses to you when the opportunity arises.

- Ms Lau

We would like to thank you for your good service and support rendered to our wedding and made our event a memorable one. You were so helpful in answering all our enquiries that we sent you and flawlessly arranging the setup of the ball room, table cloths, AV system and etc.

Please help us to thank the chefs, kitchen hands and the serving team for the delicious meal and great service. All our guests said that they had a great time and enjoyed the food so much. The comments given were all positive and good. They like the shark's fin, abalone and the spicy chicken which was different from usual crispy chicken served in wedding dinner. They found the dinner is much better than 5-star or 6-star star hotel wedding dinner. Thank you!

- Mr Lee

### Sports & Recreation

Zumba Party was excellent. We really enjoyed the 3 hours party. Thanks to Rani for organising this party and hope to have more event like this in the future.

- Ms Lim

### THE DINING ROOM

The Dining Room ambience is cosy and beautifully decorated. The chicken and beef dishes are great. The service from the staff is attentive and helpful. My wife and I enjoyed the 3-course dinner. We sure have great time. Thank you.

- Mr Lok

The staff is friendly, professional and paid attention to details. Our birthday dinner meal was good – piping hot soup, delicious crispy chicken and a generous portion of pork chop. Surprised that the dessert came with a candle and Happy Birthday greeting. All in all, a good dining experience.

- Ms Lim



Very good service and polite staff. Fizah and Hazre was very helpful. We enjoyed our time here. Thank you.

- Ms Seet

Staff are friendly and helpful. All of us enjoyed the game and atmosphere here. Once again, thanks to everyone for everything.

- Ms Cho

### Front Office

We got married at Raffles Town Club, so it was a delight to be back here to celebrate our wedding anniversary. All the staff here are extremely friendly and kind. We enjoy the amenities such as the pool as well.

- Mrs Low

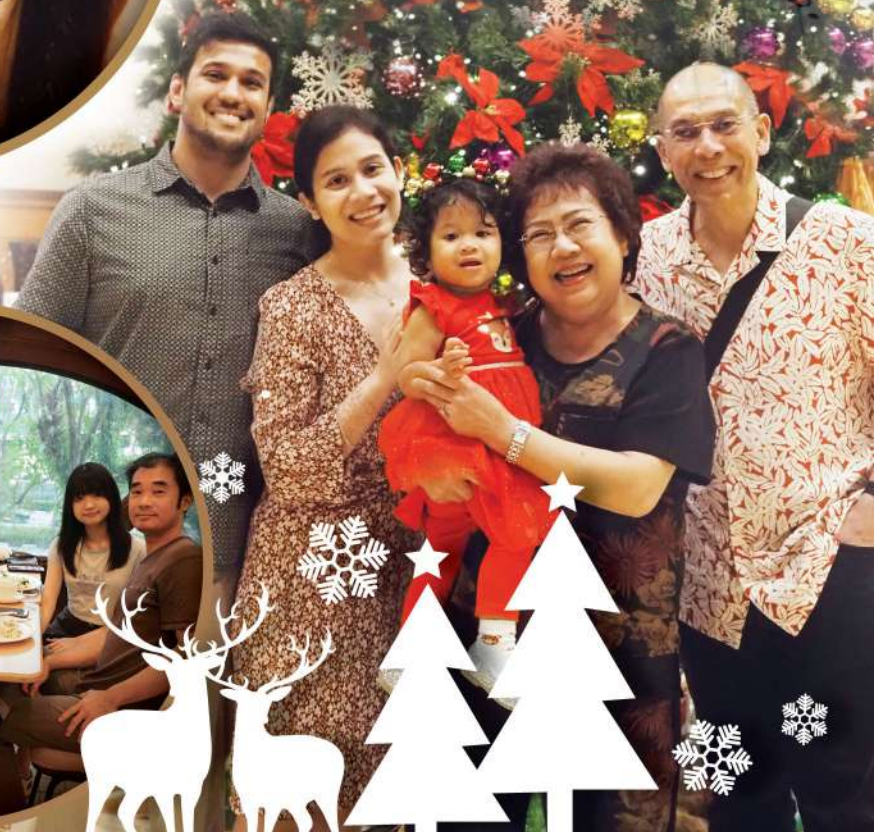
# 2023 Christmas Fair

Members who came to the Christmas Fair had a great time! Some came looking out for Christmas gifts suitable for their loved ones and went home with interesting finds they discovered at the fair. At the same time, Members also satisfied their hungry tummies with delectable exclusive dining specials available at the Signature outlets!



... Christmas with  
*Lovely Melodies...*

We spread the Christmas cheer to the dining tables of Members celebrating their Christmas at the Club! Our invited choir was at the dining venues on Christmas eve singing Christmas carols. The celebration with such lovely melodies and captivating harmonies will be wonderful memories in years to come!





## at Zumba Party

Workout session was more fun for party goers of Zumba Party at The Bar. With the Christmas theme of red and white, participants achieved a total fitness workout. After the workout, participants helped themselves to the light refreshments and catch up with their fellow party goers while exchanging Christmas well wishes.



## Car Grooming @ RTC

Basement 3, 11am - 7pm . Closed on alternate Wednesdays

By appointment only. For more information and appointment, please call **Anthony** at **6357 3479** or **9479 3668**.



**Carnauba**  
**\$228**

**Sealant**  
**\$258**

• Sealant coating

- Car wash and clean
- Standard polishing and waxing
- Hi-gloss application
- Dashboard protection
- Interior vacuum (including engine bay and boot)
- Cleaning of door panels and edges
- All windows clean, rims clean and tyres shine

**Sio2**  
**\$438**

• Sio2 ceramic coating

- Full exterior nano shampoo car wash
- Clay bar treatment to remove embedded contaminants
- A hand polishing process to work on minor swirls and scratches
- IPA process to strip off any residue on the paint surface
- Head lights and rear lights coating
- All windows coating
- Cleaning of door panels, edges and coating
- All rims coating
- All tyres are treated and coated

**Nano Graphene**  
**\$538**

• Nano Graphene coating

**Leather Protection**  
**ADD ON \$90**

Seat cleaning, anti-bacterial and fungi and leather moisturised, 4 doors conditioning and cockpit conditioning. Additional \$120 for 7 Seaters

### Terms & Conditions

- Valid for March and April 2024.
- Not valid with other discount, voucher, package or promotion and cannot be exchanged for cash.
- Valid for one-time use only. Your membership card and identification card must be presented prior to servicing to enjoy the privileges.
- An additional charge of \$20 applies for vehicles above 1500cc, \$30 for vehicle above 1800cc including Luxury Sedans, MPVs, SUVs and Jeeps and \$50 for vehicles above 2500cc.
- Services not listed in the packages will incur additional cost.
- One Stop Car Beauty Centre (OSCBC) reserves the right to amend and / or retract the promotion without prior notice.
- In the case of dispute, OSCBC's decision will be final.
- RTC is not liable for any product, service or transaction between its member and OSCBC.

**15% OFF**

\* T&Cs apply.

# Closing the *Loop*



Traditionally, many countries, including Singapore, adopt a linear economy where it follows the “take-make-throw” approach. This means that raw materials are collected, transformed into a product and after using, the product will be discarded as waste. Through production and selling, profitability is usually the only goal for businesses in the traditional linear business model. Under this model, resources are used up faster than the earth can replenish it. This diminishes the natural resources available and more efforts are needed to ensure the continuity of materials.



In the recent years, governments and businesses around the world are putting more attention on making a transition to a circular economy. The circular economy is a more sustainable economic model following the 3R approach “Reduce, Reuse, Recycle”. With the aim to prolong the lifespan of products and reducing waste from end-of-life products while keeping the resources kept in a closed loop. This can start as early as from designing a product which allow materials to be recovered from the product at the end of its life cycle.



Being a small country, resources and land are scarce for Singapore. The linear economy puts pressure on scarce resources and impacts the environment. For instance, waste needs to be incinerated or sent to a landfill. The Semakau Landfill will be filled up in years at the current rate of waste generation. Hence, there is a need for Singapore to shift from linear economy and adopt the circular economy approach.

Through circular economy, going green gives opportunity for a new economy that can be economically profitable and benefits the environment. Singapore utilises the circular economy to look at new possibilities to reduce waste generation, promote energy efficiency and using more sustainable materials.

There are policies in place to encourage sustainable production and consumption. For instance, businesses are incentivised to design products that are easily recycled or has circular business models to close the waste loop. These result in reduction of waste, drive greater resource productivity and reduce environmental impact of production and consumption in Singapore and abroad.

Singapore has a Zero Waste Masterplan targeting to reduce 3 types of waste: e-waste, food waste and packaging waste. For instance, Singapore has achieved a recycling rate of 99% in 2018 for the construction industry by reducing and recycling construction and demolition waste. Wastewater from electronics and biomedical industries are relatively clean and does not require much treatment for water recycling. Companies in these industries can practice water conservation and enjoy reduced water bills while enhancing resource resilience.





## Reduces Waste & Save Resources



Circular economy approach is more than just reducing waste. It can be employed across various sectors and different stages of product life cycle. Homogenous food waste like spent grains and soya bean waste are recycled into animal feed, supporting Singapore's goal of producing locally 30% of its nutritional needs. Food waste at some food centres and malls are treated with on-site treatment systems converting it into liquid nutrients or compost for landscaping purposes and water for non-potable use. Food waste that is not recycled or treated is sent to Waste-to-Energy plants for energy recovery.

Consumers are also encouraged to be part of the circular economy by making lifestyle changes. For instance, using reusable bags for grocery shopping and using reusable containers when buying take away food. There are also initiatives to encourage consumers to repair, refurbish and repurpose old items at home. Consumers are also encouraged to recycle items. Studies show that one in three household in Singapore uses the recycling bins at least once a week.

### As a consumer, these are some of the actions we can take to support the circular economy:

Buy durable and reusable products as this reduces waste and save resources

Choose products that can be recycled or repurposed at the end of the product's life cycle, reducing the need to source for new materials

Choose products made from recycled or renewable materials, this will reduce carbon footprint

Repair or refurbish old items to extend the product's life

Recycle by following guidelines and placing items in the correct recycling bins, for instance, electronics, plastics, paper, glass, metal and textile



**The transition to a circular economy takes time and require efforts from government, businesses and consumers. Let us start making changes and support the circular economy for a more sustainable future!**

# Eat with colours of the RAINBOW



If you want to live healthier, add colours to your plate each day with the five main colour groups. Colourful fruits and vegetables are essential to our bodies because they contain phytonutrients. These compounds give plants their eye-catching hues and distinctive taste. Phytonutrients work synergistically to promote overall health and have potent anti-cancer and anti-disease effects, thus protecting us from chronic diseases.

## The 5 Main Colour Groups

### Red & Pink

Tomato, Watermelon, Strawberry, Cherry, Cranberry, Pomegranate, Red Apple, Red Bell Pepper

Nutrients - Polyphenol, Lycopene

Health Benefits - Anti-tumour, fights heart disease, prevents heart and lung diseases



### Blue & Purple

Blueberry, Blackberry, Grape, Dates, Eggplant, Prune, Purple Fig

Nutrients - Flavonoid, Anthocyanin

Health Benefits - Antioxidant, aids eyesight, helps the heart by blocking the formation of blood clot



### Yellow & Orange

Orange, Carrot, Pumpkin, Papaya, Pineapple, Peach, Butternut Squash, Grapefruit, Mango, Corn

Nutrients - Beta-carotene

Health Benefits - Antioxidant, supports healthy skin



### White

Cabbage, Onion, Garlic, Soya Bean, Cauliflower, Banana, Mushroom, Radish

Nutrients - Isoflavone, Anthoxanthin, Quercetin

Health Benefits - Antioxidant, promotes digestive tract health



### Green

Kiwi, Avocado, Broccoli, Spinach, Asparagus, Celery, Cucumber, Kale, Spinach, Zucchini, Lime

Nutrients - Folic Acid, Vitamin C, Catechin

Health Benefits - Fights fatigue, reduces the risk of cardiovascular diseases



## How to Get Started

Each colour provides various health benefits, so balancing all colours in your diet is the most important. Try to include as many plant-based colours in the meals and snacks as possible.

According to the food pyramid, you should eat up to 9 servings of vegetables and fruits daily. Filling at least three-quarters of your plates with vegetables at lunch and dinner is recommended. Instead of sugary treats, try whole fresh fruits for between-meal snacks to satisfy your sweet tooth. Getting the most of phytonutrients also means eating the colourful skin of your fruits and vegetables, such as apple, eggplant and pear, as it provides the most concentrated sources of beneficial chemicals.

## The Dos and Don'ts

Eat fruits and vegetables that are in season to ensure you are getting a good variety of colours throughout the year. For instance, this includes asparagus and peppers for Spring, watermelon and cucumber for Summer, pumpkin and pears for Fall, and pomegranate and orange for all.

Avoid eating canned fruits because they are often soaked in sugary syrup, and canned vegetables tend to have more sodium. However, frozen fruits and vegetables are fine, as studies have shown that frozen produce is nutritionally similar to fresh produce.

Limit the amount and type of sauces or dips taken with your fruits and vegetables. For example, go for a lighter salad dressing, such as a vinaigrette or non-fat yoghurt and try sprinkling apple slices with cinnamon powder instead of peanut butter.



How you prepare your fruits and vegetables also matters. Eating fresh is always the best. Steaming and grilling are also ideal as Vitamin C and folate, two water-soluble vitamins, are greatly retained when steamed compared to other cooking methods. Avoid boiling vegetables as the nutrients leach out, and you lose the health benefits of it.

## Healthy Drink Recipes

If eating daily recommended fruits and vegetables is challenging, making juice is a tasty and easy way to help you pack many healthy nutrients into a drinkable treat. All you need to do is wash the ingredients well, cut them into appropriate sizes and place them into a blender or juicer. Here are healthy juice recipes to get you started.



### Carrot & Broccoli Juice

Carrot - 160g      Pear - 100g  
Broccoli - 150g      Celery Stalk - 80g

#### FACTS:

Carrots are rich in biotin, potassium, and vitamin A, which help relieve stress and promote good vision. Broccoli contains glucosinolates, which our body can convert into substances that fight cancer.

### Cabbage & Apple Juice

Cabbage - 400g      Apple - 180g

#### FACTS:

Cabbage is a good source of dietary fibre and contains vitamins, minerals, and anti-cancer nutrients. Not only does it aid digestion, but it also keeps you fuller for longer. Apple is rich in antioxidants, enzymes, malic acid, fibre and is good for lowering cholesterol.

### Cucumber & Pear Juice

Cucumber - 160g      Pineapple - 75g  
Pear - 150g      Lime - 30g  
Apple - 90g

#### FACTS:

Due to the mineral balance and high water content in cucumber, it is one of the best natural diuretics. Pear, high in Vitamin C and K, and water content relieves thirst and reduces phlegm. The combination makes it a hydrating and refreshing drink for hot weather.

## Dazzling Highlights from the 2023 Year End Concert

After two years of virtual concerts, there was much excitement as our Champs took centre stage for a spectacular live concert in 2023! This event marked a triumphant return to the vibrant, joyous atmosphere of live performances that we sorely missed during the Pandemic.

Months of preparation and dedication resulted in an unforgettable show that celebrated MindChamps' Revolutionary 3-Mind Education Approach: The Champion, Learning and Creative Mind, with superb performances from our Champs.

From N1 to K2, all our Champs came together to celebrate the culmination of a year filled with growth, laughter, and learning. It was a heart-warming sight to witness our Champs joining hands to showcase their talents and express their creativity.

The cheers and applause of our proud and delighted Champion Parents filled the auditorium and added an extra layer of warmth to the event.

Behind the scenes, our dedicated Champion Teachers played a pivotal role in making the concert a success, reflecting the effort and commitment of the team.

This concert was more than just a performance; it was a celebration of gratefulness, love, and the collective journey of growth. We eagerly look forward to another spectacular showcase in 2024, anticipating even greater achievements and milestones from our Champs.



# MOVIE SCREENINGS

AT THE THEATRE

## MAR 2024



**TRANSFORMERS: RISE OF THE BEASTS (PG-13)**  
127 MINUTES

Action | Adventure | Sci-fi

Stars: Anthony Ramos, Dominique Fishback, Luna Lauren Velez

During the '90s, a new faction of Transformers - the Maximals - join the Autobots as allies in the battle for Earth.



**HAUNTED MANSION (PG-13)**  
123 MINUTES

Comedy | Drama | Family

Stars: LaKeith Stanfield, Rosario Dawson, Owen Wilson

A single mum named Gabbie hires a tour guide, a psychic, a priest and a historian to help exorcise her newly bought mansion after discovering it is inhabited by ghosts.



**CHRISTOPHER ROBIN (PG)**  
104 MINUTES

Adventure | Comedy | Drama

Stars: Ewan McGregor, Hayley Atwell, Bronte Carmichael

A working-class family man, Christopher Robin, encounters his childhood friend Winnie-the-Pooh, who helps him to rediscover the joys of life.



**PARENTAL GUIDANCE (PG)**  
105 MINUTES

Family | Comedy

Stars: Billy Crystal, Bette Midler, Marisa Tomei

Artie and Diane Decker agree to look after their three grandchildren when their type-A helicopter parents need to go out of town for work. Problems arise when their 21<sup>st</sup> century behaviour collides with Artie and Diane's old-school methods.



**JACK REACHER (PG-13)**  
130 MINUTES

Thriller | Action | Mystery

Stars: Tom Cruise, Rosamund Pike, Richard Jenkins

A homicide investigator digs deeper into a case involving a trained military sniper responsible for a mass shooting.

| DAY | DATE   | TIME   | TITLE                            |
|-----|--------|--------|----------------------------------|
| Sat | 2 Mar  | 2:30pm | Transformers: Rise of the Beasts |
| Sat | 2 Mar  | 8:00pm | Haunted Mansion                  |
| Sun | 3 Mar  | 2:30pm | Christopher Robin                |
| Sat | 9 Mar  | 2:30pm | Parental Guidance                |
| Sat | 9 Mar  | 8:00pm | Jack Reacher                     |
| Sun | 10 Mar | 2:30pm | Transformers: Rise of the Beasts |
| Fri | 15 Mar | 2:30pm | Christopher Robin                |
| Sat | 16 Mar | 2:30pm | Haunted Mansion                  |
| Sat | 16 Mar | 8:00pm | Christopher Robin                |
| Sun | 17 Mar | 2:30pm | Parental Guidance                |
| Sat | 23 Mar | 2:30pm | Jack Reacher                     |
| Sat | 23 Mar | 8:00pm | Transformers: Rise of the Beasts |
| Sun | 24 Mar | 2:30pm | Haunted Mansion                  |
| Fri | 29 Mar | 2:30pm | Transformers: Rise of the Beasts |
| Sat | 30 Mar | 2:30pm | Christopher Robin                |
| Sat | 30 Mar | 8:00pm | Parental Guidance                |
| Sun | 31 Mar | 2:30pm | Jack Reacher                     |

No food & beverage allowed. Seats are on first come first served basis.

Movies and screening times are subject to change without prior notice. For the latest screenings, please call Member Relations at 6357 3322 / 323.

# MOVIE SCREENINGS

AT THE THEATRE

## APR 2024



**MISSION: IMPOSSIBLE – DEAD RECKONING PART ONE (PG-13)**  
**163 MINUTES**

Action | Adventure | Thriller

Stars: Tom Cruise, Hayley Atwell, Ving Rhames

Ethan Hunt and his IMF team must track down a dangerous weapon before it falls into the wrong hands.



**PAW PETROL: THE MIGHTY MOVIE (PG)**  
**88 MINUTES**

Animation | Action | Adventure

Stars: Dan Duran, Kristen Bell, James Marsden

A magical meteor crash lands in Adventure City and gives the PAW Patrol pups superpowers, transforming them into The Mighty Pups.



**AVENGERS: ENDGAME (PG-13)**  
**181 MINUTES**

Adventure | Action | Drama

Stars: Robert Downey Jr., Chris Evans, Mark Ruffalo

After the devastating events of Avengers: Infinity War, the universe is in ruins. With the help of remaining allies, the Avengers assemble once more to reverse Thanos' actions and restore balance to the universe.



**10 CLOVERFIELD LANE (PG-13)**  
**103 MINUTES**

Horror | Drama | Mystery

Stars: John Goodman, Mary Elizabeth Winstead, John Gallagher, Jr.

A young woman is held in an underground bunker by a man who insists that a hostile event has left the surface of the Earth uninhabitable.



**RESPECT (PG-13)**  
**145 MINUTES**

Biography | Drama | Music

Stars: Jennifer Hudson, Forest Whitaker, Marlon Wayans

Following the rise of Aretha Franklin's career from a child singing in her father's church's choir to her international superstardom, RESPECT is the remarkable true story of the music icon's journey to find her voice.

| DAY | DATE   | TIME   | TITLE   |
|-----|--------|--------|---|
| Sat | 6 Apr  | 2:30pm | Mission: Impossible - Dead Reckoning Part One |
| Sat | 6 Apr  | 8:00pm | Paw Petrol: The Mighty Movie                  |
| Sun | 7 Apr  | 2:30pm | Avengers: Endgame                             |
| Wed | 10 Apr | 2:30pm | Mission: Impossible - Dead Reckoning Part One |
| Sat | 13 Apr | 2:30pm | 10 Cloverfield Lane                           |
| Sat | 13 Apr | 8:00pm | Respect                                       |
| Sun | 14 Apr | 2:30pm | Mission: Impossible - Dead Reckoning Part One |
| Sat | 20 Apr | 2:30pm | Paw Petrol: The Mighty Movie                  |
| Sat | 20 Apr | 8:00pm | Avengers: Endgame                             |
| Sun | 21 Apr | 2:30pm | 10 Cloverfield Lane                           |
| Sat | 27 Apr | 2:30pm | Respect                                       |
| Sat | 27 Apr | 8:00pm | Mission: Impossible - Dead Reckoning Part One |
| Sun | 28 Apr | 2:30pm | Paw Petrol: The Mighty Movie                  |

No food & beverage allowed. Seats are on first come first served basis.

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