

# fusion

civil service club | one membership, three distinct experiences

May-June 2011  
MICA (P) 139/12/2010

## ON THE RUN, ON THE HUNT!

BCA Green Building Challenge 2011



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Green Building Challenge 2011 | MOE Healthy Lifestyle | STAR Games Awards Presentation Ceremony



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Charlie Ng  
General Manager, CSC

## From the GM'S DESK

IN the past few FUSION articles, I elaborated on the development and upgrading plans of the Club. This has been to update members on the Management's intention to rebrand Civil Service Club as a club of choice for public officers. Through our 3 Clubhouses, CSC provides a wide selection of quality facilities and activities to meet the diverse needs of our members. To achieve this, the Management will focus on four main areas.

### Continually upgrade Club facilities

Good news: many improvements to the Tessensohn Clubhouse have now been completed! We have improved the accessibility of our parking facilities. With the new lift at Tessensohn Clubhouse up and running, members can now park their cars at the covered car park and use the respective lift lobbies to access their desired destination. Storage areas have been provided in each basement car park lobby for bowlers to store their bowling balls in the rental lockers. A dedicated car park lot which provides easy access to each lift lobby has also been reserved for those who may have mobility issues to park their car. Lighting in the car park has been replaced with LED lights and signage upgraded.

Our recreational facilities have also been given a facelift. The tennis courts have been painted and refurbished. The sound systems in the auditorium and the function rooms have also been upgraded to provide members with a better audio experience. Do visit the Clubhouse to experience its new look and feel firsthand.

### Improve service standards

The Club has updated our Constitution and by-laws to improve the transparency of our operations and renew our commitment to providing members with excellent service offerings. The main changes that affect the members are highlighted on page 5 of the document. Members can browse through the revised Constitution and by-laws at their leisure at [www.csc.sg](http://www.csc.sg) via the Download tab. We will also invest in more staff training this FY to institute high service standards within the Club.

### Organise stimulating activities

Some of the new and exciting activities which the Club will be rolling out include the COMIFEST that we are organising at Bukit Batok Clubhouse during the upcoming June holidays. This will be a 2-day extravaganza featuring a wide array of comic books to appeal to fans, both young and old. There will also be COS-Play Characters on parade for photography opportunities.

To give members something new to look forward to, there will be a themed activity each month. For June, parents might enjoy the parents' survival guide which offers a wide range of family-centric activities to encourage parent and child bonding. These include educational road trips to Malaysia for the entire family. Other activities throughout the year include wine and food pairing sessions at Changi Clubhouse, as well as a Civil Service Karaoke Competition with the preliminary rounds held between August and November 2011. Champions will be decided during our annual Civil Service Club Countdown Party, so get those vocal cords warmed up!

### Enhance membership value

We are exploring various ways to enhance membership value. One such initiative is the recent Civil Service Club-PAssion Card (CSC-PA) partnership. The Club is giving a complimentary CSC-PA Card to all principal card members committing to a 2-year membership with the Club. Members need only carry this card to use the Club's facilities, enjoy its EZ-link facility and a wide range of discounts from the extensive retail outlets and trade merchants of both Passion Card and Civil Service Card. We are encouraged by members' positive response to this thus far. The CSC-PA Card will be issued to members in June 2011.

To further promote the Club as a truly family club, we have recently enabled principal card members to sign up for a supplementary card for their parents. This will allow a member's spouse, children and parents to easily enjoy the benefits of Club membership and is one of the ways that the Civil Service Club supports family togetherness.

To show our appreciation for members' support, members participating in the Club's social activities will now receive a 10% rebate voucher from the Club for every \$50 spent on such activities. This will be effective from 1 May 2011 and can be used to either off-set the cost of participating in future Club social activities or use of the Club's facilities.

Thank you and let me take this opportunity to wish all members good health and happiness!



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Group photo with GOH, Mr Neo Choon Keong

# ON THE RUN, ON THE HUNT!

## BCA GREEN BUILDING CHALLENGE 2011



FOR the second consecutive year, the Civil Service Club was appointed to run the Green Building Challenge for Building Construction Authority (BCA). The event took place on Saturday, 2 April 11, in conjunction with the BCA's Green Building Exhibition.

Flagging off from Plaza Singapura, the 16 teams from various tertiary institutions were given clues to search for 3 Green Buildings: 313@Somerset, InnoVillage@Singapore Polytechnic and the National Library.

At each location, the teams had to find and identify, with the help of clues, green features located in the buildings. They were also given tasks at different checkpoints – such as constructing a 50cm-tall wind-proof structure out of waste materials (empty cans, newspapers) – before they could move on to the next Green Buildings.

At the end of the race, when the top teams were asked what their winning formula was, “teamwork!” was their chorus, and not surprisingly so, as the participants agreed communication and coordination within the team made a big difference. Other vital factors they

cited include reading up on green buildings and eco-friendly issues and technology beforehand, physical stamina, having a good strategy to minimize travelling time, and tapping on quick wits to decipher the clues given.

The event proved to be an educational experience in more than one way. The students learnt more about various buildings' energy-saving features and green technology – which they had previously not been aware of – and also had a chance to practice thinking on their feet, literally.

Congratulations to the winners!

Winner: **Catholic Junior College**

(Sean Tan, Chua Jun Xiang, Crystal Yung, Kuan Jun Ren)

1<sup>st</sup> runner-up: **Dunman High School**

(Chew Woon Ping, Tan En Zhi, Shirlyn Ng, Sabrina Leong)

2<sup>nd</sup> runner-up: **Raffles Institution (Junior College)**

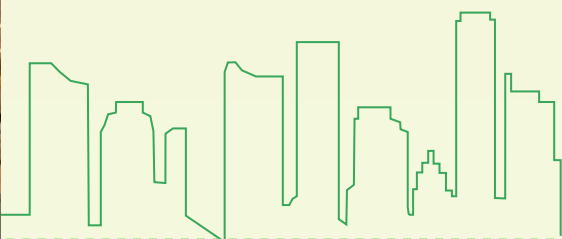
(Edmond To, Chen Liushifeng, Lin An Cheng, Brenda Ong)

3<sup>rd</sup> runner-up: **Anglo Chinese Junior College**

(Chua Wan Ping, Lester Chua, Chua Ying Zhi, Aidan Sim)







# INTERESTING GREEN FEATURES

spotlight:

## 313 @ Somerset



Overhead fan at Discovery Walk cools the surroundings.



The skylight illuminates the mall, naturally!



Rotating green columns refreshen the air.

## The National Library



Light reflectors cut down on the need for indoor lighting.



Windy open plaza with the wind tunnel effect



Sunshade, a refuge from the searing heat.

## InnoVillage @ Singapore Polytechnic



Reused containers for office or classrooms.



Sunpipes that bring sunlight indoors.



Solar kiosk to power small electrical appliances.



Green electrical car runs on batteries.

CSC organises over 300 events and activities annually. To engage our event organiser for your corporate needs please email to [events@csc.sg](mailto:events@csc.sg) or call 63915613.



# :happenings



Guest-of-Honour Ms Grace Fu warms up with Fun Walk participants



Warming up before the Fun Walk.



Lots of healthy food available at the bazaar.



There were even foot massagers!



Tips on how to eat healthily



Aiming for success



Chef Lisa Leong's cooking demonstration



Snacking, the healthy way



Trying out some hip hop dance moves



Winners of the bowling competition

## MOE HEALTHY LIFESTYLE DAY 2011

BUKIT Batok Clubhouse hosted over 2,000 staff from Ministry of Education (MOE) on 21 March 2011 for its annual Healthy Lifestyle Day. MOE had engaged Civil Service Club to provide a suite of programs that promotes healthy living and personal wellness among the MOE staff. Guest-of-Honour, Ms Grace Fu, Senior Minister of State (Ministry of National Development & Ministry of Education), was invited to grace the event and to flag off the mass walk to Xiao Guilin. At other parts of the Club, a series of programs like the Amazing Race, hands-on archery, bhangra and hip-hop dance workshops, deep water workout at the swimming pool, and bowling competition took place concurrently. There was also a cooking demo by celebrity chef Lisa Leong and a talk on healthy cooking and eating. It was a fun-filled event for all the participants and certainly a great day out at Civil Service Club at Bukit Batok.







Gathering around to honour colleagues



Mr Tan Boon Huat awarded trophies and awards to the winners



MOE sports rep Mr Tay Lay Hian



Fun and camaraderie



Cheering on colleagues

## STAR GAMES AWARD Presentation Ceremony

THE Civil Service Club held the STAR Games Award Presentation Ceremony on Tuesday, 22 March 11, to honour the sports achievements of the various government agencies and contributions made by the Club's games convenors and sports liaison officers.

More than 100 guests gathered at the Ruby Room of Club CSC @ Tessensohn for the yearly event and were treated to a sumptuous dinner. In his address, Guest-of-Honour and Chairman, Board of Games, Mr Tan Boon Huat, announced that the participation rate in the 2010 STAR games had reached a new high of 12,438 which was 2.3% more than the 2009 figure of 12,157. He warmly congratulated and thanked the games convenors and sports liaison officers for their contributions and commitment in achieving the better results. He also congratulated Ministry of Education (MOE) for winning the coveted Division I Championship Trophy in 2010 and JTC Corporation for winning the Division II championship for the third time.

Mr Tan also presented to the CSC games convenors and sports liaison officers recognition awards as well as the Incentive Grants, "Welcome Gifts" and "Continuous Participation" Awards for their organisations. Ministry of Home Affairs registered the highest number of participants (1,529) in the 2010 games while the Ministry of Health recorded the highest increase with 219 more participants (or 32%) compared to the previous year.

Mr Ahmad Shah Abdul Ghani and Mr Tay Lay Hian were honoured for helping MOE clinch the STAR Games Division I Challenge Trophy for 2010. Mr Ahmad Shah said that it took a lot of effort and hard work to garner the support from convenors and team members, especially since teachers were busy most of the time. Mr Tay also credited great support from the various team captains. Both of them thanked all their colleagues at MOE for all the support and commitment.



Mr Tan presenting an award to Mr Lian Kim Fatt, CSC Football Convenor



Showing off his disco moves



Fun party games to break the ice!

## Checkmate Again For MOE



Champion chess team from MOE

THE Ministry of Education (MOE) triumphed once again, beating the Ministry of Health (MOH), to emerge as champion in the Public Service Chess Competition which was held at the Club CSC @

Tessensohn on Saturday, 26 March 11. The event attracted a total of 17 teams from 10 government agencies.

After MOE's win over MOH the previous year, MOE team captain Mr Francis Lee was unsure if they could repeat the feat this year. "We are very happy to beat MOH two years in a row," he said, adding that the team had conflicting schedules and often had to train by themselves. He credited his team for keeping their chess playing skills sharp by competing in other national competitions, and gave a special mention to team member Mr Junior Tay for helping to work out their winning strategy on the day of the competition.

### Overall Positions

Champion	: Ministry of Education (1)
1 <sup>st</sup> Runner-Up	: Ministry of Health
2 <sup>nd</sup> Runner-Up	: Ministry of Education (2)
3 <sup>rd</sup> Runner-Up	: Housing & Development Board

## MHA Are Champions Again!



Champion football team from MHA

IT was a day of celebration for the Ministry of Home Affairs (MHA) when it claimed the champion's trophy yet again at this year's Public Service Football Tournament. The event was held at St Wilfrid's Field with preliminary rounds on 26 and 27 March 11, and the finals on 29 March 11. A total of 26 teams from 17 government agencies participated in the event.

MHA team convener Mr Maniam Chetty said that it was very good to win, and credited his team members for going "all out" and giving their best in the competition. He also praised them for being in top form as they were also concurrently training for the National Football League.

### Results

Champion	: Ministry of Home Affairs (1) SPF
1 <sup>st</sup> Runner-Up	: Ministry of Home Affairs (2) SPF
2 <sup>nd</sup> Runner-Up	: Ministry of Education
3 <sup>rd</sup> Runner-Up	: Ministry of Home Affairs (4) ICA

## Upgrading to serve you better



### For your sporting needs

The tennis courts have been resurfaced to provide a more pleasant playing experience. Water coolers have been installed too. The bowling center facilities have been enhanced with new equipment and fittings, such as LCD monitors and carpets, for a more cosy ambience.

### For your convenience

A new building housing the new lift, the Bowling Pro-shop and cafe is now completed. The lift provides quick and easy access to all facilities from the car park to the roof-top tennis courts.

### Pool Terrace & Roof Deck

The pool terrace is now available for corporate and private functions. For enquiries, please contact Genie Wong at 6391 5623 or email [geniewong@csc.sg](mailto:geniewong@csc.sg) for details.



# PUBLIC SERVICE WEEK

Serving the nation & proud of it | 2011

Public Service Week is held in the third week of May every year. It lets officers reflect on the meaning of being a public officer, and to recognise and celebrate our achievements as a Public Service. This year, Public Service Week 2011 (PSW2011) will be held from 16 to 20 May 2011. Our theme for PSW2011 is Family, where we recognise and celebrate how the different agencies come together like members of the Public Service family to serve Singapore.

## PSW2011 PROGRAMME LINE-UP

The PSW2011 programme calendar has a whole range of events that will cater to the various interests of our public officers. The ever-popular Learning Journeys and Learning Activities are back this year, with a greater selection to choose from, such as trips to the SCDF Heritage Centre and to IDA for an iExperience. Civil Service College will also have a Learning Carnival at the College on 18 May where the Learning Activities will be held.

For the more active officers, Civil Service Club will hold their STAR games in conjunction with PSW2011 and these include futsal, bowling and many others. If you prefer a more leisurely activity, do sign up for the Mass Taiji Workout

where we will try to break the Singapore Book of Records for the most participants in a mass workout event

To end the week with a bang, the first ever PSW Finale Event will be held, showcasing PS Got Talent, the first ever talent competition for our public officers. The talent competition will pit Public Officers against each other with their individual talents. Do come and support your fellow colleagues! The finale will also feature unsung heroes across the Public Service to recognise their contributions, as well as prize presentations for winners of the STAR games

## PSW SPECIALS

Aside from the events lined up, agencies across the Public Service have also offered special tie-ups to benefit public officers. This is to recognise and celebrate the diversity of the work of our agencies. These include free entry to public swimming pools for all public officers and free eye check-ups by Singapore Polytechnic and many more.

To find out more and to register for the various events, please visit our website at [www.publicserviceweek.gov.sg](http://www.publicserviceweek.gov.sg), or approach your agency representatives for more information.





## MHA Dominates The Court



Overall Champion team from MHA

THE Ministry of Home Affairs (MHA) swept the top three spots in the Men's Open category of the Public Service 3-on-3 Basketball Tournament, and also took third position in the Women's Open category. This was enough for the Ministry to nip ahead of the Ministry of Education to win the overall championship title. The finals took place on Saturday, 9 Apr 11 at the Club HDB, from 10am to 9pm. A total of 60 teams from 24 government agencies took part in the tournament.

MHA basketball convenor Mr Soh Wan Khua said his teams were "delighted and motivated" by their results, and would

spur them to put up similar performances in the full-formation STAR Games Basketball Tournament. Their success, which came despite not having any specific training schedules, was credited to good teamwork, smart strategy and the players' skills.

### Women's Open

Champion	: Ministry of Education (4)
1 <sup>st</sup> Runner-Up	: Ministry of Education (3)
2 <sup>nd</sup> Runner-Up	: Ministry of Home Affairs (1)
3 <sup>rd</sup> Runner-Up	: Ministry of Education (2)

### Men's Open

Champion	: Ministry of Home Affairs (2)
1 <sup>st</sup> Runner-Up	: Ministry of Home Affairs (3)
2 <sup>nd</sup> Runner-Up	: Ministry of Home Affairs (1)
3 <sup>rd</sup> Runner-Up	: Prime Minister's Office

### Overall Positions

Overall Champion	: Ministry of Home Affairs
1 <sup>st</sup> Runner-Up	: Ministry of Education
2 <sup>nd</sup> Runner-Up	: Prime Minister's Office

# ComiFest 2

IT'S SHOWTIME!

Singapore

04-05 / 06 / 2011

**Venue :** Club CSC@Bukit Batok  
91 Bukit Batok West Ave 2  
**Date :** 4th -5th June 2011 (Sat & Sun)  
**Time :** 11.00a.m to 6.00p.m

**Singapore ComiFest is an Animes, Comics and Games Event!**

- **Free Special Door Gift\*!**
- **Come and visit our Comic Artists!**
- **Join in the fun with our activities and get a Souvenir gift!**
- **Meet the Interesting Cosplayers and take photo with them!**
- **Get exposure on ACG products in SGComiFest!**

*\*While Stock Lasts*

For enquiry contact Wee Tian Beng 6748 6778  
or Doris Ong 6514 3630

Organized By:



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## Ministry Of Defence Smashes To Victory

THIS year's Public Service Badminton Tournament was held from 1 to 28 Mar 11 at Club CSC @ Tessensohn, and saw 69 teams from 24 government agencies engage in intense competition. As expected, finals in the four categories were contested between teams from Ministry of Defence (MINDEF) and Ministry of Education. Both ministries emerged champions in two categories, but MINDEF edged out its arch rival to clinch the overall championship title. MINDEF's Major Victor Sim said that the team felt "incredible and fantastic", and that it was a dream to achieve a perfect string of wins since they first won in 1999. He credited the team's passion and dedication for contributing to their win, and thanked the unit commanders and family members of the team members for supporting them through the years.

### Women's Open

Champion : Ministry of Education  
 1<sup>st</sup> Runner-Up : Ministry of Defence  
 2<sup>nd</sup> Runner-Up : Ministry of National Development  
 3<sup>rd</sup> Runner-Up : Ministry of Health

### Men's Active Agers

Champion : Ministry of Defence  
 1<sup>st</sup> Runner-Up : Singapore Polytechnic  
 2<sup>nd</sup> Runner-Up : Ministry of the Environment and Water Resources  
 3<sup>rd</sup> Runner-Up : Housing & Development Board

### Men's Senior

Champion : Ministry of Education  
 1<sup>st</sup> Runner-Up : Ministry of Home Affairs  
 2<sup>nd</sup> Runner-Up : Ministry of Defence  
 3<sup>rd</sup> Runner-Up : Housing & Development Board

### Men's Open

Champion : Ministry of Defence  
 1<sup>st</sup> Runner-Up : Ministry of Education  
 2<sup>nd</sup> Runner-Up : Ministry of Home Affairs  
 3<sup>rd</sup> Runner-Up : Land Transport Authority

### Overall Positions

Champion : Ministry of Defence  
 1<sup>st</sup> Runner-Up : Ministry of Education  
 2<sup>nd</sup> Runner-Up : Ministry of Home Affairs  
 3<sup>rd</sup> Runner-Up : Singapore Polytechnic



Overall Champion team from Mindef



Champion of Women Category, MOE

## Kicking To Victory, Once Again



Champion Sepaktakraw team from MHA

THE Ministry of Home Affairs almost made a clean sweep of both the Inter-team and Inter-regu Public Service Sepaktakraw Tournament. Both finals were held at

the PERSES Centre of Excellence, the former on Sunday, 27 Feb 11 while the latter took place on Saturday, 19 Feb 11.

Mr Roslan Kemat, MHA's sepaktakraw convenor, said his teams and players were "very pleased" at winning the championship again, a feat they have achieved for the past six years. Despite their domination, Mr Roslan said the MHA team

did not lapse into complacency and continued to thrive, crediting the players' team spirit and strong support from the management. He also encouraged other departments "not to give up" and to keep up their challenges.

### Inter-team Results

Champion : Ministry of Home Affairs (1)  
 1<sup>st</sup> Runner-Up : Ministry of Home Affairs (2)  
 2<sup>nd</sup> Runner-Up : Ministry of Education  
 3<sup>rd</sup> Runner-Up : National University of Singapore

### Inter-regu Results

Champion : Ministry of Home Affairs (3)  
 1<sup>st</sup> Runner-Up : Ministry of Home Affairs (4)  
 2<sup>nd</sup> Runner-Up : Ministry of Home Affairs (5)  
 3<sup>rd</sup> Runner-Up : Ministry of Home Affairs (6)





# DO YOU DARE TO STEP INTO THE SPOTLIGHT?

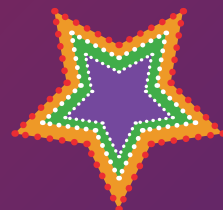
Are you a karaoke king/queen?

Love the limelight?

Can you carry a tune?

Ever harboured dreams of being a singer?

Then step up to the mic!



## *Be A Singing Star!*

Join the upcoming Public Service Singing Competition, warble your way to victory and be a star!

Attractive cash prizes to be won!

Coming your way in June!

Log on to [www.csc.sg](http://www.csc.sg) for more details.



CSC @ TESSENSOHN

## TOMBOLA NIGHT

Super Jackpot Prize of **\$5000**,  
Full House/Line Prizes and Lucky Draw

Thursday 19 May & Thursday 16 June 2011 @ 7.30 pm

Tessensohn Ballroom 4th Floor





## Experience Freedom On Wheels



Visit Malaysia for as low as **\$129 per day**, Toyota Altis or equivalent  
For better comfort & drive, upgrade to a Mitsubishi Grandis or equivalent for **\$190 per day**

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- All rates are quoted in Singapore dollars and subject to prevailing GST at 7%
- To enjoy the above promotion, rental period must be a minimum of 3 days consecutively
- Promotion valid till 1st July 2011
- Minimum rental age of 21 years and a valid license held for 1 year
- Make & Model are subject to vehicle availability and not guaranteed at time of reservation
- Vehicle must be returned to Hertz Locations in Singapore
- Vehicle cannot be driven to Thailand
- No other offers can be used concurrently with this promotion
- Hertz standard terms & conditions apply

### Rates include

Loss Damage Waiver (LDW)  
Unlimited Mileage  
Malaysia surcharge

### Rates exclude

Goods & Service Tax (GST)  
Petrol  
Electronic Road Pricing  
Personal Accident Insurance  
Windscreen coverages  
Other optional charges

### Reservations & Renting Locations

#### Singapore Changi Airport

Terminal 2 & 3 Arrival Hall  
Tel: (65) 6542 5300  
Fax: (65) 6542 6154  
Email: reservation.hertz@smedarby.com.sg  
Business Hours: Daily (7am to 11pm)

#### Downtown

305 Alexandra Road #05-05  
Vantage Automotive Centre  
Singapore 159942  
Tel: 1800 734 4646  
Fax: (65) 6733 0466  
Email: flexi-rent.hertz@smedarby.com.sg  
Business Hours:  
Mon-Sat (8am to 6pm)  
Sun & Public Holidays (Closed)



### SMILEARTS PTE LTD

Blk 81, Marine Parade Central #01-632 Singapore 440081

Tel: 6348 0824 | Fax: 6348 0139

Email: smilearts@gmail.com | Website: www.smilearts.com.sg

### Dental Packages:

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Includes:

- Dental Examination
- Full Scaling & Polishing
- Full Fluoride Therapy



#### • Healthy Smile Package At S\$175 (U.P.: S\$305)

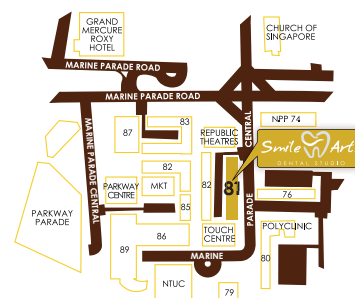
Includes:

- Dental Examination with Digital Photography
- Low Radiation Digital Dental X-ray
- Detection Of Decays with Advanced Laser Technology
- Full Scaling & Polishing
- Full Fluoride Therapy
- Antiseptic Mouthwash (if applicable)

#### • Home Kit Whitening Package At S\$300 (U.P.: S\$400)

Includes:

- Lab Customized Trays
- 4 Tubes Whitening Gels



SmileArts is one of the Approved Institutions for MCYS Baby-Bonus-Scheme and also Medisave Claimable for dental treatments like Oral Surgery, Wisdom Tooth Removal & Dental Implants.

### Operating Hours

Mon-Fri: 9am-7pm | Sat: 9am-5pm | Sun: 9.30am-2pm | Closed on Public Holiday  
Eve of Chines New Year, New Year and Christmas: 9am to 1pm

**Specially for CSC Members**

# GET SLIM, TONED & HEALTHY!

Visit the new **GLOW Slim-ex™**, a new concept brought to you by GLOW International, which offers a one-of-a-kind beauty and wellness experience for women that you won't find anywhere else on the island!

The one-stop centre combines WEIGHT MANAGEMENT, FUN FITNESS TRAINING and NUTRITION programmes designed by a qualified nutritionist, while the relaxing hair spa corner offers a wonderfully pampering experience.

**GLOW  
Slim-ex™  
Opening  
Mid-June**

Club CSC @  
Bukit Batok

OPENING SPECIAL TREATS:

Enjoy Any Treatment @ **\$28** each



## **GLOW Slim-ex™ Customised Programmes**

Enjoy special promotions to celebrate the opening of GLOW Slim-ex™, the experts in slimming.

- Lymphatic Drainage
- Lift & Tone
- Intense Fats-Burner
- Cellulite Buster
- Body Reshaping



## **GLOW Hairscapade™ Indulgences**

After experiencing our exhilarating weight management programme, come and be pampered at GLOW Hairscapade™. Our hair spa corner offers unique herbal hair treatment formulas by one of Asia's renowned masters, with effective and proven results in the following areas:

- Oily scalp problems
- Hair loss prevention
- Improving hair quality for more shiny and manageable hair
- Increased growth of black hair
- Dandruff problems

SMS your <Name><NRIC> & <CSC> to **9823 1388** now

For 1<sup>st</sup> 100 customers only

Applicable to new customers aged 21 years old and above. All trial treatments are subjected to 7% GST. Strictly by appointment only and subject to availability.

**GLOW Slim-ex™**

**Club CSC @ Bukit Batok**

**91 Bukit Batok West Ave 2 #03-01A**

(Opp Bukit Batok MRT)

**GLOW Hairscapade™**

**Club CSC @ Bukit Batok**

**91 Bukit Batok West Ave 2 #03-01B**

(Opp Bukit Batok MRT)

**GLOW Aesthetics™**

**20 Craig Road**

**#01-03 Craig Place**

(Opp Tanjong Pagar MRT Exit A)

Simply call **6536 7288** for an appointment

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



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**G L O W™**  
s l i m - e x



## Risk Management Planning Via Medisave

OTHER than housing and retirement purposes, your CPF can also allow for some specific forms of insurance planning via the Medisave Account. However, given the complexity of the products involved, many of us are not properly informed of these solutions. This seminar seeks to provide you with a comprehensive run-through of all Medisave plans, their usage, limitations and also the key areas to look out for in order to secure the best solution for you and your loved ones.

**Date:** Saturday, 28 May 11

**Time:** 11am – 12.30pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$8, Public Officer/Guest \$10

**Contact:** Samantha at 63915613 or samanthachin@csc.sg

**Register By:** 20 May 11



## "There Is No Better Time Than Now" – Retirement Planning Strategies

ACCORDING to a recent independent research survey, at least half of Singapore's population is financially unprepared for retirement. This talk will address the realities of retirement in today's economy, and share practical tips for sound retirement planning. Speaker Catherine Loy will share with you strategies on how to secure your financial independence when you retire.

**Date:** Saturday, 21 May 11

**Time:** 11am – 12.30pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$5, Public Officer/Guest \$8

**Contact:** Gek Cheng at 63915624 or kuagekcheng@csc.sg

**Register By:** 13 May 11



## The Sandwich Generation

THE sandwich generation refers to individuals caught between fulfilling their obligations to take care of their children as well as their ageing parents, and at the same time trying to cater for their own retirement and future. With modern medical science prolonging life expectancy and Singaporeans choosing to settle down at a much later age, the sandwich generation problem is potentially the biggest challenge many working adults will encounter in time. How can working adults be better prepared for such challenges? This seminar seeks to provide some useful pointers and solutions for working adults in their 20s to 40s who may potentially be caught in this problem.

**Date:** Saturday, 9 Jul 11

**Time:** 11am – 12.30pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$8, Public Officer/Guest \$10

**Contact:** Samantha at 63915613 or samanthachin@csc.sg

**Register By:** 1 Jul 11

## Buy The Right Property

HAVE you ever wondered if residential or non-residential properties are better investments? Or if HDB flats or private properties give better returns? To know the answers, join us in this talk about the ins and outs of the property market. Speaker Getty Goh is the Managing Director of Ascendant Assets.

**Date:** Saturday, 21 May 11

**Time:** 10am – 12pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$8, Public Officer/Guest \$10

**Contact:** Samantha at 63915613 or samanthachin@csc.sg

**Register By:** 15 May 11



## My Will, My Wishes



WORRIED about how your assets will be preserved for your family in the years to come? It is becoming more and more important to educate yourself about estate laws and writing wills. Join Tony Lim, an accredited financial consultant, as he

talks about the legalities and considerations when writing a will, as well as practical tips on estate planning. Those who are

responsible for their family's financial well-being should come and find out how to plan effectively for the future.

**Date:** Saturday, 25 Jun 11

**Time:** 2pm – 3.30pm

**Place:** Club CSC @ Bukit Batok

**Fee:** Member \$5, Public Officer/Guest \$8

**Contact:** Gek Cheng at 63915624 or

kuagekcheng@csc.sg

**Register By:** 17 Jun 11

## Surviving The Investment Market In A Volatile World



INVESTING in the last decade has been a turbulent experience for many investors. We have seen losses in the billions of dollars in recent major crises. Many investors also saw the profits made from

their long-term investments erased in a matter of moments. Does that traditional strategy of "buy and hold" still work in this

era? How can investors construct a portfolio to cope with this increasingly volatile market? Join speaker Poh Choon Kia in this enlightening and engaging talk to figure out your strategy for surviving in today's investment markets.

**Date:** Saturday, 18 Jun 11

**Time:** 11am – 12.30pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$8, Public Officer/Guest \$10

**Contact:** Samantha at 63915613 or samanthachin@csc.sg

**Register By:** 10 Jun 11

## Cashflow Game Workshop

COME and discover just how much you know about your financial status! Cash Flow 101, a board game designed by American businessman Robert Kiyosaki, will help you gain a better understanding of important concepts about cash flow and financial literacy, as well as how the money game is played in the real world. This is an enrichment workshop to help participants understand their financial blueprint. Participants should consult their own qualified financial advisor for proper planning.

**Date:** Saturday, 18 Jun 11

**Time:** 10am – 1pm

**Place:** Club CSC @ Bukit Batok

**Fee:** Member \$18, Public Officer/Guest \$22

(Game set and worksheets will be provided. Participants will also get a bonus CD worth \$20.)

**Contact:** Gek Cheng at 63915624 or

kuagekcheng@csc.sg

**Register By:** 10 Jun 11





## Longkang Nature Trek

THIS fun yet tranquil trek, which lasts 3 to 4 hours, will see you tackling the mother of all "longkangs"! The clean water – mostly rainwater – running in the drain supplies Sungai Panda and Panda Reservoir. Be prepared to get wet – you'll get to walk in ankle-deep water all the way, wading among fishes and water weeds, enjoying the cool lush of Albizzia forests and navigating dark tunnels.

**Date:** Sunday, 3 July 2011

**Time:** 8am – 1pm

**Place:** King Albert Park McDonald's

**Fee:** Member \$15, Public Officer/Guest \$18

**Contact:** Lim Kian Cheng at 63915607 or [limkiancheng@csc.sg](mailto:limkiancheng@csc.sg)

**Register By:** 27 Jun 11



## Tennis With Coach Khusairi

THESE fun tennis programmes, conducted by coach Khusairi, aim to let participants learn, enjoy and play tennis matches both socially and competitively. From novices to more advanced players, there is a class to suit everyone!

### Fun Tennis for Adults (Beginners)

**Club CSC @ Tessensohn**

**Date:** 12 Saturdays, 28 May to 13 Aug 11

**Time:** 8.30am – 10am

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$260, Public Officer/Guest \$270

### Fun Tennis for Adults (Intermediate 2)

**Club CSC @ Tessensohn**

**Date:** 12 Saturdays, 28 May to 13 Aug 11

**Time:** 10am – 11.30am

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$310, Public Officer/Guest \$320

### Fun Tennis for Kids (Beginners)

**Club CSC @ Bukit Batok**

**Date:** 12 Saturdays, 28 May to 13 Aug 11

**Time:** 4pm – 5.30pm

**Place:** Club CSC @ Bukit Batok

**Fee:** Member's child \$240, Public Officer's/Guest's Child \$250 (Child should be below 12 years old.)

### Fun Tennis for Kids (Intermediate 2)

**Club CSC @ Bukit Batok**

**Date:** 12 Saturdays, 28 May to 13 Aug 11

**Time:** 5.30pm – 7pm

**Place:** Club CSC @ Bukit Batok

**Fee:** Member's child \$290, Public Officer's/Guest's Child \$300 (Child should be below 12 years old.)

### Fun Tennis for Adults (Beginners)

**Club CSC @ Bukit Batok**

**Date:** 12 Sundays, 29 May to 14 Aug 11

**Time:** 4pm – 5.30pm

**Place:** Club CSC @ Bukit Batok

**Fee:** Member \$260, Public Officer/Guest \$270

### Fun Tennis for Adults (Intermediate 1)

**Club CSC @ Bukit Batok**

**Date:** 12 Sundays, 29 May to 14 Aug 11

**Time:** 5.30pm – 7pm

**Place:** Club CSC @ Bukit Batok

**Fee:** Member \$285, Public Officer/Guest \$295

### For the above courses:

**Contact:** Gina at 63915641 or [ginalim@csc.sg](mailto:ginalim@csc.sg)

**Register By:** 21 May 11

Note all fees exclude tennis racquet. Participants have to bring along their own tennis racquets.

## Pipe-A-Line Trek, Back To Nature!

THIS trek follows the water pipeline which comes in from Malaysia and brings water to Singapore. Along the trail, you will see many kampong plant species such as durian, jackfruit, curry leaf, wild cinnamon, African tulip, Simpoh Air and more. Put on your hiking boots and take part in the trek to enjoy the early morning fresh air, greenery and great views!

**Date:** Sunday, 10 Jul 11

**Time:** 8am – 1pm

**Place:** Marsiling MRT

**Fee:** Member \$15, Public Officer/Guest \$18

**Contact:** Lim Kian Cheng at 63915607 or [limkiancheng@csc.sg](mailto:limkiancheng@csc.sg)

**Register By:** 3 Jul 11



## Golf Handicapping Workshop

FOR those confused about golf's handicap system, this workshop will clear things up for you fast. Instructor Peter Lim will thoroughly explain the handicap systems used by the various golf associations, as well as how to get your SGA Handicap Certification. With 25 years of experience in playing golf in both overseas and local golf competitions, Peter is your ideal guide to golf handicapping.

**Date:** Thursday, 2 Jun 11

**Time:** 7pm – 10pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$8, Public Officer/Guest \$10

**Contact:** Samantha at 63915613 or [samanthachin@csc.sg](mailto:samanthachin@csc.sg)

**Register By:** 25 May 11



## Hands On Orchid Gardening

FANCY growing orchids at home? This 2-hour workshop provides all the practical tips you need to do so! Orchids are suitable for growing in a home environment, be it in HDB flats or landed properties. Wilson Too, from Toh Orchids, has over 20 years of experience in orchid growing and orchid farm management.

**Date:** Saturday, 18 Jun 11

**Time:** 2pm – 4pm

**Place:** Club CSC @ Bukit Batok

**Fee:** Member \$45, Public Officer/Guest \$50 (Each participant will bring home \$25 worth of orchids and fertilisers.)

**Contact:** Samantha at 63915613 or [samanthachin@csc.sg](mailto:samanthachin@csc.sg)

**Register By:** 10 Jun 11



## Hands-on Homegrown Vegetables



THIS hands-on basic gardening workshop provides all the practical tips you need to start growing healthy vegetables. Learn to grow your own vegetables and harvest them within 4 to 6 weeks, even if you live in a HDB flat. Passionate about gardening and urban

farming, Speaker Joanne Ng will show you, via hands-on demonstrations, how easy this can be!

**Date:** Saturday, 11 Jun 11

**Time:** 2pm – 4pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$45, Public Officer/Guest \$50 (Each participant will bring home \$32 worth of vegetable seeds and fertilisers.)

**Contact:** Samantha at 63915613 or [samanthachin@csc.sg](mailto:samanthachin@csc.sg)

**Register By:** 2 Jun 11



## Horseback Riding Outing

HORSEBACK riding is an activity that many of us in Singapore have not experienced before. This is your opportunity to try horse riding at last! You will also have the chance to go behind the scenes and learn about the interesting yet little-known job of stable management, and the hard work that goes into rearing and maintaining horses.

**Date:** Saturday, 4 Jun 11

**Time:** 10am – 12pm

**Place:** Horsecity, 100 Turf Club Road, #01-02, Management Office

**Fee:** Member \$25, Public Officer/Guest \$30, Member's Child \$25, Public Officer's/Guest's Child \$30

**Contact:** Samantha at 63915613 or samanthachin@csc.sg

**Register By:** 26 May 11



## Introduction To Clay Target Shooting

WHAT is it like to fire a shotgun? Now you can find out! In this course, participants will be introduced to clay target shooting and the different types of shotguns. This course will include a classroom lecture and discussion before the live-fire exercise using 12GA shotguns. (As this is an outdoor sport, light clothing is highly recommended. No slippers and shorts are allowed.)

**Date:** Saturday, 28 May 11

**Time:** 8.30am – 11am

**Place:** National Shooting Centre, 990 Old Chua Chu Kang Road, Singapore 699814

**Fee:** Member \$60, Public Officer/Guest \$70 (Fee includes insurance, certified instructors, weapon, 20 rounds of ammunition and ear protection.)

**Contact:** Samantha at 63915613 or samanthachin@csc.sg

**Register By:** 20 May 11

## Social Cha Cha & Rumba By Jenny Khor

DO you have restless feet? Always wanted to know how to cha cha? Join instructor Jenny Khor, a certified UKA Professional in Line Dancing and Latin American Dancing, for 10 fun-filled dance lessons! You will be taught basic social cha cha and basic square rumba.

**Date:** 10 Sundays, 19 Jun to 21 Aug 11

**Time:** 11am – 12 pm

**Place:** CSC @ Bukit Batok

**Fee:** Member \$75, Public Officer/Guest \$80

**Contact:** Samantha at 63915613 or samanthachin@csc.sg

**Register By:** 10 Jun 11



## Learn To Play Golf With The Pro!

EVER wanted to pick up golf? Now you can! Learn how to play golf in just 9 hours with instructor Peter Lim, Head Coach and founder of ModelPro Golf Swing. Peter has played golf for more than 25 years, and is active in both overseas and local golf competitions. A proficiency certificate will be awarded to participants upon completion of this course.

**Date:** 4 Saturdays, 11 Jun to 2 Jul 11, and one weekday on the driving range (The date will be arranged later.)

**Time:** 9am – 10.30am or 1pm – 2.30pm

**Place:** Asian Golf Academy, 601 Sin Ming Avenue, Singapore 575734

**Fee:** Member \$250, Public Officer/Guest \$270 (Fee includes proficiency certificate but excludes golf ball and green fee.)

**Contact:** Samantha at 63915613 or samanthachin@csc.sg

**Register By:** 3 Jun 11



## Blueberry Muffins & Light Chocolate Walnut Brownies



LEARN how to bake delicious wholemeal blueberry muffins that are soft and moist! Baker Samuel Chan will also teach you how to make light, airy chocolate walnut brownies, served warm with a scoop of ice cream and some chocolate sauce.

**Date:** Saturday, 14 May 11

**Time:** 10am – 12pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$38, Public Officer/Guest \$42

**Contact:** Kian Cheng at 63915607 or limkiancheng@csc.sg

**Register By:** 10 May 11

## Cheesecake And Quiche (Demo)



FOOD technologist and baker Samuel Chan will show you how to make a healthy cheesecake to impress your family and friends! Using grapefruit, yoghurt and a base made from scratch, a lot of care is put into making this recipe. He will also teach you how to make quiche with a twist!

**Date:** Saturday, 25 Jun 11

**Time:** 10am – 12pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$38, Public Officer/Guest \$42

**Contact:** Kian Cheng at 63915607 or

limkiancheng@csc.sg

**Register By:** 18 Jun 11

## Create Your Own Gelato



LEARN to make gelato the healthier way, and in the comfort of your own home! Participants will also get to create their favourite gelato flavours, and bring it back for their family to enjoy.

Recipes will be given so that

participants can recreate the dessert at home.

**Date:** Saturday, 11 Jun 11

**Time:** 2pm – 5pm

**Place:** 154 Joo Chiat Road

**Fee:** Member \$32, Public Officer/Guest \$36 (Participants must bring their own fresh ingredients to make their own gelato and a container to bring it home.)

**Contact:** Gek Cheng at 63915624 or kuagekcheng@csc.sg

**Register By:** 4 Jun 11

## The Art Of Chocolate Appreciation



WITH more and more people in Singapore acquiring a taste for exquisite chocolates, now is the best time to learn all about them! Chocolate & Gelato Shoppe will introduce to you the finest single-origin chocolates crafted from cocoa beans personally selected from the best cocoa plantations. Discover what it takes to make good chocolate, and learn how to tell good and bad chocolate apart!

**Date:** Saturday, 2 Jul 11

**Time:** 2pm – 4pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$25, Public Officer/Guest \$30 (Participants will get to sample 8 pieces of chocolate.)

**Contact:** Samantha at 63915613 or samanthachin@csc.sg

**Register By:** 24 Jun 11

## Designer Chocolate Art Making (Hands-on)

HAVE you always wanted to become a chocolatier or chocolate maker? In this workshop, you will practice working with chocolate and explore the creative side of chocolate making. You will learn how to make exotic chocolates like dark bittersweet chocolate ganache with chilli, orange truffles, and learn how to mould chocolate into many shapes!

**Date:** Saturday, 16 Jul 11

**Time:** 10.30am – 1pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$40, Public Officer/Guest \$45 (Fee includes ingredients. Participants will bring back about 20 pieces of chocolate.)

**Contact:** Gina at 63915641 or

ginalim@csc.sg

**Register By:** 16 Jul 11





## Premium Wine & Dine

CSC Signature Event

COME indulge in an evening of wining and dining where you get to savour gourmet delights, topped off with fine wine! Tuck into delicacies like Wasabi Prawn with Dragonfruit and Rock Melon, Fresh Hokkaido Scallops, Lobster Pasta and Crab Meat Consomme, Pan-fried Salmon with Black Pepper Sauce and more! A selection of 2 red wines and 2 white wines will be available. There will also be a live band, lucky draw and games!

**Date:** Friday, 24 Jun 11

**Time:** 7pm – 9.30pm

**Place:** Thai Pan Restaurant, Club CSC @ Changi

**Fee:** Member \$50, Public Officer/Guest \$55

**Contact:** Kian Cheng at 63915607 or limkiancheng@csc.sg

**Register By:** 16 Jun 11



## The Art Of Relaxation

STRESSED and burnt out by work, but no time for a break? In this workshop, you will be taught breathing and relaxation techniques to refocus, relax and refresh yourself. You will learn elements of yoga, asana and pranayama exercises for better breathing and self-care. There will also be group dynamics concepts to pick up, salsa dancing and self-empowerment activities which will help you gain confidence and awareness of interpersonal relations with family, friends and colleagues. (Participants should wear comfortable clothes.)



**Date:** Saturday, 4 June 11 (Session 1) &

Sunday, 5 June 11 (Session 2)

**Time:** 10am – 2pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$110, Public Officer/Guest \$130

**Contact:** Lim Kian Cheng at 63915607 or limkiancheng@csc.sg

**Register By:** 28 May 11

## Triumph Over Cervical Cancer



CERVICAL cancer is the second most common cancer affecting women worldwide, with over 500,000 women diagnosed per year. About 200 new

cases of cervical cancer are diagnosed in Singapore every year. Thankfully there is a vaccine for this disease, but less than 2% of women in Singapore are vaccinated. Come and join Dr Siew Wai Leen, Senior Physician at Raffles Medical Group, for this informative talk about the causes, treatment and prevention of cervical cancer.

**Date:** Saturday, 11 Jun 11

**Time:** 2pm – 3pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$5, Public Officer/Guest \$10 (Fee includes refreshments.)

**Contact:** Gina at 63915641 or ginalim@csc.sg

**Register By:** 4 Jun 11

## Lose Weight & Stay Slim For Life!

SICK of all the dieting aids like pills, wraps, and various treatments? Learn how to lose weight the natural and healthy way! In this informative talk, find out which foods boost your energy and perk up your metabolic rate, what the food to avoid are, and why crash diets never work, and why some people regain the weight previously lost. Special attention will be given to those with diabetes, chronic health problems and pregnant ladies.

**Date:** Saturday, 2 Jul 11

**Time:** 11am – 1.30pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$23, Public Officer/Guest \$28 (Fee includes food tasting.)

**Contact:** Gina at 63915641 or ginalim@csc.sg

**Register by:** 25 Jun 11



## The ABCs Of Nutrition

IN this introductory workshop to nutrition and health, learn how nutrients play an important role in everyday life, and how an unbalanced diet can harm your health. The speaker will explain how you can enjoy a balanced diet, using dietary guidelines and a healthy diet pyramid. A food demonstration and food tasting are also included.

**Date:** Saturday, 4 Jun 11

**Time:** 11am – 1.30pm

**Place:** Club CSC @ Tessensohn

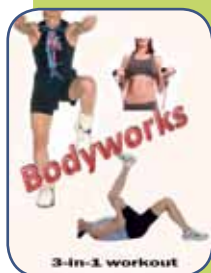
**Fee:** Member \$23, Public Officer/Guest \$28

**Contact:** Gina at 63915641 or ginalim@csc.sg

**Register By:** 28 May 11



## Bodyworks By Rodney Hogan



THIS fitness course for men and women uses efficient, time-saving methods that combines aerobic, strength and flexibility training in one easy-to-follow format. Simple intuitive movements to music are used to gradually improve participants' endurance and motor skills, while exercises with rubber tubes aim to increase overall strength levels. Every class includes flexibility exercises and tips on injury prevention and relaxation. Instructor Rodney Hogan is trained in Exercise Physiology, Sports Psychology and Sports Therapy, and certified in practical group and individual fitness instruction.

**Date:** 4 Saturdays, 4 to 25 Jun 11

**Fee:** Member \$48, Public Officer/Guest \$56

**Register By:** 26 May 11

**Date:** 5 Saturdays, 2 to 30 Jul 11

**Fee:** Member \$60, Public Officer/Guest \$70

**Register By:** 25 Jun 11

**For the above courses:**

**Time:** 4.15pm – 5.15pm

**Place:** Club CSC @ Tessensohn

**Contact:** Samantha at 63915613 or samanthachin@csc.sg

## Autopilot Slimming



IN this workshop, pick up simple and practical weight loss techniques – these will empower you to lose weight naturally. You will also learn how to effectively burn calories, learn more about

the facts and myths of weight loss, and learn how to use meridian health and acupressure techniques to achieve your ideal weight.

**Date:** 3 Saturdays, 28 May to 11 Jun 11

**Time:** 10am – 12.30pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$110, Public Officer/Guest \$120 (Participants will receive an Autopilot Program Workbook and a customised weight loss programme.)

**Contact:** Gek Cheng at 63915624 or kuagekcheng@csc.sg

**Register By:** 21 May 11



## Care For Your Eyes

JOIN Dr Steve Seah – who has over 21 years of experience and is a Senior Consultant Ophthalmic Surgeon – in this informative talk on caring for your eyes. Topics will focus on common eye procedures like LASIK surgery, and diseases like cataracts, glaucoma and diabetic retinopathy, as well as the treatments available. Dr Seah will also be on hand to provide advice for those with pre-existing eye ailments.

**Date:** Saturday, 25 Jun 11

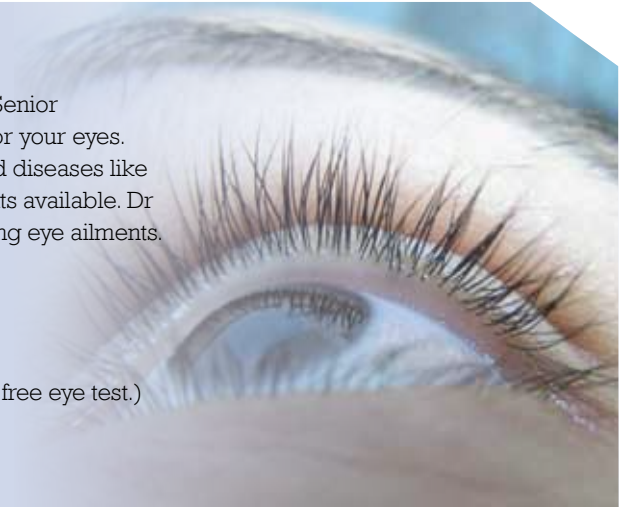
**Time:** 1pm – 2.30pm

**Place:** Club CSC @ Bukit Batok

**Fee:** Member \$5, Public Officer/Guest \$10 (Includes a voucher for a free eye test.)

**Contact:** Gina at 63915641 or ginalim@csc.sg

**Register By:** 18 Jun 11



## Choosing The Best Diet

SO you need to lose weight, but you don't know how to? This talk is for you! Sign up and learn how to choose an effective diet program, as well as how to compare the pros and cons of various popular diets. You will also learn what to avoid and the problems that can crop up when choosing a diet. A full-body health assessment – comprising BMI check, body fat, body age, ideal weight calculator – plus a food demo and tasting are included.

**Date:** Saturday, 16 Jul 11

**Time:** 11am – 1.30pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$23, Public Officer/Guest \$28

**Contact:** Gina at 63915641 or ginalim@csc.sg

**Register By:** 9 Jul 11



## How To Maintain A Healthy Body Weight



IN our fast-paced society, many of us lead sedentary lifestyles, lack regular exercise and have unhealthy eating habits. If you want to do something about it, join in this insightful workshop on balancing work and play

for a quality lifestyle. You'll learn more about topics like where fats accumulate, the art of healthy eating, get valuable health tips, understand how your current lifestyle impacts your health, and learn useful body weight exercises.

**Date:** Saturday, 9 Jul 11

**Time:** 11am – 1pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$20, Public Officer/Guest \$25

**Contact:** Gina at 63915641 or ginalim@csc.sg

**Register By:** 2 Jul 11

## LOHAS Meridian Exercise

LOHAS Meridian Exercise is a simple and effective exercise suitable for people of all ages. It can help to clear blockages, improve blood circulation and prevent many common illnesses and body pains. It can even help you to de-stress after a hard day of work at the office by helping you to focus better.

**Date:** 10 Fridays, 3 Jun to 5 Aug 11

**Time:** 7.30pm – 8.30pm

**Place:** Club CSC @ Tessensohn

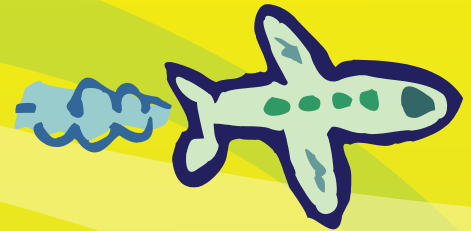
**Fee:** Member \$100, Public Officer/Guest \$110 (Participants will receive a Meridian Exercise Handbook worth \$14.)

**Contact:** Gek Cheng @ 63915624 or kuagekcheng@csc.sg

**Register By:** 27 May 11



# Parents' Survival Guide to the June Holidays @ CSC



**MAY**  
Power public  
speaking for kids  
Details on pg. 29

Kids can bake  
workshops  
(cake baking)  
Details on pg. 31



**JUNE**  
Return of the  
Terminatorz  
robots  
Details on pg. 32



How to draw  
robots  
Details on pg. 31

Kids can bake  
workshops  
(cupcake  
baking)  
Details on pg. 31



Bowling for  
kids at CSC @  
Bukit Batok  
Details on pg. 29

Bowling for  
kids at CSC @  
Bukit Batok  
Details on pg. 29

Bowling for  
kids at CSC @  
Tessensohn  
Details on pg. 29







**Horseback riding outing**  
Details on pg.19

**Healthy ice cream making (for parent & child)**  
Details on pg.32

**Day tour: yakult factory, kwong cheong thye & animal resort**  
Details on pg. 40

**comifest2**  
Details on pg.11

**comifest2**  
Details on pg.11

**Day tour: gardenia factory, organic farm & FeiFah medical warehouse**  
Details on pg.40



**Spinworkx yo-yo**  
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**Headstart toddler programme**  
Details on pg. 30



**Fantasy science journey: knights versus dragons**  
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**Kids can bake workshops (ice cream making)**  
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**Learn to draw cartoon safari animals**  
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**Bowling for kids at csc @ Tessensohn**

Details on pg. 29

**Children's aquaventure camp @ csc Bukit Batok**

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**1-Day children's Farm & garden tour**

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**Children's aquaventure camp @ csc Bukit Batok**

Details on pg. 30

**Learning anchors**

Details on pg.32

 csc @ Tessensohn

 csc @ Bukit Batok

 other venues

# Discounts, Perks And Promo

Your CSC membership card is more than just a membership card.

Flash your CSC card at any of the outlets listed below and enjoy discounts, perks and promos!



**20% off** regular-priced original accessories

#### Terms & Conditions

Promotional prices are based on cash payment and are inclusive of 7% GST. Different pricing schemes apply for NETS & credit payment. Other terms & conditions apply. CSC membership card must be presented prior to purchase. Promotion is valid till 31 Dec 2011.

#### Participating outlets:

- 53 Ang Mo Kio Ave 3, #B2-16 AMK Hub S569933  
Tel: 6753 6070
- 301, Boon Lay Way, #01-29 Boon Lay MRT S649846  
Tel: 6791 0469

- 80 Marine Parade Road, #02-32 Parkway Parade S229269  
Tel: 6440 7969
- 9 Bishan Place, #02-28/29 Junction 8 S579837  
Tel: 6358 1881
- 20 Tampines Central, #01-28 Tampines MRT S529538  
Tel: 6786 1669

**Operating hours:** 11am - 9pm  
[www.6range.com.sg](http://www.6range.com.sg)



**15% discount** on Sagaform products purchased at our Thyse Hong Centre showroom

#### Terms & Conditions

- CSC membership card must be presented during purchase.
- Valid till 31 Dec 2011

#### Location:

BI&L PTE LTD, 2 Leng Kee Road, #01-08  
Thyse Hong Centre S159086  
Tel: (65) 6471 2880

Email: [trevor@binlcollections.com](mailto:trevor@binlcollections.com)  
[www.binlcollections.com](http://www.binlcollections.com)

**10% off** best available hotel and resort rates  
with YTL Travel Centre

#### Participating Hotels:

- Pangkor Laut Resort
- Tanjong Jara Resort
- The Majestic Malacca
- Cameron Highlands Resort
- Spa Village Tembok, Bali

[www.ytlhotels.com](http://www.ytlhotels.com)

#### Terms & Conditions:

- "CSCDPP" must be quoted during booking to enjoy this privilege
- CSC membership card must be presented upon check-in.
- Offer is valid till 31 Dec 2011

For reservation, call YTL Travel Centre at 1800 378300 for special rate or email [travelcentre.sg@ytlhotels.com](mailto:travelcentre.sg@ytlhotels.com)



**10% off** any of the following regular courses:

- Pre-Natal & Post-Natal Pilates / Yoga / Fitball
- Baby Yoga / Pilates
- Kids Yoga / Pilates

\$10 cash voucher for any Baby Aqua or Aqua Pregnancy sign-ups

#### Terms & Conditions

- Promotion subject to changes
- No further discounts on the package
- Voucher is only redeemable for InspireShop products. Postage applies.
- Valid till 31st Dec 11



For more details, please visit [www.inspiremumbaby.com](http://www.inspiremumbaby.com)  
Email: [info@inspiremumbaby.com](mailto:info@inspiremumbaby.com)  
Contact Hotline: 6348 7881



Valid till: Dec 2011

### Kris Peranakan Enterprise

CSC Members' Special **20%** discount on porcelain ware, sarong kebaya and accessories from Indonesia.  
Prices for kebaya start from \$80.

#### Locations:

Showroom: 97 Bedok North Ave 4, #08-1513, S460097  
Open Saturday & Sunday, after 2pm

Spices Cafe, Concorde Hotel, 100 Orchard Road  
(former Le Meridien hotel)  
Open Monday to Friday, noon to 3pm

Payment by cash or cheque only

Tel: 9798 2176 (Ms Christine Ong)

[enquiry@krisdecor.com](mailto:enquiry@krisdecor.com) | [krisperanakanenterprise@yahoo.com.sg](mailto:krisperanakanenterprise@yahoo.com.sg)





www.LTM.sg |  
www.facebook.com/LTMsg

## Buy a 3 x Free Fetch and Delivery Servicing Package at **\$688** (Usual Price \$880)

### Each package includes:

- 4Lt OWS/Blitz Fully Synthetic Engine Oil
- 1pc Engine Oil Filter
- 1bt OWS Engine Flush
- 1bt OWS Engine Protector
- 1bt OWS Fuel Treatment
- Free Air Refresher
- Free Car Wash
- Free LTM Service Booklet
- Free 18-point Check
- Free \$30 LTM Voucher (Exclusive to CSC Club)
- 0% instalment Credit Card Plan
- Free fetch and delivery (Island-wide)

### Birthday Month Special

Vehicle Air-Con Complete Flushing with 1 x OWS Cabin NANO Refreshener and 1 x Cairefresh/Blitz Air-Con filter for only \$128 Nett (Usual price \$192.60)

### Location:

#### General Service and Repair (Main)

Blk 176 Sin Ming Drive, #03-09/10 Sin Ming Autocare S575721  
Tel: 6452 0693

### Opening Hours:

Monday to Saturday, 9am - 6pm

### Vehicle Modification

Blk 9 Sector C, #01-38 Sin Ming Industrial Estate S575643  
Tel: 6452 2135



### Location:

No.5, Stadium Walk, #01-64,  
Kallang Leisure Park S397693  
Email: mysweetmelody@singnet.com.sg  
Tel: 6345 0080  
www.mysweetmelody.com.sg

**10% discount on in-house brands**

**5% discount on premium brands (Disney, Hello Kitty, etc)**

### Terms & conditions

- Not applicable to items on special offer, best-buy items as well as helium/latex balloons
- Not applicable to products sold at atrium fairs
- CSC membership card must be produced during payment
- Valid till end of Dec 2011

### Opening hours:

11.30am - 9.30pm (weekdays)  
11am - 10pm (weekends)



**Dental Cleaning Package for Children @ \$75 Nett (U.P: \$100). Consists of:**

- Dental Examination
- Scaling & Polishing
- Fluoride Therapy

### Terms & Conditions:

- Applicable for children 7 to 12 years old
- CSC membership card or cut-out from newsletter to be presented upon registration
- Appointment must be made in advance
- Valid till 31 Dec 2011
- MCYS Baby-Bonus Scheme available

### Location:

Blk 81 Marine Parade Central  
#01-632 S440081  
Tel: 6348 0824  
www.smilearts.com.sg



**20% off total bill on weekdays**

**15% off total bill on weekends, public holidays and eve of public holidays**

### Terms & Conditions:

- Discount cannot be used in conjunction with any other promotion.
- Valid till 31 Dec 2011
- No splitting of bills
- The discount is for dine-in customers at CSC Changi Village outlet only.
- Thaipan Restaurant reserves the right to amend the terms and conditions of this voucher without any prior notice or liability.
- All decisions made by Thaipan Restaurant in respect to this voucher will be final.

### Location:

Club CSC @ Changi | 2 Netheravon Road, Singapore 508503  
Tel: 6542 0957  
Operating hours: Lunch from 11.30am - 3pm, Dinner from 5.30pm - 10pm daily  
www.thaipan.com.sg



**20% off on selected tea wares.**

**15% off on all premium loose leaf tea.**

### Terms & Conditions:

- Please present Civil Service Club membership card to enjoy discounts.
- Not valid with any other promotions, discounts and vouchers
- The Quest For Tea reserves the right to amend the terms and conditions without prior notice.

### Address :

190 Middle Road, #02-05  
Fortune Centre  
Singapore 188979  
Contact No : (65) 9636 6379

**Website:** www.the-quest-for-tea.com

### Opening Hours :

Monday to Saturday 10.30am - 7.30pm  
Close on Sundays



**20% Discount for Tamiya / Street Jam / Yokomo Products**

Valid till 31 Dec 2011

### Location:

50 Bukit Batok Street 23, #02-03, Midview Building S659578  
Tel: 9028 2628  
Email: sales@streetrevoRC.com.sg  
www.streetrevoRC.com.sg





## The Art Of Finger Painting

FINGER painting is an ancient Chinese art form that dates back to the Tang Dynasty during the 7th Century. Let your creativity flow from your fingertips and discover the joy of painting without brushes. This unusual course shows participants ways to master finger painting on paper, and even learn how to mix inks to get different colours.

**Date:** 4 Thursdays, 7 Jul to 28 Jul 11

**Time:** 7pm – 9pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$100, Public Officer/Guest \$110 (Participants should bring their own painting materials.)

**Contact:** Gek Cheng at 63915624 or kuagekcheng@csc.sg

**Register By:** 30 Jun 11

## Make Your Own Hair Accessories



IN this fun workshop you will be shown how to create your own flora hair bands, hair clips, beaded hairpins, and more! It doesn't matter if you have long, medium or short hair, come join us for an afternoon of fun!

**Date:** Saturday, 11 Jun 11

**Time:** 2pm – 5pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$40, Public Officer/Guest \$45 (Fee includes materials. Participants will bring back 4 hair accessories.)

**Contact:** Gina at 63915641 or ginalim@csc.sg

**Register By:** 4 Jun 11

## Create The Ultimate Impression



THIS workshop helps you to identify your individual dressing personality and qualities based on your skin tone, colour type and body shape. The presenter will share essential tips on which colours suit you the best, and guide you to truly understand

your body shape to create the ultimate impression!

**Date:** Saturday, 11 Jun 11

**Time:** 2pm – 4pm

**Place:** Club CSC @ Bukit Batok

**Fee:** Member \$10, Public Officer/Guest \$13 (Each participant will receive a free gift.)

**Contact:** Samantha at 63915613 or samanthachin@csc.sg

**Register By:** 2 Jun 11



## DIY Nail Art

MANICURES are an indulgence that many wish cost a lot less. In this workshop, you will learn DIY nail art and unleash your creativity, while saving you from having to go to a salon to have it done! You will learn how to hand-paint your own designs and adorn them with coloured stones.

**Date:** Saturday, 23 Jul 11

**Time:** 2pm – 5pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$40, Public Officer/Guest \$45 (Fee includes materials and a goodie bag worth \$30.)

**Contact:** Gina at 63915641 or ginalim@csc.sg

**Register By:** 16 Jul 11



## Ballet For Children

### Pre-Ballet for kids 3 – 5 years

BALLET helps in the development of good body posture, motor coordination and sense of rhythm. Children will learn how to express themselves with basic dance steps that involve the arms, feet and facial expressions, and dance along to nursery rhymes and catchy tunes.

**Date:** 10 Saturdays, 2 Jul to 3 Sept 11

**Time:** 2.15pm – 3pm

**Place:** Club CSC @ Bukit Batok

**Fee:** Member \$120, Public Officer/Guest \$130

**Register By:** 26 Jun 11

**Date:** 10 Mondays, 18 Jul to 19 Sept 11

**Time:** 3.30pm – 4.15pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$120, Public Officer/Guest \$130

**Register By:** 11 Jul 11

### Junior Ballet for kids 6 – 8 years

JUNIOR ballet classes are designed to help your child develop motor skills, and eventually give them a sense of accomplishment so that they can progress to the next level confidently. Miming and storytelling will be introduced at this level to let children express themselves more.

**Date:** 10 Saturdays, 2 Jul to 3 Sep 11

**Time:** 3pm – 3.45pm

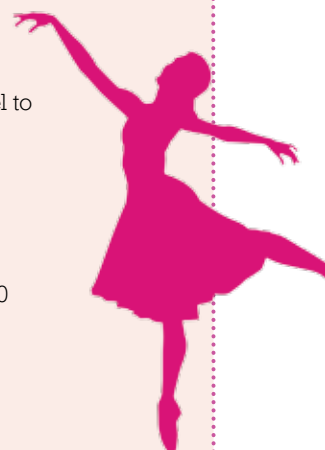
**Place:** Club CSC @ Bukit Batok

**Fee:** Member \$120, Public Officer/Guest \$130

**Register By:** 26 Jun 11

**For above courses:**

**Contact:** Lim Kian Cheng at 63915607 or [limkiancheng@csc.sg](mailto:limkiancheng@csc.sg)



## Power Public Speaking For Kids

PUBLIC speaking tops the list of phobias for many people, and just standing in front of a room of people is enough to make most of us feel faint. When that happens, most people don't think of getting their message across, they just think of getting off the stage as quickly as possible! This is a course that will empower young students to not only stand on stage confidently, but also deliver their speech in an engaging and interesting way. (This workshop is suitable for children aged 7 to 12 years old.)

**Date:** Sunday, 29 May 11

**Time:** 1pm – 6pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$209, Public Officer/Guest \$229

**Contact:** Lim Kian Cheng at 63915607 or [limkiancheng@csc.sg](mailto:limkiancheng@csc.sg)

**Register By:** 22 May 11



## Bowling For Kids



GET your child started on bowling! Your child will learn about bowling terms, basic bowling techniques, as well as the equipment and attire needed to enjoy this sport in a safe, fun way. Other topics include bowling and lane etiquette, selecting a suitable

bowling ball and keeping score. Instructor David Wong, who has Level 1 and 2 coaching qualifications from the Asian Bowling Federation, will be on hand to share his knowledge and take the students through their paces.

**Date:** Monday & Tuesday, 20 & 21 Jun 11

**Place:** Westwood Bowl @ CSC Bukit Batok

**Date:** Wednesday & Thursday, 22 & 23 Jun 11

**Place:** Planet Bowl @ CSC Tessensohn

**For the above courses:**

**Time:** 10am – 12pm

**Fee:** Member's Child \$65, Public Officer's/Guest's Child \$75 (Use of house balls, lane fees and shoes are included. Child should be 8 to 16 years old.)

**Contact:** Samantha at 63915613 or [samanthachin@csc.sg](mailto:samanthachin@csc.sg)

**Register By:** 12 Jun 11

## Children's AquaVenture Camp @ CSC Bukit Batok

MAKE the best of your children's time during the June school holidays – enroll them in this exciting children's AquaVenture Camp specially organised by CSC. Your child will have great fun taking part in numerous activities and games (see details below) over the 2 days, as well as learning skills such as self and social awareness, relationship management, teamwork and more! The participants will put on a performance at the campfire on the second night, and parents will be invited to join in too! (Our camp facilitators will ensure the children's safety during the duration of the camp.)

Day	Activity
Day 1 (8am to 11pm) - 3 meals	<ul style="list-style-type: none"> <li>• Camp briefing on objectives</li> <li>• Outdoor cooking</li> <li>• Nature trekking</li> <li>• Night Confidence Challenge</li> </ul>
Day 2 (8am to 10pm) - 3 meals	<ul style="list-style-type: none"> <li>• Nerf Gaming</li> <li>• Amazing Race</li> <li>• Water activities</li> <li>• CSC Concert Night</li> </ul>

**Date:** Thursday, 23 Jun & Friday, 24 Jun 11  
**Time:** 7.30am (23 Jun) – 10pm (24 Jun)  
**Place:** Club CSC @ Bukit Batok  
**Fee:** Member's Child \$160, Public Officer's/  
 Guest's Child \$170 (All meals are included.  
 Suitable for kids aged 5 to 12 years old.)  
**Contact:** Kian Cheng at 63915607 or  
 limkiancheng@csc.sg  
**Register By:** 16 Jun 11



**CSC Signature Event**

## Headstart Toddler Programme



WHILE a baby's brain has the potential to learn just about anything, parents have an important role to play in determining how much and how easily their baby learns. In this programme, experienced and enthusiastic trainer Mumtaz will teach you how to give your child a head-start. Through the use of flashcards and holistic learning methods, your child will start to develop his or her learning abilities. Mumtaz

has years of experience in child development and child learning research, and has a certificate in child education. This workshop is suitable for children 1 to 3 years old.

**Date:** Saturday, 11 Jun 11  
**Time:** 2pm – 4pm  
**Place:** Club CSC @ Tessensohn  
**Fee:** Member \$48, Public Officer/Guest \$54 (Includes detailed notes and flashcard slides.)  
**Contact:** Gek Cheng at 63915624 or kua\_gek\_cheng@csc.sg  
**Register By:** 4 Jun 11

## Fantasy Science Journey: Knights Versus Dragons

GET ready for an adventure with knights and dragons! In this workshop, students will get involved in hands-on activities and experiments, while learning about the science concepts behind them. (This workshop is suitable for children aged 6 to 8 years old.)

**Date:** Thursday, 9 Jun 11  
**Time:** 9.30am – 12.30pm  
**Place:** Club CSC @ Tessensohn  
**Fee:** Member's Child \$45, Public  
 Officer's/Guest's Child \$50  
**Contact:** Kian Cheng at  
 63915607 or  
 limkiancheng@csc.sg  
**Register By:** 2 Jun 11





## Genius Science Holiday Programme

WANT your kids to have a fun and educational time during the June holidays? Sign them up for this exciting 3-day programme! Kids will take part in hands-on experiments, learn to record observations and work together as a team. This programme will also teach them basic chemistry, food science, rockets and much more – they will even get to make their own ice cream!



### Activity

Tuesday, 31 May 11	Magic Colours: Chemistry & Light
Wednesday, 1 Jun 11	Food Science
Thursday, 2 Jun 11	Rockets

Parents can choose to send their children to either 1 or all 3 days of this programme.

**Time:** 1pm – 6pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$209, Public Officer/Guest \$229  
(Fee per day. Suitable for kids 7 to 12 years old.)

**Contact:** Lim Kian Cheng at 63915607 or  
limkiancheng@csc.sg

**Register By:** 24 May 11

## Kids Can Bake Workshops (For Parent & Child)

IN this series of workshops, parents can bond with their child while learning how to make delicious and healthy desserts! Take your pick from cake baking, cupcake baking, as well as an ice cream workshop!



### Hello Kitty in La La Land (Cake Baking)

**Date:** Sunday, 29 May 11

**Time:** 4pm – 6pm

**Fee:** Member \$58, Public Officer/Guest \$66 (Fee is for each parent-child pair. Suitable for children 5 to 12 years old.)

### Icy Cream (Ice Cream Making)

**Date:** Sunday, 12 Jun 11

**Time:** 10.30am – 12.30pm

**Fee:** Member \$58, Public Officer/Guest \$66 (Fee is for each parent-child pair. Suitable for children 5 to 12 years old.)

### Happy Cuppy (Cupcake Baking)

**Date:** Saturday, 18 Jun 11

**Time:** 10.30am – 12.30pm

**Fee:** Member \$58, Public Officer/Guest \$66 (Fee is for each parent-child pair. Suitable for children 5 to 12 years old.)

### For above workshops:

**Place:** City Square Mall #07-08

**Contact:** Gek Cheng at 63915624 or kuagekcheng@csc.sg

## How To Draw Robots

IS your child a science fiction fan who wants to learn to draw robots or spaceships? This workshop is suitable for children aged 5 to 12. Start off by drawing 2D objects, and then move on to 3D drawings. Participants should bring their own colouring materials. Drawing paper will be provided. (Parents are discouraged from accompanying their children in class.)

**Date:** Thursday, 16 Jun 11

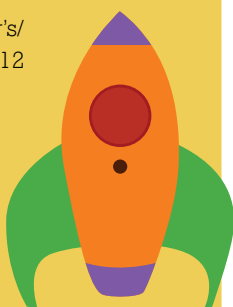
**Time:** 4pm – 6pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member's Child \$20, Public Officer's/  
Guest's Child \$25 (Child should be 5 to 12  
years old.)

**Contact:** Lim Kian Cheng at 63915607  
or limkiancheng@csc.sg

**Register By:** 9 Jun 11



## Learn To Draw Cartoon Safari Animals

IN this 2-hour workshop, your child will pick up tips and techniques on drawing his or her favourite safari animals such as lions, tigers and elephants. Participants should bring their own colouring materials like crayons, paint, colour pencils. Drawing paper will be provided. (Parents are discouraged from accompanying their children in class.)

**Date:** Thursday, 9 Jun 11

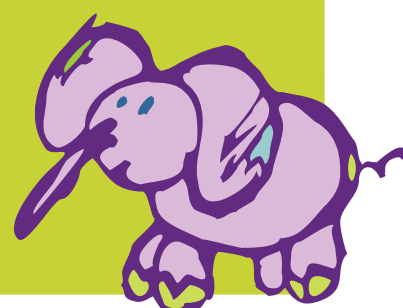
**Time:** 4pm – 6pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member's Child \$20,  
Public Officer's/Guest's Child  
\$25 (Child should be 5 to 12  
years old.)

**Contact:** Lim Kian Cheng at  
63915607 or  
limkiancheng@csc.sg

**Register By:** 2 Jun 11



## Learning Anchors



EVERY child has the potential for academic success. So why do some children lag behind while others excel? It is true that memory plays a role. But simply reproducing the facts doesn't guarantee a distinction. In this talk, Learning Anchors

will help you understand the difference between study habits and learning skills. A proprietary teaching system designed by Dr Ginny Chan, this talk will

let you in on the secrets of a revolutionary new teaching methodology that is helping children to perform better than they ever expected.

**Date:** Saturday, 25 Jun 11

**Time:** 2pm – 3.30pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$10, Member's Child \$10, Public Officer/Guest \$15, Public Officer's/Guest's Child \$15 (Suitable for primary school children.)

**Contact:** Samantha at 63915613 or samanthachin@csc.sg

**Register By:** 16 Jun 11

## Modern Jazz For Kids

THIS Modern Jazz course focuses mainly on developing the child's strength and flexibility, and helps in the development of motor co-ordination. It has also been shown to improve musicality and concentration. The class is conducted in an enjoyable and lively environment as children learn fun steps and groove to pop music.

**Date:** 10 Wednesdays, 20 Jul to 21 Sept 11

**Time:** 4pm – 4.45pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member's Child \$140, Public Officer's Child/Guest's Child \$150 (Child should be 7 to 9 years old.)

**Contact:** Kian Cheng at 63915607 or limkiancheng@csc.sg

**Register By:** 13 Jul 11



## Healthy Ice Cream Making (For Parent & Child)

IN this fun-filled workshop, parents and children will get a hands-on experience in ice cream making! Learn how to turn a milk mixture into creamy ice cream in a demonstration, and pick up useful tips on how to make delicious healthy ice cream. Participants will make two kinds of ice cream, and will be given an additional ten recipes to take home.

**Date:** Monday, 6 Jun 11

**Time:** 2pm – 5pm

**Place:** 154 Joo Chiat Road

**Fee:** Member \$45, Public Officer/Guest \$50 (Fee is for each parent-child pair.)

**Contact:** Gek Cheng at 63915624 or kuagekcheng@csc.sg

**Register By:** 30 May 11



## Return Of The Terminatorz Robotz



IT'S time for the clash of the Terminatorz Robotz! Students will be tasked to design their own Battle Robots and compete with other robots to complete a rescue mission. They will be taught how to build and program their robots using Lego Robotics sets. In the process, they will

also learn how to think out of the box and engage in teamwork with other kids.

**Date:** Tuesday, 31 May 11

**Time:** 12.30pm – 5.30pm

**Place:** Club CSC @ Bukit Batok

**Fee:** Member \$65, Public Officer/Guest \$70 (Limited to 14 participants.)

**Contact:** Lim Kian Cheng at 63915607 or limkiancheng@csc.sg

**Register By:** 24 May 11

## Master Magic Memory & Cool Confidence

DO your children have problems with memory skills or self-esteem? In this programme, participants will learn to improve their memory skills via techniques like mind mapping, and give themselves a confidence boost with an analysis of their personalities. They will also learn various study techniques that will help them succeed at school.

**Date:** Monday, 30 May 11

**Time:** 1pm – 6pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$209, Public Officer/Guest \$229 (Suitable for children 7 to 12 years old.)

**Contact:** Kian Cheng at 63915607 or limkiancheng@csc.sg

**Register By:** 23 May 11





## Secrets Of Study Success: Unlocking Your Child's Potential



UNLOCK your child's academic potential with the help of this revealing talk! Parents and students will learn how powerful study skills and positive motivation can unleash a child's full potential. Studying can be fun when the right study techniques are employed,

and which help to boost the child's self-esteem. You will also learn which food help the child to be more motivated and confident in studies, as well as being more alert and focused in class or when studying at home.

**Date:** Saturday, 9 Jul 11

**Time:** 11am – 1pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$18, Public Officer/Guest \$22 (Fee is for each parent-child pair. Suitable for parents with children who are primary, secondary and tertiary students.)

**Contact:** Gina at 63915641 or ginalim@csc.sg

**Register By:** 2 Jul 11

## Spinworkx Yo-yo Workshop



IN this fun workshop by Spinworkx, you will learn the basics of yo-yo play, as well as some new styles in performing yo-yo tricks. Learn from the professionals and master all the fundamentals of yo-yo play!

**Date:** Saturday, 11 Jun 11

**Time:** 10am – 11.30am

**Place:** Club CSC @ Tessensohn

**Fee:** Member's Child \$25, Public Officer's/Guest's Child \$30 (Participants will get a free Duncan wooden axle yoyo worth \$10.)

**Contact:** Samantha at 63915613 or samanthachin@csc.sg

**Register By:** 2 Jun 11

## Learn To Play The Harmonica

A portable musical companion, the chromatic harmonica offers a better range and fuller sound, and is easy to learn even without a musical background. Benny Hong is a full-time harmonica instructor with several years of performing and teaching experience.

### Harmonica Lessons – Level 1

**Date:** 10 Mondays, 27 Jun to 29 Aug 11

**Time:** 7pm – 8pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$120, Public Officer/Guest \$135 (Fee excludes course book at \$10 and harmonica. Participants can buy a China-made harmonica at \$40 or a German-made one at

\$135 from the instructor.)

### Harmonica Lessons – Level 3

**Date:** 10 Mondays, 27 Jun to 29 Aug 11

**Time:** 8pm – 9pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$135, Public Officer/Guest \$145 (Fee excludes course book costing \$10. Participants need to bring their own chromatic harmonica.)

### For above courses

**Contact:** Gek Cheng at 63915624 or kuagekcheng@csc.sg

**Register By:** 20 Jun 11

## Learn To Play The Keyboard

HAVE you ever wanted to brush up on your piano playing? Now you can with these keyboard courses! In the intermediate course, students will get to explore more chords and play familiar songs with accompaniments. Advanced students will explore more genres of music, and will learn how to transpose and improvise songs. Instructor Titus Chia has been teaching piano, keyboard and organ to people of all ages for the past 6 years.

### Keyboard Course (Intermediate)

**Date:** 10 Wednesdays, 6 Jul to 7 Sep 11

**Time:** 7pm – 8pm

**Fee:** Member \$155, Public Officer/Guest \$165 (Fee includes

materials. Instruments are provided.)

### Keyboard Course (Advance)

**Date:** 10 Wednesdays, 6 Jul to 7 Sep 11

**Time:** 8pm – 9pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$170, Public Officer/Guest \$175 (Fee includes materials. Instruments are provided.)

### For above courses

**Place:** Club CSC @ Tessensohn

**Contact:** Gek Cheng at 63915624 or kuagekcheng@csc.sg

**Register By:** 30 Jun 11



## Learn To Play Ukulele

THE ukulele is a Hawaiian version of a small 19th Century guitar-like instrument, and is fast gaining popularity today. In this course, learn how to strum chords, sing, and play the ukulele. Students will be taught how to read notes, how to tune the ukulele, and eventually play solo

pieces. Instructor Fahmy has been playing and performing for more than 20 years, and has been a music instructor for more than 8 years.

### Beginner's level

**Date:** 8 Mondays, 4 Jul to 22 Aug 11

**Time:** 7pm – 8pm

**Fee:** Member \$100, Public Officer/Guest \$110  
Member's Child \$100, Public Officer's/Guest's Child \$110  
(Students have to purchase their own ukulele.)

### Level 1 (For those who have completed beginner's level)

**Date:** 8 Mondays, 4 Jul to 22 Aug 11

**Time:** 8pm – 9pm

**Fee:** Member \$100, Public Officer/Guest \$110  
Member's Child \$100, Public Officer's/Guest's Child \$110  
(Students have to purchase their own ukulele.)

### For the above courses

**Place:** Club CSC @ Tessensohn

**Contact:** Gek Cheng at 63915624 or kuagekcheng@csc.sg

**Register By:** 27 Jun 11

## Learn To Play Violin

LEARN to play the violin from instructor Leong Gah Chiong, who has a Diploma in Teaching from Trinity College, London. He has been teaching violin since 1998.

### Violin Course (Intermediate)

**Date:** 10 Mondays, 27 Jun to 29 Aug 11

**Time:** 8pm – 9pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$155, Public Officer/Guest \$165  
(Fee includes materials. Instruments are provided.)

**Register By:** 20 Jun 11

### Violin Course (Advanced)

**Date:** 10 Mondays, 27 Jun to 29 Aug 11

**Time:** 7pm – 8pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$170, Public Officer/Guest \$180 (Fee includes materials. Instruments are provided. A certificate will be issued to participants upon completion of the course.)

**Register By:** 20 Jun 11

### Violin Course (Beginners) @ BB

**Date:** 10 Wednesdays, 15 Jun to 17 Aug 11

**Time:** 7pm – 8pm

**Place:** Club CSC @ Bukit Batok

**Fee:** Member \$140, Public Officer/Guest \$150  
(Fee includes materials. Instruments are provided.)

**Register By:** 8 Jun 11

### For above courses:

**Contact:** Gek Cheng at 63915624 or kuagekcheng@csc.sg



## Learn To Play Di Zi (For Adults)



THE di zi, or Chinese flute, has traditionally been very popular because it is easy to play and very convenient to carry around. Now you can also learn how to play the di zi and perform classical Chinese pieces! Lessons are conducted

by Eason Music Pte Ltd, which has plenty of experience teaching.

**Date:** 10 Mondays, 13 Jun to 15 Aug 11

**Time:** 7.30pm – 8.30pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$195, Public Officer/Guest \$235 (Fee includes good quality di zi dimo and velvet bag.)

**Contact:** Kian Cheng at 63915607 or limkiancheng@csc.sg

**Register By:** 6 Jun 11

## Harmonica @ BB

THE chromatic harmonica is a unique instrument which has a wider range of notes and is easy to learn. Students will be taught the fundamentals of music notes in relation to harmonica playing at a basic level. They will also be trained to play in an orchestral setting. Titus Chia is a full-time harmonica instructor with years of performing and teaching experience.

### Level 1

**Date:** 10 Mondays, 6 Jun 11 – 8 Aug 11

**Time:** 7pm – 8pm

**Place:** Club CSC @ Bukit Batok

**Fee:** Member \$130, Public Officer/Guest \$135  
(Fee includes course book.)

**Contact:** Gek Cheng at 63915624 or kua\_gek\_cheng@csc.sg

**Register By:** 30 May 11





## I-Ching For Beginners: Master The Power Of Ancient Divination

IN times of crisis and uncertainty, take comfort in the fact that the Universe has the answer. The most advanced techniques of divination steers adversity to your advantage!

Join us in I-Ching for Beginners and let this ancient wisdom guide your decisions.

**Date:** Tuesday to Thursday, 10 to 12 May 11

**Time:** 7pm – 9.30pm

**Fee:** Member \$608, Public Officer/Guest \$628

### Your Face Is Your Fortune

FIND out how you can improve your luck in areas of: Health, Wealth, Relationship and Achievement through the art of face reading.

The seminar will cover the following topics:

- Fundamentals of Face Readings
- Using age to determine your luck in various aspects of your life.
- Identifying good and bad features from the eyes, eyebrows, nose, lips and ears.
- Identifying the shapes of the face for different characteristics and talents.

Come and join us for an enriching afternoon!

**Date:** Saturday, 21 May 11

**Time:** 2pm – 5pm

**Fee:** Member \$15, Public Officer/Guest \$18

**For above courses:**

**Place:** Club CSC @ Tessensohn

**Contact:** Gek Cheng at 63915624 or kuagekcheng@csc.sg



## How To Choose A Secondary School

FOR your child to be motivated to succeed in exams, he needs to work towards a tangible goal, and one of these is to enter a suitable school. Choosing the right secondary school is an important decision in your child's future career path. During this talk, speaker Eugene Long will break down the process of choosing a secondary school and explain what the important questions to ask are. He will also give tips on time management, exam skills, study and learning, and how to properly research schools.

**Date:** Saturday, 23 Jul 11

**Time:** 2pm – 3.30pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$10, Member's Child \$10, Public Officer/Guest \$15, Public Officer's/Guest's Child \$15 (Suitable for parents with children 7 to 12.)

**Contact:** Samantha at 63915613 or samanthachin@csc.sg

**Register By:** 14 Jul 11



## How To Make The Most Of Your iPad

THIS is a 1-day program for iPad users who are interested to learn how to maximise the productivity of their devices both for their businesses and entertainment. No prior iPad knowledge or experience is necessary. Participants are required to bring along their own iPad, as well as a valid debit or credit card for purchasing apps where necessary. (Purchasing apps is optional, but highly recommended as participants will be able to have a hands-on experience during the lesson.)

**Date:** Saturday, 28 May 11

**Time:** 10am – 6pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$99, Public Officer/Guest \$129

**Contact:** Kian Cheng at 63915607 or limkiancheng@csc.sg

**Register By:** 22 May 11



## DIY Data Recovery

LOSING your data can be an awful experience, and especially harrowing for those who are unfamiliar with computers. Many of us have either intentionally deleted a file only to realise later that we need it again, or accidentally trashed an important file. In this workshop, learn valuable tips and techniques for retrieving lost files.

**Date:** Saturday, 11 Jun 11

**Time:** 11am – 12pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$5, Public Officer/Guest \$10 (Includes a goodie bag worth \$15.)

**Contact:** Gina at 63915641 or ginalim@csc.sg

**Register By:** 4 Jun 11



# :self improvement

## Internet Marketing Basics



THIS is a 2-day internet marketing program designed for participants who are interested in learning the fundamental strategies, skills and techniques to start or grow their online businesses. Participants should already be conversant in basic computer skills such as managing folders and files, text editing, sending emails and surfing the internet. Participants should bring along their own laptop, as well as a valid debit or credit card so they can register their own website domain name,

AutoResponder and Webhost.

**Date:** Saturday, 4 Jun 11 (Session 1) & Sunday, 5 Jun 11 (Session 2)

**Time:** 9am – 7pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$299, Public Officer/Guest \$339 (Lunch will be provided.)

**Contact:** Kian Cheng at 63915607 or [limkiancheng@csc.sg](mailto:limkiancheng@csc.sg)

**Register By:** 28 May 11

## Learn Conversational Mandarin

OPEN to people of all races and ages, this conversational Mandarin course focuses on simple and functional daily dialogue. Instructor Mr Tan Swee Liang, a member of the Singapore Writers' Association, has been teaching languages for many years.

**Date:** 8 Wednesdays, 25 May to 13 Jul 11

**Time:** 7.30pm – 9pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$105, Public Officer/Guest \$110

**Contact:** Gek Cheng at 63915624 or

[kuagekcheng@csc.sg](mailto:kuagekcheng@csc.sg)

**Register By:** 18 May 11

## Creating A Lasting First Impression

IN today's world, knowing how to create a lasting and positive first impression is an essential skill. This workshop will help you understand what undermines one's image, the different types of body shapes and how to choose the right clothes. Also learn to identify your facial shape and adopt the right hairstyle which suits and flatters your looks. The trainer will also share grooming tips and give valuable insights on dressing and presentation.

**Date:** Saturday, 11 Jun 11

**Time:** 11am – 1pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$20, Public Officer/Guest \$25

**Contact:** Gina at 63915641 or [ginalim@csc.sg](mailto:ginalim@csc.sg)

**Register By:** 4 Jun 11



# :travel

## Tourist World

For the following tours, travel arrangements are handled by Tourist World Travel Service Pte Ltd. Flights and hotels are subject to availability at time of reservation. At the time of quotation, no reservations are made or held for the tours. Should the airport taxes and fuel surcharge increase, we will advise you of the charges as these charges are beyond our control.

For payment purposes, please pay by cheque in favour of Tourist World Travel Service Pte Ltd, and mail it to 190 Clemenceau Avenue #03-28, Singapore Shopping Centre, Singapore 239924. Kindly write your name, handphone number and name of tour behind the cheque for reference.

## Tourist World

### 4D3N Bali Trip

DO you enjoy strolling along beautiful beaches or more physical activities such as jet skiing? Or do you like gazing at gorgeous scenery? Or are you more into native cultures and customs? Join us in this trip to Bali, the famed island paradise, to indulge yourself in all these!

#### Package includes:

- Air tickets with taxes
- 2-way airport transfer
- 4-star resort accommodation for 3 nights
- Choice of city tour, high-speed cruising, Odyssey submarine tour and sea walker tour

**Date:** Saturday, 6 Aug to Tuesday, 9 Aug 11

**Contact:** Kian Cheng at 63915607 or [limkiancheng@csc.sg](mailto:limkiancheng@csc.sg)



Description	CSC Member	Public Officer/Guest
Adult Single	\$818	\$828
Adult Twin/Triple	\$599	\$609
Child below 12	\$450	\$460

(All prices shown are for one person.)



## Tourist World

## 7D6N China Tour: Chinese Lantern Festival & More!



THIS tour will bring you to Beijing, the bustling capital of China, before continuing on to take in the historical cities of Tianjing and Chengde. Visit world-famous places of interest such as the Great Wall of China, The Forbidden

City, Temple of Heaven, Summer Palace, Panda Zoo, and more. The timing is also perfect – you will get to experience the Chinese Lantern Festival atmosphere during the trip!

Description	Member	Guest/Public Officer
Adult Single	\$1,488	\$1,498
Adult Twin/Triple	\$1,288	\$1,298
Child below 12 (Sharing of bed)	\$888	\$898

(All prices shown are for one person.)

**Date:** Sat, 3 Sep to Fri, 9 Sep 11

**Contact:** Kian Cheng at 63915607 or limkiancheng@csc.sg

## Transinex

To sign up for the tours, please provide date of birth, passport number and expiry date, and handphone contact. Email your particulars to the CSC staff in charge, listed at the end of each tour description.

For all tours, the itinerary is subject to change due to unforeseen circumstances. Replacement attractions will be decided by participants' majority vote.

For payment purposes, please pay by cheque in favour of Transinex Pte Ltd and mail it to Transinex Pte Ltd, 1 Coleman Street #04-31, Singapore 179803. Please write your name, handphone number and name of tour behind the cheque for reference.

## Transinex

## 1-Day Durian Tour

ARE you a durian lover in need of a short break? Join us on this one-day tour where you have chance to savour a delicious durian buffet at Yong Peng! You will also have the chance to do some shopping for local products before heading to dinner at a local restaurant.

### Package includes:

- Return journey on 40-seat air-conditioned coach
- Meals as per itinerary
- An experienced tour guide

**Date:** Saturday, 25 Jun or 2 Jul or 9 Jul 11

**Time:** Assemble at 6.45am at Club CSC @ Tessensohn; returns at about 10pm

**Fee:** Member \$68, Public Officer/Guest \$72, Member's Child \$65, Public Officer's/Guest's Child \$70 (Child should be 2 to 11 years old as of departure date.)

**Contact:** Samantha @ 63915613 or samanthachin@csc.sg

**Register By:** 15 or 22 or 30 Jun 11



## Transinex

## 3D2N KL & Malacca Tour



HOP onto this short getaway to KL and Malacca! The first stop is KL where you can indulge in a day of sightseeing and shopping in Malaysia's capital city. Next, head to Malacca where you can tuck into delicious Peranakan food,

and have the chance to buy some kuih back for friends and family.

### Package includes:

- Travel in air-conditioned coach
- 1-night stay at Swiss Inn KL Hotel or similar
- 1-night stay at Avillion Legacy 4-star hotel or similar

Description	Twin / Triple	Single Room	Child with bed	Child without bed
Member	\$215	\$305	\$195	\$165
Public Officer/Guest	\$225	\$315	\$205	\$175

(All prices shown are for one person.)

- Meals and activities as per itinerary
- An experienced tour guide

**Date:** Friday to Sunday, 17 to 19 Jun 11

**Time:** Assemble at 6.45am at Club CSC @ Tessensohn; returns at about 10pm

**Contact:** Samantha @ 63915613 or samanthachin@csc.sg

**Register By:** 7 Jun 11

To sign up for the tours, please provide date of birth, passport number and expiry date, and handphone contact. Email your particulars to the CSC staff in charge, listed at the end of each tour description.

For all tours, the itinerary is subject to change due to unforeseen circumstances. Replacement attractions will be decided by participants' majority vote.

For payment purposes, please pay by cheque in favour of i'Smart Leisure Services Pte Ltd and mail it to Blk 204 Hougang Street 21, #04-107, Singapore 530204. Please write your name, handphone number and name of tour behind the cheque for reference.

### i'Smart Leisure

## 1-Day Malacca Shopping Tour



TAKE a day trip to the historical city of Malacca! You will visit tourist landmarks like Dutch Square, Christ Church, Jonker Street and more! You will also have the chance to shop to your heart's delight at one of the many

shopping malls. Package includes travel on air-conditioned coach, and meals and activities as per itinerary.

**Date:** Sunday, 17 Jul 11

**Time:** 6.15am sharp at Lavender MRT (ICA bus stop), 6.30am

Description	Member	Guest/Public Officer
Adult	\$68	\$73
Child (3 to 11 years old)	\$65	\$70
Child below 3 years old	Free (no seat)	Free (no seat)

(All prices shown are for one person.)

sharp at Jurong East MRT (outside Popular Bookstore), returns at 10pm.

**Contact:** Gek Cheng at 63915624 or kua\_gek\_cheng@csc.sg

**Register By:** 8 Jul 11

### i'Smart Leisure

## 2D1N Batam Romantic Special



STEAL away with your loved one on a romantic trip to the island of Batam, where you can spend quality time together. Treat yourselves to luxurious spa treatments and massages, before you escape to an enchanted candlelit dinner.

### Package 1: Balinese Touch (2.5 hours)

- Foot bath
- Relaxing Aromatherapy Massage
- Body scrub/Lulur/Balinese Boreh
- Herbal/Milk bath
- Herbal drink

### Package 2: Escape to Heaven (2 hours)

- Foot bath
- Relaxing Aromatherapy Massage
- Facial
- Herbal drink

Choice of Spa Package 1 or 2

### Package includes:

- Return ferry tickets
- 1-night accommodation in Crown Vista Hotel (Superior Room with breakfast)
- Spa treatment for 2 persons
- 1 set lunch, 1 candlelit dinner, 2 glasses of complimentary wine
- Complimentary room decoration
- Land transfer

### Package excludes:

Batam departure fees of \$7 per person

**Date:** Valid during June and July 11

**Fee:** \$348 per couple (Minimum of 2 persons to go.)

**Contact:** Gek Cheng @ 63915624 or kuagekcheng@csc.sg

### i'Smart Leisure

## Durian Fest cum Mt Ophir Waterfall Getaway

CALLING all durian and fun lovers.. get to swim and dine during this weekend getaway! You can splash to your heart's content at a pristine waterfall and indulge in an all-you-can-eat durian fest. What's there not to like? If time allows, you can even stop by Yong Peng local product shop and IOI Shopping Mall for some retail therapy!



### Package includes:

- 2-way journey air-conditioned coach transfer
- Afternoon tea and dinner
- Fun at Puteri Waterfalls guided by rangers
- A Malaysian-registered tour guide and a tour leader/coordinator
- Tips for driver and tour guide
- Group travel insurance of \$10,000 and medical \$500

### Package excludes:

- All items of personal nature
- Visa fee (applicable to non-citizens)

**Date:** Every Saturday and Sunday, between end Jun to early Aug 11

**Time:** 6.15am at Lavender MRT (ICA bus stop), 6.30am sharp at Jurong East MRT (outside Popular Bookstore); returns at about 10pm

**Fee:** Member \$60, Public Officer/Guest \$65, Member's Child \$58, Public Officer's/Guest's Child \$62 (Free for child below 3 years old.)

**Contact:** Gek Cheng at 63915624 or kuagekcheng@csc.sg



## i'Smart Leisure

## 1-Day Children's Farm & Garden Tour

ON this educational tour, your children will visit Hay Dairies Farm where they will learn how goats are milked, and have the chance to taste fresh goat milk! Kids will also be surprised by the views of Singapore from the Singapore Flyer, and to cap off an exciting day, they will visit the Jacob Ballas Children's Garden.

**Date:** Friday, 24 Jun 11

**Time:** 9am – 5pm

**Fee:** Member's Child \$68 , Public Officer's/Guest's Child \$70  
(Child should be 4 to 11 years old.)



**Place:** Assemble at Club CSC @ Tessensohn

**Contact:** Gek Cheng at 63915624 or kuagekcheng@csc.sg

**Register By:** 15 Jun 11

## Konsortium

The itinerary is subject to change due to unforeseen circumstances. Replacement attractions will be decided by participants' majority vote. Participants are to provide their date of birth, passport number with expiry date and mobile contact number upon registration.

Travel arrangements for this tour are handled by Konsortium Express & Tours Pte Ltd. As required by the Travel Agents Act & Regulations, please pay tour charges by cheque in favour of Konsortium Express & Tours Pte Ltd and email your particulars to kuagekcheng@csc.sg and cheque to Konsortium Express & Tours Pte Ltd, 6001 Beach Road, #01-52B Golden Mile Tower, Singapore 199589.

## Konsortium

## 3D2N Bidayuh Sarawak Longhouse Adventure



FOR something different from the big city, come and experience the natural beauty of the eastern Malaysian state of Sarawak. You can visit a Bidayuh Longhouse, a traditional dwelling, and

also get to tour Kuching city, Semmenggoh Nature Reserve and visit a pottery factory.

### Package includes:

- Land transfer to and from the airport
- 2 nights' stay at 4-star Grand Margherita Hotel or 5-star Riverside Majestic

Grand Margherita Hotel	Single	Twin/Triple	Child with bed	Child without bed
Member	\$418	\$298	\$238	\$188
Public Officer/Guest	\$428	\$308	\$248	\$198

- Meals and activities as per itinerary

**Register By:** 30 Jun 11 (Minimum 2 persons to travel.)

**Travel Period:** Till 19 Dec 11

**Blockout Dates:** 31 May to 3 Jun, 7 to 11 Jul, 30 Aug to 2 Sep  
(All dates in 2011.)

**Contact:** Gek Cheng @ 63915624 or kuagekcheng@csc.sg

## Konsortium

## 6D5N Hanoi & Sapa Tour



DISCOVER Hanoi on this trip to exotic Vietnam! You will visit local villages, Poet Island, Sapa Town, and many more places of interest. Also treat yourself to a unique cruise along Ha Long Bay, an official UNESCO World

Heritage Site, and relax in the tranquil surroundings of the lovely, mist-shrouded sea in the midst of numerous limestone pillars.

### Package includes:

- Airfare on Vietnam Airlines
- Airport transfer to and from hotel
- 5 nights' stay at choice of accommodation (3-star hotels) with daily breakfast

Description	Member	Guest/Public Officer
Adult Single	\$870	\$888
Adult Twin / Triple	\$750	\$768
Child with bed	\$600	\$618
Child without bed	\$480	\$498

\* Child should be 3 to 11 years old.

- Meals and activities as per itinerary
- Minimum 2 persons to travel

**Register By:** 20 Jun 11

**Travel Period:** Till 30 Jun 11

**Contact:** Gek Cheng @ 63915624 or kuagekcheng@csc.sg

## Day Tour: Gardenia Factory, Organic Farm & Feifah Medical Warehouse



SIGN up for this enlightening one-day outing to learn how bread is made at the Gardenia factory. You will also visit an organic farm where you can purchase healthy organic food, and drop by the Feifah medical warehouse as well.

**Date:** Friday, 3 Jun 11 or Tuesday, 21 Jun 11

**Time:** 9am – 4pm

**Place:** Meet at Lobby @ 8.30am, Club CSC @ Tessensohn

**Fee:** Member \$15, Public Officer/Guest \$18, Member's Child \$15, Public Officer's/Guest's Child \$18 (Fee includes aircon bus with tour guide, but excludes lunch.)

**Contact:** Samantha at 63915613 or samanthachin@csc.sg

**Register By:** 26 May 11 or 12 Jun 11

## Night Shopping Tour



TIRED of fighting the crowds to go shopping on weekends? Then join in for this night shopping tour, where you can shop after hours! Start off at Marina Bay Sands, where you can pick up luxury goods, and

then head on to Lau Pa Sat for supper. After that, move on to Pasir Panjang Wholesale Market, Stars World Health Food Warehouse, and Senoko Fishery Port where you can buy the freshest produce.

**Date:** Friday, 10 Jun 11

**Time:** 10.15pm – 5.30am

**Place:** Meet at Lobby @ 10pm, Club CSC @ Tessensohn

**Fee:** Member \$18, Public Officer/Guest \$22, Member's Child \$18, Public Officer's/Guest's Child \$22 (Fee includes aircon bus with tour guide.)

**Contact:** Samantha at 63915613 or samanthachin@csc.sg

**Register By:** 2 Jun 11

## Day Tour: Yakult Factory, Kwong Cheong Thye & Animal Resort



ON this informative day trip, you will embark on a guided tour of the Yakult factory, attend a talk on intestinal health, and watch a documentary on pro-biotics and the immunity system. You will also visit Kwong Cheong Thye as well as an animal resort.

**Date:** Wednesday, 8 Jun 11

**Time:** 9am – 4pm

**Place:** Meet at Lobby @ 8.30am, Club CSC @ Tessensohn

**Fee:** Member \$15, Public Officer/Guest \$18, Member's Child \$15, Public Officer's/Guest's Child \$18 (Fee includes aircon bus with tour guide, excludes lunch & \$3 fee entrance to animal resort.)

**Contact:** Samantha at 63915613 or samanthachin@csc.sg

**Register By:** 28 May 11

## 3D2N Malacca Leisure Trip

RELAX in the tranquil surroundings of Philea Resort and Spa in this leisurely drive up to Malacca. You will also have the chance to visit local places of interest like Porta De Santiago, St Paul's Hill, Malacca Clock Tower, the Baba and Nyonya Heritage Museum, and more. You can also drop by Dataran Perlawanan Mall or Mahkota Parade to do some shopping.

### Package includes:

- Travel in air-conditioned coach
- Meals and activities as per itinerary
- An experienced tour guide

**Date:** 23 Jun to 25 Jun 11

**Contact:** Kian Cheng at 63915607 or limkiancheng@csc.sg

**Register By:** 8 Jun 11



Description	Member	Guest/Public Officer
Adult Single	\$648	\$668
Adult Twin/Triple	\$453	\$473
Child with bed	\$233	\$253
Child without bed	\$155	\$175



## 4D3N Krabi Free & Easy



FLY to fabulous Krabi for a free and easy tour! See the sights of Krabi city and go shopping at one of the city's many shopping malls. Or head down to the beach for some sun, fun and relaxation, where water sports and beach activities await!

### Package includes:

- 3 nights in La Playa Hotel, Ao-Nang, Krabi
- Airport transfers
- 3 breakfasts
- Krabi city tour
- An experienced tour leader

Description	Member	Guest/ Public Officer
Twin/Triple sharing	\$230	\$240
Single	\$300	\$310

(All prices shown are for one person.)

### Package excludes:

- Airfare by Tiger Airways (\$234.98 inclusive of taxes. Subject to changes. Prices quoted are indication only. All prices are subjected to final confirmation.)
- All personal purchases

**Travel Date:** 16 to 19 Jun 11

**Register By:** 5 Jun 11

**Contact:** Gek Cheng at 63915624 or kuagekcheng@csc.sg

## 3D2N Self Drive Tour To Malacca



TRAVEL at your own pace on this relaxing self-drive tour. Soak in the culture and heritage of Malacca and discover the wonders of nature at the Ayer Keroh Recreational

Forest. Enjoy your stay at Philea Resort & Spa and shop till you drop at the famous Jonker Street.

Description	Member	Guest/ Public Officer
Single	\$583	\$608
Twin / Triple share	\$413	\$438
Child with bed	\$263	\$288
Child without bed	\$213	\$238

### Package Includes:

- Accommodation, meals and as per itinerary
- 5W high-power walkie-talkie set per car
- Group travel insurance
- Pre-trip car inspection by AA workshop
- Pre-trip briefing by AA expedition leader
- Escorted convoy driving by AA expedition leader and mechanics throughout the trip
- Free loan of GPS with Singapore/Malaysia maps and programmed coordinates.

**Date:** 23 Jun – 25 Jun 11

**Contact:** Kian Cheng at 63915607 or

limkiancheng@csc.sg

**Register By:** 8 Jun 11

## 3D2N Mt Datuk & Malacca

AT 2,900 feet above sea level, Mt Datuk is a favourite of nature lovers and adventure seekers. Bordered by lush rainforests, it is the perfect place to be one with nature. You will also get to visit the historical city of Malacca to take in the sights, as well as drop by the various shopping malls and Jonker Street to buy souvenirs.



Description	Member	Guest/Public Officer
Hotel (Triple/Quad sharing)	\$270	\$280
Hostel (3 to 4 persons sharing)	\$230	\$240

(All prices shown are for one person.)

### Package includes:

- Travel via air-conditioned coach
- 1-night stay at Makohta Hotel Melaka
- Meals (including 3 meals on the mountain) and activities as per itinerary
- A Malaysian-registered tour guide, a tour leader and trek leader

**Date:** Friday to Sunday, 10 to 12 Jun 11

**Time:** 6.15am sharp at Lavender MRT (ICA bus stop), 6.30am sharp at Jurong East MRT (outside Popular Bookstore); returns at about 10pm

**Contact:** Gek Cheng at 63915624 or kuagekcheng@csc.sg

**Register By:** 1 Jun 11

# :regular activities

All ingredients required for the classes will be provided by the respective instructors.

**What's Cooking  
At Club CSC  
@ Tessensohn**



Class	Brownies with Valerie Kong	Carrot Cakes with Valerie Kong	Japanese Cream Puffs & Churros with Valerie Kong
Items	<ul style="list-style-type: none"> <li>Nutty brownies</li> <li>White chocolate chunks brownies</li> <li>Chocolate glazed brownie</li> <li>Participants will bring back one piece of each type of brownie.</li> </ul>	<ul style="list-style-type: none"> <li>American carrot cake with cheese frosting</li> <li>Swiss carrot cake with sugar glaze</li> <li>Participants will bring back one slice of each type of carrot cake.</li> </ul>	<ul style="list-style-type: none"> <li>Japanese cream puffs</li> <li>Churros (Spanish fried fritters)</li> <li>Participants will bring back one puff and one churro.</li> </ul>
Date & Time	Saturday, 28 May 11, 2pm – 5pm	Saturday, 14 May 11, 2pm – 5pm	Saturday, 25 Jun 11, 2pm – 5pm
Member Public Officer/Guest	\$32 \$36	\$32 \$36	\$32 \$36
Closing Date & Enquiries	21 May 11, Gina @ 63915641	7 May 11, Gina @ 63915641	18 Jun 11, Gina @ 63915641

Class	Mousse Cake with Valerie Kong	Strawberry Hearts & Japanese Light Cheesecake with Valerie Kong	Tofu Cheesecake & Mango Pudding with Valerie Kong
Items	<ul style="list-style-type: none"> <li>Chocolate banana mousse cake</li> <li>Blackforest mousse cake</li> <li>Participants will bring back one slice of each type of mousse cake.</li> </ul>	<ul style="list-style-type: none"> <li>Strawberry hearts cheesecakes</li> <li>Japanese light cheesecake</li> <li>Participants will bring back three pieces of strawberry hearts cheesecake and one slice of Japanese light cheesecake.</li> </ul>	<ul style="list-style-type: none"> <li>Tofu cheesecake</li> <li>Mango pudding</li> <li>Participants will bring back two pieces of cheesecake and one mango pudding.</li> </ul>
Date & Time	Saturday, 11 Jun 11, 2pm – 5pm	Saturday, 23 Jul 11, 2pm – 5pm	Saturday, 2 Jul 11, 2pm – 5pm
Member Public Officer/Guest	\$42 \$46	\$35 \$40	\$35 \$40
Closing Date & Enquiries	4 Jun 11, Gina @ 63915641	16 Jul 11, Gina @ 63915641	25 Jun 11, Gina @ 63915641



# regular activities:

Class	Cookie With A Difference with Amy (Hands-on)	Macaron Session III with Amy (Hands-on)	Gourmet Feast from India with Kirti (Hands-on)
Items	<ul style="list-style-type: none"> <li>Chewy ginger cookie: sticky &amp; chewy, packed with flavour</li> <li>Chewy multi-grain cookie bar.</li> <li>Savoury tomato oregano biscuits</li> </ul>	<ul style="list-style-type: none"> <li>Very Green Tea Macaron: filled with green tea buttercream</li> <li>Sesame Macaron: made with ground almonds &amp; black sesame, with lemon cream cheese filling</li> </ul>	<ul style="list-style-type: none"> <li>Boneless butter chicken, marinated and cooked in a tomato based gourmet creamy sauce</li> <li>Punjabi Dal, a rich fragrant herb-stew with a combination of 3 lentils.</li> <li>Kirti's famous light &amp; flaky Roti Prathas</li> </ul>
Date & Time	Saturday, 11 Jun 11, 2pm – 5pm	Saturday, 25 Jun 11, 2pm – 5pm	Monday, 13 Jun 11, 7pm – 10pm
Member Public Officer/Guest	\$40 \$45	\$50 \$55	\$40 \$45
Closing Date & Enquiries	18 Jun 11, Samantha @ 63915613	18 Jun 11, Samantha @ 63915613	5 Jun 11, Samantha @ 63915613

Class	Seafood Special with Kirti	Macaron Session with Amy (hands-on)	Enriched Breads: Hands-on with Harry
Items	<ul style="list-style-type: none"> <li>Baked rice with saffron fish</li> <li>Sliced fish in a gourmet saffron curry sauce</li> <li>Quick and easy butter garlic prawns</li> </ul>	<ul style="list-style-type: none"> <li>Berry Cream Cheese</li> <li>Lemon Basil</li> </ul>	<ul style="list-style-type: none"> <li>Brioche: soft, enriched French bread with tender crumb</li> <li>Stollen: rich, fruity bread packed with raisins, citrus and nuts, traditionally served or given as a gift during Christmas</li> <li>English Muffin: usually served at breakfast, delightful with a chewy bite and almost always dusted with cornmeal</li> </ul>
Date & Time	Friday, 29 Jun 11, 2pm – 5pm	Saturday, 28 May 11, 2pm – 5pm	Saturday, 4 Jun 11, 2pm – 5pm
Member Public Officer/Guest	\$50 \$55	\$50 \$55	\$44 \$48
Closing Date & Enquiries	21 Jun 11, Samantha @ 63915613	20 May 11, Samantha @ 63915613	27 May 11, Gek Cheng @ 63915624

Class	Puff Pastry: Hands-on with Harry	Rustic Bread: Hands-on with Harry	Speciality Breads: Hands-on with Harry
Items	<p>Participants will get to make their own puff pastry and short crust pastry. These delightful pastries will be used to make the following:</p> <ul style="list-style-type: none"> <li>Chicken pie</li> <li>Apple strudel</li> <li>Apple pie</li> </ul>	<p>These breads need no introduction as they are very popular in shops selling sandwiches:</p> <ul style="list-style-type: none"> <li>Baguette</li> <li>Focaccia</li> <li>Ciabatta</li> </ul>	<ul style="list-style-type: none"> <li>Jewish Challah: braided bread that is certain to capture everyone's attention when it is brought to a gathering. The loaf can be braided with different designs and given as a gift.</li> <li>Chewy Bagels: a rare treat for those who prefer a different mixture to their bread.</li> <li>Swedish Limpa Bread: a rye bread which is moist, rich and extremely flavourful</li> </ul>
Date & Time	Saturday, 9 Jul 11	Saturday, 18 Jun 11, 2pm – 5pm	Saturday, 2 Jul 11, 2pm – 5.30pm
Member Public Officer/Guest	\$44 \$48	\$44 \$48	\$44 \$48
Closing Date & Enquiries	1 Jul 11, Gek Cheng @ 63915624	10 Jun 11, Gek Cheng 63915624	24 Jun 11, Gek Cheng @ 63915624

# : regular activities

Stay Fighting Fit!



Activity	Wing Chun Kung Fu, "Chi Sau"	Wing Chun Kung Fu, "Chi Sau" (Class I)	Wing Chun Kung Fu, "Chi Sau" (Class II)	Wing Chun Kung Fu For Kids (beginners)	Wing Chun Kung Fu, "Chi Sau"
Date	5 Thursdays, 2 to 30 Jun 11	4 Saturdays, 4 to 25 Jun 11	4 Saturdays, 4 to 25 Jun 11	4 Saturdays, 4 to 25 Jun 11	4 Thursdays, 7 to 28 Jul 11
Time	8pm – 10pm	9am – 11am	11am – 1pm	1pm – 2pm	8pm – 10pm
Instructor	Sifu Ken Lau	Sifu Ken Lau	Sifu Ken Lau	Sifu Ken Lau	Sifu Ken Lau
Member	\$55	\$55	\$55	\$28	\$55
Public Officer/ Guest/Gym Member	\$60	\$60	\$60	\$33	\$60
Group Size	10 persons (min)	10 persons (min)	10 persons (min)	10 persons (min)	10 persons (min)
Register By	26 May 11	28 May 11	28 May 11	28 May 11	30 Jun 11
Contact	Gina at 63915641	Gina at 63915641	Gina at 63915641	Gina at 63915641	Gina at 63915641
Location	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn

Activity	Wing Chun Kung Fu, "Chi Sau" (Class I)	Wing Chun Kung Fu, "Chi Sau" (Class II)	Wing Chun Kung Fu for kids (Beginners)	Traditional TaeKwon-Do (Adults)	Traditional TaeKwon-Do (Adults)	Traditional TaeKwon-Do @ Tessensohn
Date	5 Saturdays, 2 to 30 Jul 11	5 Saturdays, 2 to 30 Jul 11	5 Saturdays, 2 to 30 Jul 11	4 Mondays, 6 to 27 Jun 11	4 Mondays, 4 to 25 Jul 11	9 Saturdays, 6 Aug to 24 Sep 11
Time	9am – 11am	11am – 1pm	1pm – 2pm	8.30pm – 10.30pm	8.30pm – 10.30pm	3.30pm – 5pm 5pm – 6.30pm
Instructor	Sifu Ken Lau	Sifu Ken Lau	Sifu Ken Lau	Singapore TaeKwon-Do Academy	Singapore TaeKwon-Do Academy	Singapore TaeKwon-Do Academy
Member	\$55	\$55	\$28	\$15	\$15	\$30
Public Officer/ Guest/Gym Member	\$60	\$60	\$33	\$18	\$18	\$36 \$48 parent and child pair \$72 parent and two children
Group Size	10 persons (min)	10 persons (min)	10 persons (min)	10 persons (min)	10 persons (min)	16 persons (min)
Register By	25 Jun 11	25 Jun 11	25 Jun 11	30 May 11	27 Jun 11	31 Jul 11
Contact	Gina at 63915641	Gina at 63915641	Gina at 63915641	Gina at 63915641	Gina at 63915641	Gina at 63915641
Location	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn

# regular activities:

Activity	Traditional TaeKwon-Do @ Bukit Batok	Aqua Aerobics (Wednesday)	Aqua Aerobics (Thursday)	Aqua Aerobics (Saturday)
Date	9 Saturdays, 6 Aug to 24 Sep 11	12 Wednesdays, 13 Jul to 28 Sep 11	12 Thursdays, 23 Jun to 8 Sep 11	12 Saturdays, 9 Jul to 24 Sep 11
Time	3pm – 4.30pm 4.30pm – 6pm	6.15pm – 7.15pm 7.15pm – 8.15pm	6.30pm – 7.30pm 7.30pm – 8.30pm	9am – 10am
Instructor	Singapore TaeKwon-Do Academy	Ms Vikki	Ms Vikki	Ms Vikki
Member Public Officer/Guest/ Gym Member	\$30  \$36 \$48 parent and child pair \$72 parent and two children	\$54  \$66	\$54  \$66	\$54  \$66
Group Size	10 persons (min)	16 persons (max)	16 persons (max)	16 persons (max)
Register By	31 Jul 11	6 Jul 11	16 Jun 11	2 Jul 11
Contact	Gina at 63915641	Gina at 63915641	Gina at 63915641	Gina at 63915641
Location	Club CSC @ Bukit Batok	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn

Activity	Aqua Aerobics (Sunday)	In-line Skating for Beginners	Step & Tone by Bobby Yeo	Kickboxing by Rodney Hogan	Kickboxing by Rodney Hogan
Date	12 Sundays, 17 Jul to 9 Oct 11	4 Saturdays, 4 to 25 Jun 11	10 Sundays, 29 May to 31 Jul 11	4 Saturdays, 4 to 25 Jun 11	5 Saturdays, 2 to 30 Jul 11
Time	9am – 10am	4pm – 5.30pm	11am – 12pm	3pm – 4pm	3pm – 4pm
Instructor	Ms Vikki	Skate-Pro Team	Mr Bobby Yeo	Sports Therapist, Rodney Hogan	Sports Therapist, Rodney Hogan
Member Public Officer/Guest/ Gym Member	\$54 \$66	\$90* \$100* *Include rental of skate with protective gears	\$65 \$70	\$52 \$60	\$65 \$75
Group Size	16 persons (max)	5 persons (min)	12 persons (min)	12 persons (min)	12 persons (min)
Register By	10 Jul 11	25 May 11	20 May 11	26 May 11	26 Jun 11
Contact	Gina at 63915641	Samantha at 63915613	Samantha at 63915613	Samantha at 63915613	Samantha at 63915613
Location	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn

Activity	Yoga by Rose	Pilates by Mabeline	Body Sculpting by Bobby Yeo	Yoga by Guat Yeng	Yoga by Huay Lin
Date	10 Sundays, 29 May to 31 Jul 11	10 Mondays, 9 May to 11 Jul 11	10 Thursdays, 7 Jul to 8 Sep 11	10 Fridays, 22 Jul to 23 Sep 11	10 Fridays, 8 Jul to 9 Sep 11
Time	3pm – 4pm	7pm – 8pm	7pm – 8pm	6.30pm – 7.30pm	7.30pm – 8.30pm
Instructor	Ms Rose Sin	Ms Mabeline	Mr Bobby Yeo	Ms Guat Yeng	Ms Huay Lin
Member Public Officer/Guest/ Gym Member	\$75 \$85	\$85 \$100	\$65 \$70	\$75 \$85	\$75 \$85
Group Size	12 persons (min)	12 persons (min)	12 persons (min)	12 persons (min)	12 persons (min)
Register By	21 May 11	4 May 11	29 Jun 11	12 Jul 11	1 Jul 11
Contact	Samantha at 63915613	Samantha at 63915613	Samantha at 63915613	Samantha at 63915613	Samantha at 63915613
Location	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn



# : regular activities

Activity	Line Dance by Felicia Tan	Pilates by Agnes Yoong	Yoga by Meenal	Pilates by Agnes Koh	Yoga Therapy by Agnes Koh
Date	8 Tuesdays, 10 May to 5 Jul 11 (except 17 May 11)	10 Saturdays, 18 Jun to 20 Aug 11	10 Wednesdays, 22 Jun to 24 Aug 11	10 Thursdays, 2 Jun to 4 Aug 11	10 Saturdays, 18 Jun to 20 Aug 11
Time	7pm – 8pm	11am – 12pm	7.30pm – 8.30pm	7pm – 8pm	10am – 11am
Instructor	Ms Felicia Tan	Ms Agnes Yoong	Ms Meenal	Ms Agnes Koh	Ms Agnes Koh
Member Public Officer/Guest/ Gym Member	\$50 \$60	\$85 \$100	\$75 \$85	\$90 \$100	\$90 \$100
Group Size	12 persons (min)	12 persons (min)	12 persons (min)	12 persons (min)	12 persons (min)
Register By	6 May 11	10 Jun 11	16 Jun 11	25 May 11	10 Jun 11
Contact	Samantha at 63915613	Samantha at 63915613	Samantha at 63915613	Samantha at 63915613	Samantha at 63915613
Location	Club CSC @ Tessensohn	Club CSC @ Bukit Batok	Club CSC @ Bukit Batok	Club CSC @ Bukit Batok	Club CSC @ Bukit Batok

Activity	Yoga Therapy by Agnes Koh	Hatha Yoga @ Changi Beach	Deep Water Aqua Aerobics	Tennis Kiddos Beginners (Kids 6 to 9 years old)	Youth Badminton 1 (July)
Date	10 Mondays, 27 Jun to 29 Aug 11	10 Saturdays, 23 Jul to 24 Sep 11	10 Saturdays, 11 Jun to 13 Aug 11	8 Sundays, 26 Jun to 14 Aug 11	12 Saturdays, 2 Jul to 17 Sep 11
Time	7.30pm – 8.30pm	7.15am – 8.15am	9am – 10am	9am – 10.30am	9am – 11am
Instructor	Ms Agnes Koh	Ms Julaila	Mr Raikal	Pinnacle Tennis	Mr Lau
Member Public Officer/Guest/ Gym Member	\$90 \$100	\$80 \$90	\$65 \$75	\$230 \$240	\$300 \$330
Group Size	12 persons (min)	10 persons (min)	10 persons (min)	4 persons (min)	5 persons (min)
Register By	20 Jun 11	16 Jul 11	4 Jun 11	19 Jun 11	27 Jun 11
Contact	Samantha at 63915613	Kian Cheng at 63915607	Kian Cheng at 63915607	Kian Cheng at 63915607	Kian Cheng at 63915607
Location	Club CSC @ Bukit Batok	Club CSC @ Changi	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn

Activity	Youth Badminton 2 (July)	Aikido (Adults)	Aikido (Children)	Swimming For Ladies Beginners @ Tessensohn	Swimming For Ladies Intermediate @ Tessensohn
Date	12 Sundays, 3 Jul to 25 Sep 11	12 Sundays, 5 Jun to 21 Aug 11	12 Sundays, 5 Jun to 21 Aug 11	10 Mondays, 23 May to 25 Jul 11	10 Mondays, 23 May to 25 Jul 11
Time	9am – 11am	11am – 12pm	9am – 11am	8pm – 9pm	7pm – 8pm
Instructor	Mr Lau	Mr Steven Goh	Mr Steven Goh	Ms Tipa	Ms Tipa
Member Public Officer/Guest/ Gym Member	\$300 \$330	\$120 \$130	\$120 \$130	\$160 \$180	\$160 \$180
Group Size	5 persons (min)	20 persons	20 persons	10 persons (max)	10 persons (max)
Register By	27 Jun 11	28 May 11	28 May 11	9 May 11	9 May 11
Contact	Kian Cheng at 63915607	Kian Cheng at 63915607	Kian Cheng at 63915607	Kian Cheng at 63915607	Kian Cheng at 63915607
Location	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn

# regular activities:

Activity	Swimming For Ladies Beginners @ Bukit Batok	Swimming For Ladies Intermediate @ Bukit Batok	Swimming For Ladies Beginners @ Changi	Kickboxing by Ghani	Ballroom Tango: Technique Class
Date	10 Fridays, 27 May – 29 Jul 11	10 Fridays, 27 May – 29 Jul 11	10 Saturdays, 28 May – 30 Jul 11	10 Thursday, 19 May to 21 Jul 11	10 Sundays, 10 Jul to 18 Sep 11
Time	6.30pm – 7.30pm	7.30pm – 8.30pm	2pm – 3pm	8pm to 9pm	2pm – 3pm
Instructor	Ms Pamela	Ms Pamela	Fitness Police	Mr Ghani	Ms Jacie
Member	\$160	\$160	\$160	\$75	\$70
Public Officer/Guest/Gym Member	\$180	\$180	\$180	\$85	\$75
Group Size	10 persons (max)	10 persons (max)	10 persons (max)	12 persons (min)	12 persons (min)
Register By	20 May 11	20 May 11	20 May 11	10 May 11	4 Jul 11
Contact	Kian Cheng at 63915607	Kian Cheng at 63915607	Kian Cheng at 63915607	Samantha at 63915613	Gek Cheng at 63915624
Location	Club CSC @ Bukit Batok	Club CSC @ Bukit Batok	Club CSC @ Tessensohn	Club CSC @ Bukit Batok	Club CSC @ Tessensohn

Activity	Simple Variations: Latin American Jive & Rock N Roll	Intermediate Level Ballroom Waltz: Technique Class	Beginners Ballroom Waltz	Social Cha Cha & Square Rumba	Beginners Salsa & Bachata Tango Dance
Date	10 Sundays, 10 Jul to 18 Sep 11	10 Sundays, 10 Jul to 18 Sep 11	10 Tuesdays, 12 Jul to 27 Sep 11 (Except 9 & 30 Aug)	10 Fridays, 15 Jul to 16 Sep 11	10 Fridays, 15 Jul to 16 Sep 11
Time	3pm – 4pm	4pm – 5pm	8.15pm – 9.15pm	7.15pm – 8.15pm	8.15pm – 9.15pm
Instructor	Ms Jacie	Ms Jacie	Mr Wu	Mr Wu	Mr Wu
Member	\$70	\$70	\$70	\$70	\$70
Public Officer/Guest/Gym Member	\$75	\$75	\$75	\$75	\$75
Group Size	12 persons (min)	12 persons (min)	12 persons (min)	12 persons (min)	12 persons (min)
Register By	4 Jul 11	4 Jul 11	8 Jul 11	8 Jul 11	8 Jul 11
Contact	Gek Cheng at 63915624	Gek Cheng at 63915624	Gek Cheng at 63915624	Gek Cheng at 63915624	Gek Cheng at 63915624
Location	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn

## application form

**Registration of activities is on a first-come-first-serve basis.**

Name (\*Mr/Mrs/Mdm/Miss): \_\_\_\_\_ CSC Membership No./NRIC No: \_\_\_\_\_

Membership Type: \*Ordinary/Supplementary/Retiree/Life/Associate (\*delete where appropriate)

Address: \_\_\_\_\_ Singapore ( )

Contact No: \_\_\_\_\_ Email: \_\_\_\_\_

I would like to participate in: \_\_\_\_\_ (activity & date) for \_\_\_\_\_ members including myself.

Indicate name and membership number if more than one member: \_\_\_\_\_ and ( ) guests.

Indicate name(s) of guest(s) \_\_\_\_\_

For more than one activity, please attach sheets separately.

For Swimming Lessons, please contact clubhouse at 63915605. For Badminton Section, please contact Sports Section at 63915619.

### IMPORTANT NOTES

- All guests must be accompanied by members.
- All fees paid are non-refundable unless the activity is cancelled by the Club. Please contact us if you do not hear from us one week before the activity.
- Applications must be accompanied by full payment. Please send separate cheques for the different activities.
- Crossed cheques are to be made payable to "Civil Service Club" unless otherwise stated.
- Unless otherwise stated, cheques should be sent to: General Manager, Civil Service Club, 60 Tessensohn Road, Singapore 217664
- The Civil Service Club and its management will not be liable for any injury or death whatsoever or however caused to participants.



# INTRODUCING THE NEW CSC-PASSION EZ-LINK CARD

*Get the best of both worlds with CSC membership*

Civil Service Club has established a partnership with People's Association to extend PAssion Card Benefits to our Civil Service Club members. With the new CSC-Passion Card, which also functions as an EZ-Link card, our members will enjoy PAssion Card perks on top of all the existing benefits from CSC. This includes a rewards point program and special deals in supermarket chains such as Giant, Cold Storage and Shop & Save. In a nutshell, a CSC membership now offers members the best of both worlds.

## **BENEFITS OF THE NEW CSC-PASSION CARD**

With the Contactless e-Purse Applications (CEPAS) payment function in the CSC-PAssion Card, you can use your PAssion EZ-Link Card for public transport (MRT, buses, SMRT taxis) and for motoring (car parks, ERP).

Earn and redeem the new loyalty points, **TAPFORMORE** points by shopping at any Cold Storage, Market Place, Shop N Save, Giant and Guardian Health & Beauty stores. One TapForMore point is earned for every \$1 spent. The points accumulated can be used to offset future purchases based on 150 points for \$1. No minimum spending is required.

Enjoy movies at **\$7 ANYTIME, ANY DAY** at all Cathay Cineplexes and other lifestyle privileges from our list of more than 1,000 PAssion Merchant outlets island-wide.

### **\* Terms and conditions applies**

- The CSC-PAssion is only available for the Principal Card holder, and is not available for Supplementary card holders.
- Please note that there is a 2-year membership commitment period.
- Members on complimentary membership are not eligible to apply for the CSC-PAssion EZ-Link Card.

