

Dinner and Dance 2010 | CNY Bazaar @ CSC Tessensohn | New Facilities @ Tessensohn

fusion



From the

Charlie Ng General Manager, CSC

GM'S DESK

TIME has passed by very quickly and we are already in the third month of 2011. The March school holidays are just round the corner, which promises a lot of fun for the children. At Civil Service Club, we have planned a host of activities to cater to the varied interests of the children. The activities range from robotic games, enrichment programmes to cartoon and comic drawing. We have also lined up activities for parents to bond with their child such as macaron baking and ice-cream making sessions, which you can check out on our website or in Fusion magazine.

The year end festive draw held at Tessensohn Clubhouse on 15 January 2011 was very well supported by the members. Between October 2010 and January 2011, we received about 140,000 lucky draw coupons from our members. Any member who spent \$50 or more in the Club's non-tenanted outlets was given a lucky draw coupon to participate in this festive draw. We wish to thank our members for the tremendous support and to congratulate the lucky winners, in particular Ms Soon Lay Kim and Ms Teh Hui Hwa, who won the first and second prize of \$8,888 and \$6,888, respectively.

The Chinese New Year Bazaar, also held at Tessensohn Clubhouse on 15 January, was also very well-patronised by members and their guests. More than 2,500 shoppers thronged the stores of the Bazaar looking for good bargains and New Year goodies. Many also participated in the various social activities organised. We plan to have an even grander Bazaar next year. A greater variety of stalls will be provided and will be centralised in the multi-purpose hall to facilitate the shopping experience. A myriad of activities will also be organised at the various function rooms to cater to the different needs of our members.

A piece of good news to share with our members staying in the east of Singapore is that Changi Clubhouse will be renovated and upgraded. The Club has appointed DP Architects to be the consultant of this project. It will likely commence in August 2011 and will be completed by end 2013. The renovated Clubhouse will have chalets, food and entertainment outlets and sporting facilities, including a 20-lane bowling center. Members will be progressively updated on the development progress.

The Club is sparing no effort to upgrade the facilities of the Clubhouses. We hope members will frequent the Clubhouses and enjoy the facilities provided. As these are your Clubhouses, we urge members to assist us in maintaining the facilities and to inform us if any facilities are not functioning efficiently.

Members who communicate with the Club through e-mail may have noticed that the Club's e-mail address has changed. Instead of using <csc.gov.sg>, we now use <csc.sg>. We remain linked to the Civil Service portal and public officers can continue to receive the e-broadcasts of events and activities. Not only does this not affect the efficiency of the Club and its members, this switch also saves the Club about \$60,000 annually.

> It now leaves me to wish our members a fun-filled March holiday with your family and a great Easter in April.



Website http://www.csc.sg http://intranet.csc.gov.sg

Email for enquiry feedback@csc.sg

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RINGING IN 2011 • WITH STYLE!

CSC held its annual dinner and dance on Saturday, 31 December 2010 at the Marina Bay Sands Conference Centre, where hundreds of CSC members rang in the new year with lots of enthusiasm! Along with attractive door gifts, a photo booth in the lobby, and lots of lucky draw prizes and games, CSC welcomed 2011 with open arms, all the while having lots of fun!



Guest-of-honour Mr Peter Ong presenting the STAR GAMES trophy to Mrs Tan Ching Yee, Permanent Secretary of Ministry of Education



Guests mingling at the reception



Settling in for the dinner



"Am I the lucky one?"



Pavarotti, the Queen and Michael Jackson were also at the DnD!



All eyes on the programme on stage



Smiles and laughter all around



Members old and young celebrate together



Showcasing our hip young members





A toast to usher in 2011!

We would like to thank our generous sponsors for their support.

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happenings



CNY BAZAAR @ CSC TESSENSOHN



A lion dance opened the bazaar

On Saturday, 15 January 2011, CSC Club @ Tessensohn hosted a Chinese New Year bazaar for members to celebrate the arrival of the Year of the Rabbit. From 10am in the morning the club was full of festivities, with members enjoying an exhilarating Lion Dance performance that opened the bazaar. There were more than 40 stalls selling all sorts of goodies, from biscuits, to fresh fruits, to traditional snacks and much, much more! Children were treated to an art and craft session where they could make muppets, angbao décor and clay figurines. They also had the chance to play Money Champ board games and the Sentosa 4D Max online game.

Fengshui and Bazi practitioners Helen Ong and Bryan Gan were also on hand to give fengshui talks, educating members on how to make the best of the coming year. Members also had the chance to learn how to make sugee cookies, durian kueh lapis, and durian tiramisu in the cooking classes that were being held at the same time. The highlight,



Lots of mouthwatering CNY goodies

however, was definitely the Grand Lucky Draw that saw many lucky members bringing home attractive prizes.

All in all, it was a day of fun and festivity for members and their families!

Below are the Top 10 Winners for the Members Festive Draw on 15 Jan 11

Prize	Name	NRIC No	Amount
1^{st}	Soon Lay Kim	Sxxxx885F	\$8,888
2 nd	Teh Hui Hwa	Sxxxx613J	\$6,888
3^{rd}	Tan Pang Boo	Sxxxx670E	\$3,888
4 th	Ng Hee Tong	Sxxxx670J	\$2,888
5^{th}	Tan Gek Keng	Sxxxx934H	\$1,888
6 th	Francis Seah	Sxxxx175D	\$888
7^{th}	Te Kheng Leng	Sxxxx011H	\$888
8 th	Poh Ah Teck	Sxxxx111Z	\$888
9^{th}	Kwan Yew Chuen	Sxxxx110Z	\$888
10 th	Mah Chin Phock	Sxxxx571F	\$888



Children having fun at the bazaar



Happy Year of the Rabbit!



First prize winner Ms Soon Lay Kim



Chinese orchestra by Eason Music

spotlights



Children making angbao decorations



Guest-of-honour Mr Ho Siong Hin presenting a hamper



Hertz

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Terms & Conditions:

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- To enjoy the above promotion, rental period must be a minimum of 3 days consecutively
- Promotion valid till 30th April 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
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Reservations & Renting Locations

Singapore Changi Airport Terminal 2 & 3 Arrival Hall Tel: (65) 6542 5300 Fax: (65) 6542 6154 Email: reservation.hertz@simedarby.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@simedarby.com.sg Business Hours: Mon-Sat (8am to 6pm) Sun & Public Holidays (Closed)



MEDIACORP %



AN ALL-NEW SPECTACULAR ON ICE! Family-Friendly Ticket Prices Starting at \$15.50!

17 – 20 March 2011 | Singapore Indoor Stadium

Civil Service Club Members enjoy 15% off for these shows (Rinkside tickets not applicable): Thu 3:30pm, Thu 7:00pm, Fri 3:30pm, Fri 7:00pm, Sun 6:00pm Please email DorisOng@csc.sg or call 65143630

www.disneyonice.com.sg

Media

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📅 CSC @ BUKIT BATOK

PLANET AND WESTWOOD BOWL

New Bowling rates

With effect from 1 April 2011, the new bowling rates will be as follows:

	Members	Public Officers	Public	
Monday to Friday (10am to 6pm)	\$2.40	\$2.80	\$3.20	
Monday to Friday (6pm to Close)	\$3.20	\$3.60	\$3.80	
Saturday / Sunday / Public Holiday (Whole Day)	\$3.20	\$3.60	\$3.80	
Shoes Rental / Socks \$1.20				
PROMOTIONS AT PLANET BOWL ONLY				
Monday to Friday (10am to 2pm)	\$1.80			
Thursday to Sunday (10pm to close)	\$2.80			

For any enquires, please call us at : Planet Bowl : 63915693/695 or email julianah@csc.sg Westwood Bowl : 65137489 or email FooMooJack@csc.sg

📻 CSC @ BUKIT BATOK

CLUB CSC @ BUKIT BATOK

The perfect location for your wedding solemnisation

Poolside wedding packages start from just \$38/pax.

For more information, please call Janice, 6513 7481 or email JaniceLim@csc.sg



Take advantage of our new promotion packages for your events and functions amidst lush greenery and tranquil surroundings

SEMINAR PACKAGES

Choose a half or full day seminar package from our new promotions. All packages includes venue rental and F & B. We can customize packages to suit your needs and give a great experience at Club CSC @ Bukit Batok

Call us now for more enquiries. Packages available till 30th June 2011.

For enquiries, please call: Eugene @ 65137483 or Janice @ 65137481 or email us, eugeneyee@csc.sg or janicelim@csc.sg

📻 CSC @ TESSENSOHN



TOMBOLA NIGHT

Thursday 17 March & Thursday 21 April 2011 @ 7.30 pm Tessensohn Ballroom 4th Floor

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



New poolside deck chairs and umbrellas



The Children's Pool with new water play features



Come makan at Simply Peranakan!



Newly renovated toilets and more!



Newly installed hot jacuzzis await

New Facilities @ Tessensohn!

CSC Club Tessensohn is still in the midst of ongoing renovations, and we thank all our members for their patience while we try and upgrade your experience.

In the meantime, several of our new facilities are up and running. The renovations for the toilets and pool changing rooms are now completed and newly opened for members' use! Additionally, the swimming complex has also been given a new coat of paint, and members can now make use of new changing rooms, nursing rooms, and lockers. There are now two brand new hot spas next to the Children's Pool, and the club has brought in new poolside furniture. There has also been some landscaping work done, resulting in a relaxing alfresco dining area. Additional water play features at the children's pool have been included and they are very populer with the children at the pool.

There is also a new vendor for our poolside café. Simply Peranakan Café serves a wide variety of local and Peranakan food. They also offer buffet catering. Remember to show your membership card at the counter to take advantage of special discounts!

While the swimming complex has already been painted, painting works at the Clubhouse and other premises are still in progress and will continue until April 2011. We seek our members' understanding for this and apologise for any inconvenience caused.





THE Civil Service Club held the STAR GAMES awards presentation at the CSC Dinner and Dance on Friday, 31 December 2010, to honour the sports achievements of the top four organisations in Division I and II of the Public Service STAR Games 2010. Guest-of-Honour Mr Peter Ong, Head of Civil Service and CSC President, presented the trophies and awards to the winners.

The Ministry of Education emerged as champion by ousting defending champion Ministry of Home Affairs to capture the coveted Public Service STAR Games Division I Challenge Trophy with a perfect 84 points. Mrs Tan Ching Yee, Permanent Secretary of Ministry of Education, accepted the trophy on behalf of the organisation. JTC Corporation also showed its strength in retaining the Division II championship for the third time, with 14 points. Mr Seah Kee Pok, Assistant Chief Executive Officer of JTC Corporation, accepted the award.

CSC congratulates all the winners for their outstanding performance. The 36 STAR organisations finished in the following order.

Division I Table Position **Division I Organisations** Points 1 Ministry of Education 84 2 Ministry of Home Affairs 80 3 Ministry of Defence 77 4 Housing & Development Board 39 35 5 Ministry of Health Ministry of the Environment and Water 6 32 Resources 7 Singapore Sports Council 23 8 People's Association 22.5 9 Land Transport Authority 19 10 Ministry of National Development 14 11 Ngee Ann Polytechnic 14 Inland Revenue Authority of Singapore 7 12 13 Ministry of Trade & Industry 7 Prime Minister's Office 6 14 Ministry of Information, 15 6 Communications & the Arts 16 Singapore Polytechnic 5 5 17 Institute of Technical Education 18 Civil Aviation Authority of Singapore 4

Division II Table

Position	Division II Organisations	Points
1	JTC Corporation	14
2	Ministry of Manpower	11
3	Ministry of Community Development, Youth and Sports	10
4	Ministry of Finance	9
5	Ministry of Foreign Affairs	6
6	Central Provident Fund Board	6
7	Maritime and Port Authority of Singapore	5
8	Republic Polytechnic	5
9	SPRING Singapore	3
10	Temasek Polytechnic	3
11	Urban Redevelopment Authority	3
12	Nanyang Polytechnic	3
13	Building and Construction Authority	2
14	Infocomm Development Authority of Singapore	2
15	Ministry of Law	1
16	Ministry of Transport	1
17	Attorney-General's Chambers	0
18	Judiciary	0





CSC Changi Runners Club Is 1 Year Old!

THE CSC Changi Runners Club started with five avid runners and over a few months, they grew to more than 30 members. Despite busy and hectic schedules, they always set aside a few hours on every 1st and 3rd Saturday mornings of the month to run along the Changi Coastal Road, for distances ranging from 5km to 20km.

Thirty-nine members turned up on 18 Dec 2010 to celebrate its 1st Anniversary. To add to the joy, they also celebrated the festive season with a spread of delicious food. Committee members also revealed the future plans of the running club, and aimed to produce athletes to represent CSC competitively in marathons as well as other major runs.

CSC members are welcome to join the running club for regular runs along the scenic Changi Coastal Road, either as part of a healthy lifestyle or to train for competitions.

For more information, please contact Ms Candice Woo at 63915619 or email candicewoo@csc.sg.

CSC Walk @ Marina Promenade



DESPITE the gloomy weather, close to 900 public officers turned up for an enjoyable late afternoon walk at the Marina Promenade on Wednesday, 29 Dec 2010. The walk was one of the many sports activities organised by CSC to promote a healthy lifestyle in the Public Service. Gracing the event was Mr Lau Chee Chong, CSC Honorary Treasurer. Participants gamely took part in an aerobic warm-up exercise under the guidance of an experienced instructor before setting off for the 4km walk. The starting and ending point was near the Singapore Flyer. Many of them found the walk to be pleasantly easy and enjoyed the panoramic views of the Marina reservoir. After the walk, they collected their healthy food packs and some lucky officers won prizes in a lucky draw.



Bobbi Brown Makeup Workshop



WITH the help of Bobbi Brown cosmetics, learn the basics of putting on makeup in this insightful workshop. Learn how to cleanse and prep your skin before putting on makeup, and how to effectively use foundation, concealer,

and colour to create a look that is customised for you.

Date: Saturday, 30 Apr 11

Time: 10am – 1pm (Session 1) or 2.30pm – 5.30pm (Session 2) Place: Club CSC @ Tessensohn Fee: Member \$70, Public Officer/Guest \$75 (Fee includes a Bobbi Brown appreciation gift & \$60 Bobbi Brown gift voucher for redemption of any skincare and makeup products at all Bobbi Brown stores.) Contact: Samantha at 63915613 or samanthachin@csc.sg

Register By: 20 Apr 11

Perfect Eyebrows And Eyelashes

EYEBROWS may not seem like an important thing, but when perfectly shapes they can completely change your appearance. Learn which eyebrow shapes suit your face, and how to shape them using an eyebrow pencil. You will also learn how to apply false eyelashes and eyeliner.

Date: Saturday, 9 Apr 11 Time: 2pm – 4.30pm Place: Club CSC @ Tessensohn Fee: Member \$33, Public Officer/Guest \$38 (Includes a goodie bag worth \$30) Contact: Gina at 63915641 or ginalim@csc.sg Register By: 2 Apr 11



Salon Chic At Home – Style Your Hair Like A Pro

IN this workshop, participants will learn to master the skills and techniques of hairstyling. Why go to expensive hair salons when you can style your hair in the comfort of your own home? You will learn how to blow dry your hair properly, as well as create up to three unique looks suitable for all occasions!

Date: Saturday, 16 Apr 11 Time: 2pm – 5pm Place: Club CSC @ Tessensohn Fee: Member \$35, Public Officer/Guest \$40 (Includes a goodie bag worth \$20) Contact: Gina at 63915641 or ginalim@csc.sg Register By: 9 Apr 11





Common Skin Problems Among Asians

IN this seminar, learn how to combat common skin problems with a scientific and clinical approach. You will learn more about eczema, hair loss problems, acne, eyebags, and dark circles, and how to effectively treat them. You will also be educated on the myths about facials, pimple cream, slimming centres and more. Join Dr Komathy, who has had 14 years of aesthetic medicine experience and is certified in practical dermatology.

Date: Saturday, 2 Apr 11 Time: 2pm – 3.30pm Place: Club CSC @ Tessensohn Fee: Member \$5, Public Officer/Guest \$10 (Includes a goodie bag worth \$110) Contact: Gina at 63915641 or ginalim@csc.sg Register By: 26 Mar 11

Facial Massage Workshop



CREATING a relaxing, soothing ambience is key before embarking on any massage. Good hygiene practices, equipment and materials are important too. In this workshop, participants will learn proper cleansing techniques before

performing relaxing facial massage by using different massage steps, applications, contra-indications and terminology. This workshop will equip participants with the knowledge needed to perform basic facial massages on family members and friends.

Date: Saturday, 16 Apr 11 Time: 2pm – 4pm Place: Club CSC @ Tessensohn Fee: Member \$35, Public Officer/Guest \$40 Contact: Kian Cheng at 63915607 or limkiancheng@csc.sg Register By: 11 Apr 11

finance:



EVERYBODY knows how much retirement costs nowadays, but do you have a plan for it? Come and join Xeo Lye, a Financial Service Manager with nearly a decade's worth of experience in investing and managing wealth

for high net worth individuals. Learn how to predict the investment markets to accumulate wealth for your retirement, and understand why some advisors will fail to make money for you whether times are good or bad. Improve and implement your own personal financial plan based on what you learn in this workshop!

Date: Saturday, 9 Apr 11 **Time:** 2pm – 4.30pm Place: Club CSC @ Bukit Batok Fee: Member \$15, Public Officer/Guest \$20 (Includes a free investment magazine) Contact: Samantha at 63915613 or samanthachin@csc.sq Register By: 28 Mar 11

Cashflow Game Workshop

COME and discover just how much you know about your financial status! Cash Flow 101 is a board game designed by American businessman Robert Kiyosaki, and will bring you 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.

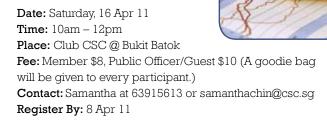
Learn The Art Of Trading

WANT to build up your courage in stock trading, or keen to enrich your knowledge in trading and investment? This comprehensive course is designed for those who wish to master the fundamental analysis, technical analysis, trading methodologies and manage their psychology and emotions. At the end of this course, you will learn how to adopt a serious and rational approach to manage your stock trading. Trainer Mr Lee has had more than 25 years of investment experience in the US, Singapore and

Date: Saturday, 9 Apr 11 Time: 10am – 1pm Place: Club CSC @ Tessensohn 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: 1 Apr 11



Malaysia stock markets.



Getting The Basic Currency Trading Principles Right

THIS workshop aims to equip traders with knowledge so that they will have the confidence to make informed decisions in trading FX. When trading currencies, it is important to understand your risk appetite, how the foreign exchange market Time: 10am - 12pm works and how to minimise the trading risks and maximise profits when carrying out planned strategies. Trainers from DBS Vickers Securities will explain how to get started in trading the volatile FX market. They will also go through some methods that may help investors manage risks, as well as discuss some

strategies investors can adopt.

Date: Saturday, 2 Apr 11 Place: Club CSC @ Tessensohn Fee: Member \$8, Public Officer/Guest \$10 (Refreshments will be provided.) Contact: Samantha at 63915613 or samanthachin@csc.sq Register By: 23 Mar 11

Your Guide To Trading Gold And Other Precious Metals

TARGETED at beginners and traders alike, this workshop aims to educate and update investors on the factors driving gold prices and precious metals, which hit record highs in 2010. Learn about futures contracts and how to trade them, and be informed about other products available for retail traders. Trainers from DBS Vickers Securities will be on hand to answer your questions

Date: Saturday, 7 May 11 Time: 10am – 12pm Place: Club CSC @ Tessensohn Fee: Member \$8, Public Officer/Guest \$10 (A goodie bag will be given to every participant.) Contact: Samantha at 63915613 or samanthachin@csc.gov.sg Register By: 29 Apr 11





Classic Creme Brulee & Strawberry Almond Affands (Demo)

LEARN how to make this creamy vanilla (from real vanilla beans) egg custard dessert topped with a crispy caramelised sugar topping. Don't know what to do with the excess egg whites from making crème brulee? You will also learn how to use these eggs whites to make healthy and light strawberry almond friand pastries. Each participant will get to bring home a sample of crème brulee and friands. Recipes will be provided, but participants may wish to bring writing materials to jot down additional notes.

Date: Saturday, 19 Mar 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: 12 Mar 11



IN this simple demonstration, learn how to make your own irresistible dessert that will wow your family and friends! Learn how to make this popular dessert with a gooey chocolate centre. You will also learn how to make vanilla ice cream from scratch using real vanilla beans. Each participant will get a sample of the Molten Chocolate Cake served with a scoop of Easy Vanilla Ice Cream.

Date: Saturday, 16 Apr 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 Apr 11

Handmade Mexican Food

IN Mexico, families gather around the kitchen for every meal, and mealtimes became a time where they could bond with each other. In today's fast paced life, not many people have time for dinner with their family or to make food from scratch anymore. In this course you will learn how to make handmade tortillas, sopes and chicken tacos that you can enjoy with your family. Date: Saturday, 16 Apr 11 Time: 9.30am – 12pm Place: Club CSC @ Tessensohn Fee: Member \$40, Public Officer/Guest \$45 Contact: Kian Cheng at 63915607 or limkiancheng@csc.sg Register By: 9 Apr 11





Cocktails From The Movies

WHAT would James Bond be without his Martini? Would Sex in the City's Carrie Bradshaw still be sexy without her Cosmopolitan? Now you too can learn how to make these famous cocktails from the movies! Learn how to mix drinks and pick up bartending tips in this fun workshop, and impress your friends with your skills!

Date: Saturday, 16 Apr 11 Time: 2pm – 4pm Place: Club CSC @ Tessensohn Fee: Member \$60, Public Officer/Guest \$65 (A free luggage tag will be given to each participant.) Contact: Samantha at 63915613 or samanthachin@csc.sg Register By: 6 Apr 11

food:

Mother's Day Lunch



ONCE a year, we get a chance to shower our affections exclusively on the most important women in our lives – the mothers of the family. So let's do it in style with a sumptuous treat at the club's annual Mother's Day celebration.

Feast on splendid 8-course mouth-watering delights such as Six Kind Cold Dish, Shark's Fin Soup with Crab Meat, Crispy Roasted Chicken, Fried Prawn with Cereal, Nonya, Steamed Live Sea Bass with XO Sauce, Braised 3 Kind Mushroom with Spinach, Seafood Fried Ee Fu Noodle and Longan Bean Curd Jelly. at the Qian Xi Restaurant. Mums will be given a special door gift on this special occasion. The programmes include fun

stage games and attractive prizes to be won at the lucky draw. Sign up for this event fast and let the mums of the family know how much you love and appreciate them!

Date: Sunday, 8 May 11 Time: 12pm – 3pm Place: Qian Xi (Farrer Park) Restaurant, Club CSC @ Tessensohn Fee: Member per table \$298, Public Officer/Guest per table \$328 (Includes door gift for all mothers) Contact: Gek Cheng at 63915624 or kuagekcheng@csc.sg Register By: 30 Apr 11

Happy Mother's Dau

Leggo's Cooks & Bakes Gourmet Workshops With Chef Lisa Leong



RAN out of ideas for what to cook for your family? Come and join Chef Lisa Leong in a series of workshops, and let her teach you how to cook fabulous meals with the help of Leggo's Cooks & Bakes!

Workshop 1

LEARN how to make Leggo's Pasta Pot Pie, delicious Velvet Mary Cocktails, and how to make the perfect Iced Tomato Cake Supreme in this exciting workshop!

Date: Friday, 6 May 11 Time: 7pm – 9.30pm Register By: 29 May 11

Workshop 2

DELIGHT your friends and family with Salmon Snack Toasties, Tomato Fish and scrumptious Soupa de Pasta.

Date: Sunday, 26 Jun 11 **Time:** 2pm – 4.30pm

Register By: 19 Jun 11

Workshop 3

CHEF Lisa will teach you how to make John West Linguine Pasta Surprise, and a very special Chicago Bolognese Pizza Puff. The crispy chewy crust holds tuna, tomato chunks and a rich pasta meat sauce that is sure to have people asking for more! She will also teach you the recipe for Trendy Jello.

Date: Friday, 8 Jul 11 Time: 7pm – 9pm Register By: 1 Jul 11

For above courses:

Place: Club CSC @ Tessensohn Fee: Member \$16, Public Officer/Guest \$20 (Includes a goodie bag) Contact: Gina at 63915641 or ginalim@csc.sg

Choo Choo Trek (Night)

THIS long tranquil trek will see us attempting to uncover and follow a disused railway, taking us from Bukit Timah Railway Station all the way to Ulu Pandan Park. This trail is wild as it is seldom explored, but we will be shaded by lush fern tree forests and giant Albizzias for the first half of the trek. Wild cinnamon, simpor air, durian, fig, smilax, hairy clidemia and wild pepper are just some of the plants you will encounter. Highlights of the trek include two old railway bridges and a scenic view from the bridge. We will also pay a visit to a local shrine maintained by a nearby resident with its wonderful herb and vegetable garden. If you are looking for an unforgettable trek that many have not done, this is it.



Date: Saturday, 9 Apr 11 Time: 7pm – 10pm Place: King Albert Park McDonald's Fee: Member \$15, Public Officer/Guest \$18 Contact: Kian Cheng at 63915607 or limkiancheng@csc.sg Register By: 2 Apr 11

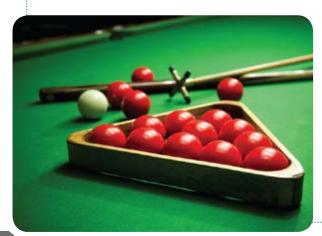
Horseback Riding

HORSEBACK riding is an activity that many have not experienced in Singapore. Here is an opportunity to try horseback riding, and learn how to check your tack before mounting a horse. The instructor will teach you how to walk, steer and halt the horse. Lessons will be conducted in groups of up to 5 riders. Participants are requested to wear riding gear, including long slacks and proper covered boots with a small heel.

Date: 5 Wednesdays, 6 Apr to 4 May 11 or 5 Thursdays, 7 Apr to 5 May 11 Time: 7pm – 7.45pm or 8pm – 8.45pm Place: 100 Turf Club Road, #01-02, Management Office Fee: Member \$220, Public Officer/Guest \$230 (Fee includes rental of helmets.) Contact: Samantha at 63915613 or samanthachin@csc.sg Register By: 28 Mar 11



Snooker With Marvin Lim



ANSWER the cue for action with Marvin Lim, a snooker gold medallist in the 2009 SEA Games. This course aims to build a solid foundation in snooker. You will pick up basics such as line of shot, stance, grip, bridging and shot timing. You will also learn intermediate techniques that including potting a ball from different angles, cue-ball control, as well as learn how to determine the reflection angles from the cushion.

Date: 8 Wednesdays, 13 Apr to 1 Jun 11 Time: 7.30pm – 9.30pm Place: Snooker Zone, 600 Toa Payoh Lorong 4, #03-02 Fee: Member \$200, Public Officer/Guest \$210 Contact: Samantha at 63915613 or samanthachin@csc.sg Register By: 3 Apr 11





Learn Magic With Kyle Ravin

JOIN professional magician Kyle Ravin, 2-time Grand Champion of Magic, as he guides you through a series of 10 magic tricks. Catered to working professionals and students, participants will learn how to make a box of matches vanish into thin air, find a randomly selected card from a full pack, and many more! Easy to master with practice, these tricks not only entertain people, but also stimulate the mind.

Date: Wednesday & Thursday, 6 & 7 Apr 11 Time: 7pm – 9pm Place: Club CSC @ Tessensohn Fee: Member \$60, Public Officer/Guest \$65 (Fee includes a certificate and a free magic wand) Contact: Samantha at 63915613 or samanthachin@csc.sg Register By: 29 Mar 11



Dancing Session @ CSC

WANT to spend an afternoon of fun dancing and socialising? Come and join us for our ballroom dancing session! Why don't you impress your friends with your graceful Viennese Waltz, or delight them with your feisty Salsa? Participants will have a choice of a whole range of dances like the Cha-Cha, Rumba, Brazilian Samba, Jive, and many more!

Date: Sunday, 27 Mar 11 Time: 2pm – 5pm Place: Club CSC @ Tessensohn Fee: Member \$5, Public Officer/Guest \$10 Contact: Gek Cheng @ 63915624 or kuagekcheng@csc.sg Register By: 22 Mar 11

Binjai Trek

THIS tranquil trek will take you deep into a jungle, following a jungle stream until finally emerging at Rifle Range Road. This path is relatively unknown, but has charmed those who have dared to venture upon it. Along the way you will see lots of fruit trees and other interesting plants. Participants must be prepared to get their feet wet and muddy, and must be attired appropriately. Participants under 18 years old must be accompanied by an adult over 21 years old.

Date: Sunday, 17 Apr 11 Time: 8am – 1pm Place: King Albert Park McDonald's Fee: Member \$15, Public Officer/Guest \$18 Contact: Kian Cheng at 63915607 or limkiancheng@csc.sg Register By: 9 Apr 11





Your CSC membership card is more than just a membership card. Flash your CSC card at any of the the outlets listed below and enjoy discounts, perks and promos!

15% discount for art and craft workshops, field trips and art parties Terms & Conditions • Valid from Mar to Dec 2011 To book an appointment, please contact 63163631/64720963 or log on to www.artzone.sg Applicable to CSC Members only, for children aged 4 to 12 Not valid with any other promotions or discounts Not exchangeable for cash Locations: ArtZone @ Club CSC Bukit Batok ArtZone @ UE Square Shopping Mall ArtZone @ Bukit Timah Plaza #03-05 #02-36/37 #02-25 Tel: 63338203 Tel: 64632621 Tel: 63163631 Quantum Body Wellness @ \$68 U.P \$380 25% off ala carte service Terms & Conditions Terms and Condition Limited to one redemption per customer only; multiple redemption is not permitted. Promotion is valid till 31 Dec 2011. • Redemption is valid for all Singaporeans and Singapore PRs only. Redemption is valid for Singaporeans and Singapore PR only (above 23 years old) Kody Contours For first time visitor to Body Contours establishment (above 23 years old). . Strictly non-exchangeable for cash or products CSC membership pass and NRIC must be presented on date of appointment Strictly non-exchangeable for cash or products. . CSC membership pass and NRIC must be presented on date of appointment. Redemption via appointment only. Redemption via appointment only. Please call 6841 1141 and quote LE403 when making your appointmentThe management of Body Contours Pte Ltd reserves the right to vary the terms and Please call 6841 1141 and quote LE403 when making your appointment. The Management of Body Contours Pte Ltd reserves the right to vary the terms and conditions without prior notice. conditions without prior notice. Body Contours spa establishments: City Hall, 30 Hill Street #01-03 Roxy Square II Shopping Centre, 50 East Coast Road #03-14 Royal Brothers Building, Raffles Town Club. Marina Scuare 6 Raffles Boulevard 22 Malacca Street Lev (Near City Hall MRT) 1 Plymouth Avenue (Members Only) (Opposite ParkwayParade) #03-148/149 (Near Raffles Place MRT) \$495 for 12-month gym membership Location: D'Club CSC @ Bukit Batok CSC @ Tessensohn \$300 for 6-month gym membership Tel: 65137486 Tel: 63915697 When you flash your CSC card at Eason Music Pte Ltd, enjoy: Valid till 31 Dec 2011 Waiver of registration Address: Operating hours: Mon - Sat (10:30am - 6:30pm), fee (\$16.05) when you sign up for Eason Enterprises 1 Rochor Road, #02-612 Singapore 180001 Tel: 6294 7522 Sun (10:30am - 4:30pm) music classes at Eason Music Pte Ltd. 5% discount off any music instruments Email: tansungwah@gmail.com and accessories purchased www.eason.com.sq









For all Civil Service Club members, we will **waive the registration fee** of **\$32.10** when they enrol their children for English Enrichment Programmes at Lorna Whiston Study Centres.

They will also receive a **FREE** scholastic story book worth at least \$15.

15% discount to CSC members when purchasing products from our office

Korean Ginseng Products Pte. Ltd, No.3 Suffolk Road, #03-01.Singapore 307781 Tel:(65)63569390 | Fax:(65)67347138





15% off food bill only for Melting Pot Café

ATRIUM SINGAPORE

15% off ala carte food menu (excluding dim sum & set menus) for Xin Cuisine Chinese Restaurant.

- Terms & Conditions: Offer is not valid on special occasions (eg Mother's Day, Father's Day, 15 days of Chinese New Year, New Year, Christmas, Valentine's Day, Secretaries' Week), eve of and on public holidays
 - Not valid with other offers, promotions, privileges and vouchers. For CSC staff, CSC staff card must be presented upon payment and to quote CSC staff promotion when making reservation.
- Valid from 1 Feb 2011 till 31 Dec 2011

Location Holiday Inn Atrium Singapore 317 Outram Road Singapore 169075

20% discount on sushi buffet when members dine in

40% off ala carte services

Location:

Mino-Q Japanese Restaurant and Sushi Bar, Level 2 Copthorne King's Hotel, 403 Havelock Road Singapore 169632 | Tel: 67332865



Locations Orchard 541 Orchard Road Liat Towers #18-03/04 (S)238881 Tel: (+65) 6736 0567

City Hall 1 Coleman Street The Adelphi #03-09 (S)179803 Tel: (+65) 6224 0567

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Tampines 300 Tampines Ave 5 Tampines Junction #05-06 (S)529653 Tel: (+65) 6443 0567

O2 Plasma Facial (U.P. \$300) @ **\$28** only RF Localise Slimming (U.P. \$280) @ \$28 only Red Wine Spa Massage (U.P. \$180) @ \$28 only

> Upper Thomson 200 Upper Thomson Road Thomson Imperial Court #01-18 (S)574424 Tel: (+65) 6556 0567



- TRUEISHAPE
- Thermal RF Body Slim @ \$38 Nett
- Sparkling Microdermabrsion Facial: 10 Sessions for \$288 Nett

Terms and Conditions: • Only valid for CSC members

- CSC membership card needs to be presented to enjoy the promotions Valid for new customers of True Shape only
- Not to be used in conjunction with other promotions
- Location:

#03-03 The Adelphi

No.1 Coleman Street Telephone: (65) 63366596 Email: trueshape@live.com Prior appointment is required

 True Shape reserves the right to amend the terms and conditions
governing the promotions at any time without prior notice Valid till Dec 2011

Opening Hours: Mon-Fri: 11am – 8pm Sat: 11am – 6pm Closed on Sun and PH

Location:

Champagne Regrowth Facial (U.P. \$300) @ \$28 only

Singapore 179803

Web: www.trueshape.com.sg

10% discount for the below mentioned courses:

- Parenting Psychology Workshop -"Heaven on Earth for Children"
- WhizFOREX Training programme
- Psychology of Vision (POV) Workshops

WhizHeartz Edu-Centre

For more information on the above mentioned training programmes do log on to www.whizheartz.com and www.whizforex.com.

Whizheartz Edu-Centre, 151 Chin Swee Road, Manhattan House, Singapore 169876

20% off ala carte menu (excluding beverages and other promotional items)

Location 418 Serangoon Road Farrer Park MRT Station (H Exit then turn right blue building) Next to City Square Mall Tel: 63968051



Holistic DIY Destressing Techniques

OVERWHELMED by work? Feeling burned out all the time? Attend this talk to find out more about the symptoms of stress. Engage in a hands-on session with our speaker, Yvette Chiang, Founder of Rustic Nirvana, as she brings you through step by step DIY de-stress massage techniques for instant relief. Get educated on the various benefits of aroma oils and blends and achieve the perfect balance and harmony of body and mind for a truly relaxed you.



Date: Saturday, 30 Apr 11 Time: 2pm – 3.30pm Place: Club CSC @ Tessensohn Fee: Member \$15, Public Officer/Guest \$20

(Includes a goodie bag with Flexi Detox Foot Patch and a Sally Hansen Full Size Nail Polish worth \$23.) **Contact:** Samantha at 63915613 or samanthachin@csc.sg **Register By:** 20 Apr 11

Yoga Therapy By Agnes Koh



YOGA Therapy has been recognised as a very effective alternative holistic exercise. Many ailments that do not have a direct and complete cure in modern science have been successfully treated with yoga therapy. It helps regulate blood pressure, heart problems, reduces varicose veins and improves circulation of blood, corrects bad body posture,

improves muscle and joint flexibility and more. Trainer Agnes Koh has had 10 years of experience teaching yoga.

Date: 10 Saturdays, 2 Apr to 4 Jun 11 Time: 10am – 11am

Date: 10 Mondays, 4 Apr to 13 Jun 11 (except 2 May 11) Time: 7.30pm - 8.30pm

For the above courses Place: CSC @ Bukit Batok Fee: Member \$90, Public Officer/Guest \$100 Contact: Samantha at 63915613 or samanthachin@csc.sg Register By: 25 Mar 11

Ayurveda: Universal Laws Of Natural Health



AYURVEDA, a form of Indian Traditional Medicine, is a fascinating ancient holistic science that is surprisingly relevant in our search for solutions to today's health care challenges. In this talk, Dr Dharna S. Tiku will help you to understand how the laws of nature work, and how Ayurveda can help you take control of your health and life. She will share with you the preventive, rejuvenative and therapeutic services available for common ailments and chronic illnesses.

Date: Friday, 6 May 11 Time: 7.30pm – 8.30pm Place: Club CSC @ Tessensohn

Fee: Member \$10, Public Officer/Guest \$15 (First 5 registrants will receive a free 15 min Ayurvedic Foot Massage. Book a full body oil massage on the day of the talk at only \$40 for a 45min session.) Contact: Kian Cheng at 63915607 or limkiancheng@csc.sg Register By: 30 Apr 11

Meridien Massage For Adults



MERIDIEN massage strengthens our internal organs, and helps to relieve many common illnesses and pains such as migraine, flu, cold, fever, indigestion and more. This is a fully hands-on session and participants will learn many simple and practical techniques for health and natural beauty. Participants are requested to wear loose clothing for ease of massage.

Date: Saturday, 16 Apr 11 Time: 2pm – 6pm Place: Club CSC @ Bukit Batok Fee: Member \$38, Public Officer/Guest \$42 (Notes and massage materials will be provided.) Contact: Gek Cheng at 63915624 or

kuagekcheng@csc.sg Register By: 8 Apr 11

All About Menopause

MENOPAUSE is a natural part of life that can be embraced as the beginning of a new stage of exciting possibilities. There should be no pause in life as women celebrate this new found freedom! Participants will gain a better understanding of menopause and the types of therapies available to help



alleviate menopause symptoms. Trainer BG is a trained speaker, and her creative and unique approach to achieving health and beauty is not only interactive, but effective.

Date: Saturday, 16 Apr 11 Time: 11am – 1pm Place: Club CSC @ Tessensohn Fee: Member \$5, Public Officer/Guest \$10 (Includes a goodie bag worth \$30) Contact: Gina at 63915641 or ginalim@csc.sg Register By: 9 Apr 11

kids:



Fun With Mandarin: Creepy Treasure Island

THIS is the chance for your child to experience a totally different way of learning Mandarin! Our program lets children have fun while learning Mandarin. They will learn through fun, creative hands-on activities, games and IQ challenges. With such fun experiences, it will increase their interest in learning Mandarin. Using things that fascinate them in real life, they will also learn how to relate the terms they learnt to their daily lives. Date: Monday, 20 Jun 11 (Session 1) or Friday, 17 Jun 11 (Session 2) Time: 10am – 1pm Place: Club CSC @ Tessensohn (Session 1) or Club CSC @ Bukit Batok (Session 2) Fee: Member's Child \$38, Public Officer's/Guest's Child \$42 (Child should be between 6 – 8 years old. Materials included.) Contact: Gina at 63915641 or ginalim@csc.sg Register By: 13 Jun 11 (Session 1) and 10 Jun 11 (Session 2)

Dungeon Hunter Wits And Science Quest



READY to set out on a quest of Wits and Science as a Dungeon Hunter? Through the use of a story, students will be tasked to solve hands-on IQ problems, puzzles and experiments that will test and train their wits and science concepts. They will need to outsmart, outwit and outthink each other. They

will learn to solve hands-on problems in a fun and interactive environment and at the same time, learn to work together as a team and train their analytical skills and creativity. Date: Friday, 10 Jun 11 (Session 1) or Friday, 3 Jun 11 (Session 2) Time: 10am – 1pm Place: Club CSC @ Tessensohn (Session 1) or Club CSC @ Bukit Batok (Session 2) Fee: Member's Child \$38, Public Officer's/Guest's Child \$42 (Child should be between 7 – 10 years old. Materials included.) Contact: Gina at 63915641 or ginalim@csc.sg Register By: 3 Jun 11 (Session 1) and 27 May 11 (Session 2)

Designer Art Camp

Don't miss this opportunity to be a designer for a day! Children will get to create up to 4 different arts and craft pieces in an interactive environment. There will also be games, snacks, and prizes to be given out! Suitable for children aged 5 and above, join us now for a day of fun, with no dull moments at all! Date: Wednesday, 16 Mar 11 Time: 9.30am – 6pm Place: Club CSC @ Bukit Batok Fee: Member \$80, Public Officer/Guest \$85 Contact: Kian Cheng at 63915607 or limkiancheng@csc.sg Register By: 10 Mar 11



Alien Science Adventures

COME and explore the mysteries of space in this workshop and get to try out different fun experiments and activities. Learn about the solar system, air pressure, pH testing, light and more! Your children will learn about science in a fun, hands-on environment. Date: Monday, 10 Jun 11 (Session 1) or Friday, 17 Jun 11 (Session 2)
Time: 2.30pm – 5.30pm
Place: Club CSC @ Bukit Batok (Session 1) or Club CSC @ Tessensohn (Session 2)
Fee: Member's Child \$38, Public Officer's/Guest's Child \$42 (Child should be between 6 – 8 years old. Materials included.)
Contact: Gina at 63915641 or ginalim@csc.gov.sg
Register By: 3 Jun 11 (Session 1) and 10 Jun 11 (Session 2)

Chinese Drama Workshop For Children



REGISTER your children for these workshops during the Mar 2011 school holidays and let them discover their artistic and creative potential! In this four-day workshop, your child will learn different aspects of the performing arts and proper Mandarin pronunciation, all while having lots of fun! They will also prepare and rehearse a play and act it out at the end of the workshop.

All classes will be conducted in Mandarin by Singapore Arts Theatre and professional teachers from China. Students are advised to be in t-shirts and shorts and to bring along stationery, colour pencils, and water bottles.

Date: Monday to Thursday, 14 Mar to 17 Mar 11 Time: 9am – 5pm Place: Club CSC @ Tessensohn Fee: Member's Child \$155, Public Officer's/ Guest's Child \$160 (Fee includes lunch and refreshments. Child should be 6 – 12 years old.) Contact: Samantha at 63915613 or samanthachin@csc.sg Register By: 8 Mar 11



Right Brain Multiplication



WANT to give a head start to your child in learning multiplication tables? In this workshop students will learn different methods of learning their multiplication tables without the need for memorisation. Using graphical and sequencing methods, they will find learning multiplication

tables a breeze. Through the use of imaging, the methods will help in developing the child's left and right brains. With the incorporation of fun hands-on activities, the workshop helps to develop the child's interest in learning maths.

Date: Monday to Wednesday, 13 to 15 Jun 11 (Session 1) or Monday to Wednesday, 6 to 8 Jun 11 (Session 2) Time: 10am – 1pm (Session 1) or 10am –1pm (Session 2) Place: Club CSC @ Tessensohn (Session 1) or Club CSC @ Bukit Batok (Session 2)

Fee: Member's Child \$100, Public Officer's/Guest's Child \$105 (Child should be between 7 – 9 years old. Materials included.) Contact: Gina at 63915641 or ginalim@csc.sg Register By: 6 Jun 11 (Session 1) and 30 May 11 (Session 2)

Art Exploration



THIS course comprises of 12 lessons where your child can explore his creative side in a fun and engaging environment. Every lesson has a different theme and task scope that challenges your child to think out of

the box. This is a great opportunity for children to experience art and show off their creativity, or maybe even find out that they have hidden talents!

Date: 12 Sundays, 10 Apr – 31 Jun 11 Time: 11am – 12.30pm Place: Club CSC @ Tessensohn Fee: Member's Child \$300, Public Officer's/ Guest's Child \$330 Contact: Kian Cheng at 63915607 or limkiancheng@csc.sg Register By: 3 Apr 11

music

Getting In Tune With Chinese Music - Erhu

THE erhu is a Chinese string instrument with just two strings, but is capable of producing a remarkable range of notes. One of the easiest Chinese instruments to learn, it takes years to truly master!

Instructor Pang Chin Soon has had more than 20 years of experience as an erhu player, and has a diploma with distinction in playing the erhu. Anyone with a passion for Chinese music is welcome!

Date: 10 Wednesdays, 18 May 11 to 20 Jul 11 Time: 7.15pm – 8.15pm (Session 1) or 8.15pm – 9.15pm (Session 2) (A minimum 6 participants is needed to start the class) Place: Club CSC @ Tessensohn Fee: Member \$175, Public Officer/ Guest \$188 (Participants should have their own erhu.) Contact: Gina at 63915641 or ginalim@csc.sg Register By: 11 May 11

Learn To Play The Di Zi

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



Eason Music Pte Ltd, who have had plenty of experience teaching kids from primary schools. This course is suitable for kids 6 to 12 years old.)

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Date: 10 Mondays, 18 Apr – 27 Jun 11 (except 2 May) Time: 7.30pm – 8.30pm Place: Club CSC @ Tessensohn Fee: Member \$195, Public Officer/Guest \$235 (Includes free good quality di zi dimo and velvet bag) Contact: Kian Cheng at 63915607 or limkiancheng@csc.sg Register By: 11 Apr 11

Learn To Play The Guzheng (For Adults)



THE guzheng is one of the most beautiful Chinese traditional music instruments and has a history of more than 2000 years. The lessons in this course are thoroughly planned and taught by qualified teachers from Eason Music Pte Ltd. This is one of the easiest instruments to

pick up and you will be able to play a song just after the first lesson (This course is suitable for those aged 12 and above.)

Date: 10 Wednesdays, 6 Apr – 8 Jun 11 Time: 7.30pm – 8.30pm Place: Club CSC @ Tessensohn Fee: Member \$220, Public Officer/Guest \$250 Contact: Kian Cheng at 63915607 or limkiancheng@csc.sg Register By: 1 Apr 11



Learn To Play Pop Guitar



IN this course, you will learn how to strum chords and acquire both drumming and fingerpicking patterns. After 10 sessions, enjoy strumming and singing along with the guitar! Instructor Fahmy has been playing and performing for more

than 20 years. He has been a music instructor for more than 8 years, and teaches guitar to students of all ages and levels.

Beginner's level

Date: 10 Wednesdays, 4 May to 6 Jul 11 Time: 7pm – 8pm Place: Club CSC @ Tessensohn Fee: Member \$100, Public Officer/ Guest \$110, Member's Child \$100, Public Officer's/Guest's Child \$110 (Students have to purchase their own guitar.)

Register By: 27 Apr 11

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

Date: 10 Wednesdays, 4 May to 6 Jul 11 Time: 8pm – 9pm

Place: Club CSC @ Tessensohn Fee: Member \$100, Public Officer/ Guest \$110, Member's Child \$100, Public Officer's/Guest's Child \$110 (Students have to purchase their own guitar.)

Register By: 27 Apr 11

Beginner's level @ BB

Date: 10 Thursdays, 5 May to 7 Jul 11 Time: 8pm – 9pm Place: Club CSC @ Bukit Batok Fee: Member \$100, Public Officer/ Guest \$110, Member's Child \$100, Public Officer's/Guest's Child \$110 (Students have to purchase their own guitar.) Deprise Per 20, Apr 11

Register By: 28 Apr 11

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

Date: 10 Thursdays, 5 May to 7 Jul 11 Time: 7pm – 8pm Place: Club CSC @ Bukit Batok Fee: Member \$100, Public Officer/ Guest \$110, Member's Child \$100, Public Officer's/Guest's Child \$110 (Students have to purchase their own guitar.)

Register By: 28 Apr 11

For the above courses

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



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

music

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, 25 Apr to 20 Jun 11 (except 2 May 11) Time: 8pm – 9pm Place: Club CSC @ Tessensohn 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, 25 Apr to 20 Jun 11 (except 2 May 11) Time: 7pm – 8pm Place: Club CSC @ Tessensohn 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

Contact: Gek Cheng at 63915624 or kuagekcheng@csc.sg Register By: 18 Apr 11

Learn To Play Violin

THE violin is a member of the string family. It is portable and easy to carry around. The ability to master the violin will allow you to produce beautiful sounds and music on it. You will be taught to handle the violin, bowing techniques, postures, and note reading. Learn from instructor Leong Gah Chiong, who has a Diploma in Teaching from Trinity College, London. He has been teaching violin since 1998.



Violin Course (Basic)

Date: 10 Mondays, 4 Apr to 13 Jun 11 (except 2 May 11) Time: 8pm – 9pm Place: Club CSC @ Tessensohn Fee: Member \$140, Public Officer/ Guest \$150 (Instrument will be provided. Fee includes materials.) Register By: 28 Mar 11

Violin Course (Intermediate)

Date: 10 Mondays, 4 Apr to 13 Jun 11 (exept 2 May 11) Time: 7pm – 8pm Place: Club CSC @ Tessensohn Fee: Member \$155, Public Officer/ Guest \$165 (Instrument will be provided. Fee includes materials.) Register By: 28 Mar 11

Violin Course (Intermediate) @ BB

Date: 10 Wednesdays, 13 Apr to 15 Jun 11 Time: 7pm – 8pm Place: Club CSC @ Bukit Batok Fee: Member \$155, Public Officer/ Guest \$165 (Instrument will be provided. Fee includes materials.) Register By: 6 Apr 11

Violin Course (Advance) @ BB

Date: 10 Wednesdays, 13 Apr to 15 Jun 11 Time: 8pm – 9pm Place: Club CSC @ Bukit Batok Fee: Member \$170, Public Officer/Guest \$180 (Instrument will be provided. Fee includes materials.) Register By: 6 Apr 11

For above courses

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

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Learn To Play The Keyboard

: music

HAVE you ever wanted to brush up on your piano playing? Now you can with these keyboard courses! In the beginner course, students will be taught the basics of note reading and playing chords. Intermediate students will get to explore more chords and play familiar songs with accompaniments. They will also be taught fingering techniques. 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, 13 Apr to 15 Jun 11 Time: 7pm - 8pm Place: Club CSC @ Tessensohn

Fee: Member \$155, Public Officer/Guest \$165 (Instrument will be provided. Fee includes materials.)

Keyboard Course (Beginners) Date: 10 Wednesdays, 13 Apr to 15 Jun 11 Time: 8pm - 9pm Place: Club CSC @ Tessensohn Fee: Member \$140, Public Officer/Guest \$150 (Instrument will be provided. Fee includes materials.)

For above courses Contact: Gek Cheng at 63915624 or kuagekcheng@csc.sg Register By: 7 Apr 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, 4 Apr to 13 Jun 11 (except 2 May 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.)

:self improvement

GONE are the days when strict discipline could quell a naughty child. With the internet and television, children are now smarter and cheekier. A new parenting style is needed for a new age. In this talk, we will prepare you for common difficulties you can expect with your child. More importantly, we will share strategies for effective parenting that will strengthen the parent-child

bond. Using teaching patents designed by Mindhub™, you will gain a new perspective on the dynamics of dealing with your children.

Date: Saturday, 23 Apr 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 children aged 7 - 12 years) Contact: Samantha at 63915613 or samanthachin@csc.sq Register By: 14 Apr 11

Harmonica Lessons - Level 2

Date: 10 Mondays, 4 Apr to 13 Jun 11 (except 2 May 11) Time: 8pm – 9pm Place: Club CSC @ Tessensohn Fee: Member \$125, Public Officer/Guest \$140 (Prices excludes course book at \$10. Participants need to bring their own chromatic harmonica.)

For above courses

Contact: Gek Cheng at 63915624 or kuagekcheng@csc.sg Register By: 28 Mar 11

Tapping Into The Power Of Meditation

TAP into the power of meditation and enter a state of deep relaxation. This course will teach you how to use the ancient and powerful method of Pranic Breathing to heal your heart, mind and body, and empower your life through basic chakra meditation.

Date: 4 Thursdays, 21 Apr - 19 May 11 Time: 7pm - 8.30pm Place: Club CSC @ Tessensohn Fee: Member \$120, Public Officer/Guest \$130 Contact: Kian Cheng at 63915607 or limkiancheng@csc.sg Register By: 14 Apr 11

Effective Parenting





self improvement:

BaZi And Fengshui

Feng Shui and BaZi Seminar

A Feng Shui and BaZi seminar for beginners - come experience the power of this ancient wisdom! Expect an engaging afternoon of exploration as Helen Ong deciphers what your BaZi has in store for you. Print out a copy of your BaZi chart at www.senses-asia.com and bring it along together with your house floor plan. Learn how BaZi can reveal your life's journey and use helpful Feng Shui tips for your property!

Date: Saturday, 5 Mar 11 Time: 2pm – 5pm Fee: Member \$15, Public Officer/Guest \$18

BaZi for the Beginners

THIS introductory BaZi Course sets the foundation for future advancements by exposing students to a full array of BaZi theories and principles. From attending this course alone, students will be able to accurately plot BaZi chart structures, analyse relationships, wealth and health issues. A comprehensive and well-illustrated textbook will be provided for enhanced learning.

Date: Monday to Wednesday, 21 to 23 Mar 11 Time: 7pm – 9.30pm Fee: Member \$560, Public Officer/Guest \$580

Professional BaZi for the Practitioner

A Master Practitioner course bridging in-depth knowledge packed with simplified Chinese Classical text translations, allowing students to gain access to BaZi analysis with ease. The various counselling techniques incorporated enable confident usage of the BaZi chart.

Date: Monday to Friday, 28 Mar to 1 Apr 11 Time: 7pm – 9.30pm Fee: Member \$1620, Public Officer/Guest \$1,680

Feng Shui for Beginners

SPECIALLY tailored for first-timers, the highlights of this fundamental Feng Shui programme includes remedies on Ba Zhai, Xuan Kong Flying Stars and External Environmental studies on Land Forms.

Date: Monday to Wednesday, 4 to 6 Apr 11 Time: 7pm – 9.30pm Fee: Member \$560, Public Officer/Guest \$580

I-Ching for the Beginners - Master the Power of Ancient Divination

IN times of crisis and uncertainty, take comfort in the fact that the Universe has the answer. These 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: Monday to Wednesday, 11 to 13 Apr 11 Time: 7pm – 9.30pm Fee: Member \$560, Public Officer/Guest \$580

For above courses

Place: Club CSC @ Tessensohn Contact: Gek Cheng at 63915624 or kuagekcheng@csc.sg

Complete Wardrobe For Men

DON'T know what to wear to work every Monday morning? Or tired of having your partner choose shirts that don't fit you? In this workshop, learn more about dressing for success at work. You will learn how to combine colours and patterns when wearing a business suit, as well as general grooming tips. Date: Saturday, 9 Apr 11 Time: 10am – 1pm Place: Club CSC @ Tessensohn Fee: Member \$42, Public Officer/ Guest \$45 (Includes a goodie bag) Contact: Gina at 63915641 or ginalim@csc.sg Register By: 2 Apr 11

Healing And Balancing With Chakra Meditation

THE chakras consist of seven energy centres located on the human body that can affect our emotions, communication, vision and spirituality. When the chakra points are unbalanced, they cause distress, anxiety, tiredness and lack of motivation. This workshop will help you to understand your char

This workshop will help you to understand your charkas and how to use mediation to address this imbalance.

Date: Friday, 29 Apr 11 Time: 7pm – 10pm Place: Club CSC @ Tessensohn Fee: Member \$70, Public Officer/Guest \$75 Contact: Kian Cheng at 63915607 or limkiancheng@csc.sg Register By: 21 Apr 11



Dream Interpretation Workshop EVERYBODY dreams every night.



EVERYBODY dreams every night. Sometimes we remember our dreams, sometimes we don't. But what does it mean when we do remember our dreams? What are they trying to tell us? This workshop will help you understand

the dreaming process; its imagery, symbolism and ways to build meaning around them. It will also guide you in making sense of your dreams.

Date: Saturday, 16 Apr 11 Time: 1pm – 5pm Place: Club CSC @ Tessensohn Fee: Member \$70, Public Officer/Guest \$75 Contact: Kian Cheng at 63915607 or limkiancheng@csc.sg Register By: 9 Apr 11



:self improvement

Unlocking The Communication Code With Your Child



STUDIES suggest that 90-95% of all communication fails. However, a paradigm shift is required if we want to engage our children. The parent-child relationship needs to transform to one where children feel engaged and aligned with

their parents' concerns. In this talk we will consider the reasons why children don't relate to their parents, and the consequences. You will be introduced to our Collaborative Operating System, a strategy for reshaping communication with your children into one of mutual engagement and cooperation. Using teaching patents designed by Mindhub™, you will gain a new perspective on the dynamics of dealing with your children.

Konsortium

Date: Saturday, 28 May 11 Time: 2pm – 3.30pm Place: Club CSC @ Tessensohn Fee: Member \$10, Public Officer/Guest \$15 Contact: Samantha at 63915613 or samanthachin@csc.gov.sg Register By: 20 May 11

Creating Photo Montage Videos With Memories-On-TV

LEARN how to use the features of Memories-on-TV creatively and astound your audience with smart



video displays of your holiday pictures, wedding montages and more! This course will include tips on how to record and trim music using a freeware called Audacity, how to download videos from YouTube, and how to create animation and motion backgrounds to enhance your video making. Participants should bring their own laptop to benefit more from the demonstration. This 3-hour course is designed for busy people, after which you should be able to create your own holiday video. (Memories-on-TV is a Windows-based program).

Date: Saturday, 2 Apr 11 Time: 10am – 1pm Place: Club CSC @ Tessensohn Fee: Member \$30, Public Officer/Guest \$35 Contact: Samantha at 63915613 or samanthachin@csc.sg Register By: 25 Mar 11

:travel

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.

3D2N Port Dickson

STAY in luxurious lodgings at Port Dickson while indulging in activities like archery, cycling, indoor board games, swimming, and so much more! So sit back, relax, and have a good time at The Legend International Water Homes resort.

Package includes:

- Two way direct transport by SVIP coach [Sin-EQ, MKZ-Sin]
- 2-night stay at The Legend International Water Homes
- All breakfasts, 1 lunch and 1 dinner
- Complimentary archery, cycling and sand arts painting activities (please enquire for details)
- 15% off on food and beverages (except alcoholic drinks) at Duyung

Date: 18 or 25 Mar 11 and 1, 8 or 15 Apr 11 Place: Designated pickup point



	GARDEN POOL VILLA		EXECUTIVE POOL VILLA	
Description	CSC Member	Public Officer/ Guest	CSC Member	Public Officer/ Guest
Adult (Twin/Triple)	\$398	\$408	\$408	\$418
Adult (Single)	\$328	\$338	\$338	\$348
Child (with extra bed)	\$288	\$298	\$298	\$308
Child (no bed)	\$128	\$138	\$128	\$138

*Child aged 3 – 11 years old

Transinex

travel:

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 them 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

2D1N Kukup Tour



NEED a weekend away but don't know where to go? Join us on this trip to Kukup, where you will have the chance to visit a kelong and see how they farm fish, and have the chance to buy seafood like salted fish, sea cucumber and ikan

bilis. Enroute we will stop by a pineapple farm where you can pick up more goodies.

Description	Member	Guest/Public Officer
Adult	\$120	\$130
Child w/ bed	\$105	\$115

*Child should be 3 – 11 years old

Package includes:

- 2 way return in 40 seater air-conditioned coach
- 1-night stay at kelong or similar
- 1 breakfast, 2 lunches, 1 dinner, 1 supper
- Experienced tour guide

Date: Saturday to Sunday, 30 Apr to 1 May 11 Time: Assemble at 6.30am at Club CSC @ Tessensohn; returns at about 7pm Contact: Samantha @ 63915613 or email samanthachin@csc.sg

Register By: 10 Apr 11

Transinex 2D1N Kluang Farm Tour



IN this weekend tour to Kluang, visit various farms where they rear animals like sheep and goats, and learn more about how they are raised. You will also get to visit a mushroom

and organic vegetable farm, and have the chance to buy freshly harvested vegetables grown without pesticides.

Description	Member	Guest/Public Officer
Adult	\$175	\$185
Child w/ bed	\$150	\$160

*Child should be 3 – 11 years old

Package includes:

- 2 way return in 40 seater air-conditioned coach
- 1-night stay at kelong or similar
- 1 breakfast, 2 lunches, 1 dinner, 1 supper
- Experienced tour guide

Date: Friday to Saturday, 22 to 23 Apr 11 Time: Assemble at 6.30am at Club CSC @ Tessensohn; returns at about 7.30pm Contact: Samantha @ 63915613 or email samanthachin@csc.sg Register By: 5 Apr 11

1 Day Batam Shopping & Massage Trip



TAKE a day out of your busy schedule, go to nearby Batam and treat yourself to a shopping spree and soothing massage! Just 45 minutes away by ferry, Batam offers a host of yummy food like ikan bilis, dried shrimp, crackers, udang kering, and freshly handmade kek lapis that will delight your tastebuds. You will have the chance to buy various products at the shopping malls too.

Package includes:

- Return ferry tickets and taxes
- I seafood lunch and 1 dinner served at a local restaurant
- 90-min full body massage (for adults only)

Description	Member	Guest/Public Officer
Adult/Child - with Massage	\$112	\$118
Adult/Child - without Massage	\$89	\$95

Date: Friday, 22 Apr 11

Time: 8am – 10pm

Place: Assemble at HarbourFront Centre, Departure Hall Contact: Gek Cheng at 63915624 or kuagekcheng@csc.sg Register By: 8 Apr 11 :trave

i'Smart Leisure

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 them 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

Day Agrotourism Tour



JOIN us for a day of educational fun as we take you on an agrotourism tour in Kampong Sungai Sarang Buaya, a village that houses a crocodile sanctuary. You will also get the chance to shop at Summit Mall in Batu Pahat and buy local products at Yong Peng.

Package includes:

- Travel on 40-seater air-conditioned coach
- Sightseeing and shopping as per itinerary
- Lunch, dinner and tea break
- 1 tour guide and 1 tour leader
- Tips to driver and tour guide

Description	CSC Member	Public Officer/ Guest
Adult/Child	\$70	\$75
Child (below 3 years old)	FOC (no seat)	FOC (no seat)

Date: Sunday, 1 May 2011

Time: 7.30am – 9.30pm Place: Lavender MRT (ICA Building bus-stop)/Jurong East MRT (TBA) Contact: Gek Cheng at 63915624 or kuagekcheng@csc.sg Register By: 25 Apr 11

i'Smart Leisure

3D2N Kuantan Special



TAKE a break at the seaside town of Kuantan, where you will visit Lake Chini and take a boat ride. You will also be able to visit places of interest like the Aboriginal Village, Crystal House, Lao Zi Temple, Sungai Lembing Museum, Cherating Turtle Sanctuary and more!

Description	CSC Member	Public Officer/ Guest
Adult (Twin/Triple)	\$358	\$368
Adult (Single)	\$448	\$458
Child (with extra bed)	\$336	\$346
Child (no bed)	\$296	\$306

*Child should be 4-11 years old as of departure date.

Package includes:

- 1-way transfer by air-con coach via 2nd Link
- Travel on 28-seater air-con coach
- 2-night stay at The Legend Resort (Deluxe Room)
- Sightseeing and shopping as per itinerary
- 2 breakfasts, 3 lunches and 3 dinners
- l tour guide and 1 tour leader
- Tips to driver and tour guide

Date: Saturday to Monday, 4 to 6 Jun 11 Time: 6.30am – 9.30pm Place: Lavender MRT (ICA Building bus-stop)/ Jurong East MRT (TBC) Contact: Gek Cheng at 63915624 or kuagekcheng@csc.sg Register By: 23 May 11



i'Smart Leisure

1 Day Tanjung Piai National Park & Kukup Tour

JUST a bus ride away from JB, Tanjung Piai National Park is a haven for native plants and animals. Walking into the park is like entering another world, far

away from the hustle and bustle of city life. You will also have the chance to go shopping at Bukit Indah Mall, as well as tuck into a delicious seafood lunch at Kukup Kelong.

Description	CSC Member	Public Officer/ Guest
Adult	\$65	\$68
Child (3 – 11 years old)	\$62	\$65
Child (below 3 years old)	FOC (no seat)	FOC (no seat)

Package includes:

- Travel on 40 seater air-conditioned coach
- Sightseeing and shopping as per itinerary
- l seafood lunch and l dinner served in a local Halal restaurant
- l tour guide and l tour leader
- Tips to driver and tour guide.

Date: Saturday, 16 Apr 11 Time: 7.30am – 9.30pm

Place: Lavender MRT (ICA Building bus-stop)/ Jurong East MRT (TBC) Contact: Gek Cheng at 63915624 or kuagekcheng@csc.sg Register By: 1 Apr 11 Apple Holidays

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 Apple Holidays Pte Ltd and mail them to 101 Upper Cross St, #B1-16/17B People's Park Centre, Singapore 058357. Please write your name, handphone number and name of tour behind the cheque for reference.

Apple Holidays 1 Day Kluang Tour

IN this one-day tour to Kluang, visit an organic farm and a dragonfruit farm, where you can sample fruits and vegetables. You will also get to visit a coffee and noodle factory, where you will learn how these two products are processed and packaged. Last but not least, you will shop to your heart's delight at Kluang Mall. Why not buy back some of the famous Malay and Chinese Kueh for your loved ones?

Package includes:

- Sightseeing and attractions as per itinerary
- l lunch and l dinner
- Travel by aircon coach

Date: Saturday, 23 Apr 11 Time: 6.30am – 10pm Place: Assemble at designated pick-up point. Fee: Member \$55, Public Officer/ Guest \$58, Member's Child \$47, Public Officer's/Guest's Child \$50 (Child should be 2 – 11 years old.) Contact: Gek Cheng at 63915624 or kuagekcheng@csc.sg Register By: 13 Apr 11



travel:

Citystate

Travel arrangements for this tour are handled by Citystate Travel Pte Ltd. As required by the Travel Agents Act & Regulations, please pay tour charges by cheque in favour of "Citystate Travel Pte Ltd" and send your completed application form and cheque to Citystate Travel Pte Ltd, 115 Amoy Street, #03-00, S'pore 069935 Attn: Diana Liu

1 Day Batam Tour



SOMETIMES a short break is all you need to recharge after a busy work week. Why not travel to Batam, where you can tuck into delicious seafood, and

shop to your heart's content? Pick up local delicacies like ikan bilis, udang kering, keropok, and more! You can also take in a performance of Kuda Lumping, a local cultural dance from Java. Cap off your visit with shopping at one of Batam's many shopping malls. Fee includes 2-way ferry ticket, travel in air-conditioned coach, seafood lunch, and sightseeing and shopping as per itinerary.

Date: Saturday, 23 Apr 11 / 30 Apr 11 / 28 May 11 Time: Assemble at 8.30am at Harbourfront and returns at about 8.30pm Fee: Member \$70, Public Officer/Guest \$75, Member's

Child \$68, Public Officer's/ Guest's Child \$73 Contact: Gina at 63915613 or ginalim@csc.sg Register By: One week before departure

4D Lake Kenyir Self-Drive Tour

ESCAPE from the concrete jungle of Singapore! Join us on a self-drive road trip to Lake Kenyir in Terengganu, the largest man-made lake in Southeast Asia. See different species of hornbills, go trekking in the jungle to see Kelah fish or just relax in natural surroundings.



You will enjoy the ease of convoy style driving with an experienced expedition leader guiding you, plus have the opportunity to bond with your family.

Description	Member	Guest/Public Officer
Adult Single	\$918	\$938
Adult Twin/Triple	\$718	\$738
Child With Bed	\$518	\$538
Child Without Bed	\$418	\$438

Package includes:

- 4 nights accommodation at 4-star resort/hotel
- Daily breakfast, 2 lunches and 3 dinners
- Free loan of GPS and walkie-talkie set per car
- Sightseeing as per itinerary
- Pre-trip inspection and briefing by AA
- Escorted convoy driving with experienced AA
 leaders and mechanics throughout the trip

Date: Thursday to Monday, 28 May – 1 Jun 11 Contact: Kian Cheng at 63915607 or limkiancheng@csc.sg Register By: 15 May 11

: regular activities

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

What's Cooking At Club CSC @ Tessensohn



Class	Apple Crumble Pie and Berry Crumble Tart with Valerie Kong	Brownies with Valerie Kong	Chantilly Cake and Berry Chantilly Dessert with Valerie Kong	Carrot Cakes with Valerie Kong
Items	 Apple crumble pie Berry crumble tart Partcipants will bring back one apple crumble pie and one berry crumble tart 	 Nutty brownies White chocolate chunk brownies Chocolate glazed brownies Participants will bring back one piece of each type of brownie 	 Chantilly cake (rum soaked sponge cake covered with white chocolate mousse-like cream) Berry Chantilly dessert Participants will bring back one piece of Chantilly cake and one small tub of berry Chantilly dessert 	 American carrot cake with cheese frosting Swiss carrot cake with sugar glaze Participants will bring back one slice of each type of carrot cake
Date & Time	Saturday, 26 Mar 11,	Saturday, 28 May 11,	Saturday, 19 Mar 11,	Saturday, 14 May 11,
	2pm – 5pm	2pm – 5pm	2pm – 5pm	2pm – 5pm
Member	\$32	\$32	\$32	\$32
Public Officer/Guest	\$36	\$36	\$36	\$36
Closing Date &	19 Mar 11,	21 May 11,	12 Mar 11,	7 May 11,
Enquiries	Gina @ 63915641	Gina @ 63915641	Gina @ 63915641	Gina @ 63915641

Class	Japanese Cream Puffs and Churros with Valerie Kong	Mousse Cake with Valerie Kong	Pandan & Orange Chiffon Cake with Valerie Kong	Pulut Hitam & Yam Chiffon Cake with Valerie Kong	Vegetarian Mexican Menu
Items	 Japanese cream puffs Churros (Spanish fried fritters) Participants will bring back one puff and one Churro 	 Chocolate banana mousse cake Blackforest mousse cake Participants will bring back one slice of each type of mousse cake 	 Pandan Chiffon cake Orange Chiffon cake Participants will bring back one of each type of Chiffon cake 	 Pulut Hitam Chiffon cake Yam Chiffon cake Participants will bring back one of each type of Chiffon cake 	Learn how to prepare delicious vegetarian Mexican food such as <i>milpa</i> soup, cactus salad, handmade corn tortillas and more!
Date & Time	Saturday, 4 Jun 11,	Saturday, 11 Jun 11,	Saturday, 9 Apr 11,	Saturday, 23 Apr 11,	Saturday, 7 May 11,
	2pm – 5pm	2pm – 5pm	2pm – 5pm	2pm – 5pm	9.30am – 12pm
Member	\$32	\$42	\$32	\$32	\$40
Public Officer/Guest	\$36	\$46	\$36	\$36	\$45
Closing Date &	28 May 11,	4 Jun 11,	2 Apr 11,	16 Apr 11,	30 Apr 11,
Enquiries	Gina @ 63915641	Gina @ 63915641	Gina @ 63915641	Gina @ 63915641	Kian Cheng @ 63915607

regular activities:

Class	Lollipop Cookies	Macaron Session II	Mother's Day Cake
	with Amy (hands-on)	with Amy (hands-on)	(Parent-child pair)
Items	Rich butter cookie skewered on a cookie stick to bake.Decorated with royal icing	 Chocolate macarons filled with salted caramel filling Black tea macarons filled with passionfruit chocolate ganache 	 Strawberry short cake with light sponge cake Silky soft swiss roll with vanilla red bean jam
Date & Time	Friday, 23 Apr 11, 2pm – 5pm	Saturday, 9 Apr 11, 2pm – 5pm	Saturday, 7 May 11, 2pm – 5pm
Member	\$40	\$50	\$65
Public Officer/Guest	\$45	\$55	\$70
Closing Date & Enquiries	15 Apr 11,	1 Apr 11,	28 Apr 11,
	Samantha @ 63915613	Samantha @ 63915613	Samantha @ 63915613

Class	Mumbai Dum Biryani	Diabetes Friendly Dishes	Gourmet Vegetarian
	with Kirti	with Kirti	with Paneer (Indian Cottage Cheese)
Items	 Mumbai Chicken Dum Biryani chicken curry layered with rich and colourful Indian basmati rice. This light & delicious concoction is covered and steamed to perfection! Chilled & refreshing crunchy onions, fresh herbs & homemade yoghurt Crunchy Papaddams – popular Indian crackers, similar to keropok! Making of perfect biryani rice with Kirti's secret recipe 	 Sliced fish in an array of special herbs & spices cooked in a delicious masala sauce Stuffed Bitter Gourd Masala in a finger licking tangy sauce with aromatic herbs and spices Lemongrass & Garlic Rice – light, fluffy & healthy 	 Malai Kofta – melt in the mouth paneer dumpling in a delicious gourmet curry sauce Palak Paneer – fresh spinach curry with homemade cottage cheese cubes Preparation of homemade Paneer or Indian cottage cheese Fragrant yellow rice subtly flavoured with holistic herbs
Date & Time	Saturday, 12 Mar 11, 2pm – 5pm	Friday, 29 Apr 11, 7pm – 10pm	Thursday, 7 Apr 11, 7pm – 10pm
Member	\$40	\$40	\$40
Public Officer/Guest	\$45	\$45	\$45
Closing Date & Enquiries	5 Mar 11,	20 Apr 11,	29 Mar 11,
	Samantha @ 63915613	Samantha @ 63915613	Samantha @ 63915613

Class	Basic Bread Making	Breakfast Breads	Puff Pastry
	– Hands-on with Harry	– Hands-on with Harry	– Hands-on with Harry
Items	 Learn to make wholesome delicious bread without bread- maker. It is fun and can be therapeutic. Making your own allows you to add fillings of your choice. Hamburger Buns – soft buns with delicious meat (beef or chicken)patties. Sandwich Loaf – freshly baked loaf your family will love. Tuna Filling Buns – you can choose your filling 	 Cinnamon Breakfast Rolls – Tender and delicious rolls that go well with hot strong coffee. Baked Citrus Fruits Doughnuts – These doughnuts are baked instead of deep fried, so they are healthier. Delicious with citrus fruits fillings. Multi-grain Spa Bread – A very healthy bread for making sandwiches and toast. Great when served with soup and salad. 	 Participants will get to make their own puff pastry and short crust pastry. These delightful pastries will be used to make the following: Chicken pie Apple strudel Apple pie
Date & Time	Saturday, 19 Mar 11, 2pm – 5pm	Saturday, 2 Apr 11, 2pm – 5.30pm	Saturday, 26 Mar 11, 2pm – 5pm
Member	\$42	\$44	\$42
Public Officer/Guest	\$46	\$48	\$46
Closing Date & Enquiries	11 Mar 11,	25 Mar 11,	18 Mar 11,
	Gek Cheng @ 63915624	Gek Cheng @ 63915624	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	4 Thursdays, 7 to 28 Apr 11	5 Saturdays, 2 to 30 Apr 11	5 Saturdays, 2 to 30 Apr 11	5 Saturdays, 2 to 30 Apr 11	4 Thursdays, 5 to 26 May 11
Time	8pm – 10pm	9am – 11am	llam – lpm	lpm–2pm	8pm – 10pm
Instructor	Sifu Ken Lau	Sifu Ken Lau	Sifu Ken Lau	Sifu Ken Lau	Sifu Ken Lau
Member Public Officer/ Guest/Gym Member	\$55 \$60	\$55 \$60	\$55 \$60	\$28 \$33	\$55 \$60
Group Size	10 persons (min)	10 persons (min)	10 persons (min)	10 persons (min)	10 persons (min)
Register By	31 Mar 11	31 Mar 11	31 Mar 11	31 Mar 11	28 Apr 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 (for Adults)	Traditional TaeKwon-Do (for Adults)	Traditional TaeKwon-Do @ Tessensohn
Date	4 Saturdays, 7 to 28 May 11	4 Saturdays, 7 to 28 May 11	4 Saturdays, 7 to 28 May 11	4 Mondays, 4 to 25 Apr 11	4 Mondays, 9 to 30 May 11	9 Saturdays, 4 Jun to 30 Jul 11
Time	9am – 11am	llam – lpm	lpm-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 Public Officer/ Guest/Gym Member	\$55 \$60	\$55 \$60	\$28 \$33	\$15 \$18	\$15 \$18	\$30 \$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)	16 persons (min)	16 persons (min)
Register By	28 Apr 11	28 Apr 11	28 Apr 11	28 Mar 11	25 Apr 11	28 May 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 TaeKv @ Bukit Batok	von-Do	Aqua (Tuesa	Aerobics lay)		Aqua Aerobics (Wednesday)		Aqua Aerobics (Thursday)
Date	9 Saturdays, 4 Jun to 30 Jul 11		12 Tues 24 May	sdays, 7 to 16 Aug 11 (except 9 A	Aug)	12 Wednesdays, 13 Apr to 29 Jun 11		12 Thursdays, 24 Mar to 9 Jun 11
Time	3pm – 4.30pm 4.30pm – 6pm		6.30pm	n – 7.30pm		6.15pm – 7.15pm 7.15pm – 8.15pm		6.30pm – 7.30pm
Instructor	Singapore TaeKwon-	Do Academy	Ms Jula	ila		Ms Vikki		MsVikki
Member Public Officer/Guest/ Gym Member	\$30 \$36 \$48 parent and child \$72 parent and two c	*	\$54 \$66			\$54 \$66		\$54 \$66
Group Size	10 persons (min)		16 pers	sons (max)		16 persons (max)		16 persons (max)
Register By	28 May 11		16 May	7 11		6 Apr 11		17 Mar 11
Contact	Gina at 63915641		Gina at	63915641		Gina at 63915641		Gina at 63915641
Location	Club CSC @ Bukit Ba	atok	Club C	SC @ Tessensohn		Club CSC @ Tessens	ohn	Club CSC @ Tessensohn
Activity	Aqua Aerobics (Saturday)	Aqua Aero (Sunday)	obics	In-line Skating For Beginners		tep & Tone y Bobby Yeo	Kick by R	boxing odney Hogan
Date	12 Saturdays, 9 Apr to 25 Jun 11	12 Sundays, 17 Apr to 3 J (except 1 Ma		4 Saturdays, 2 to 23 Apr 11	61) Sundays, Mar to 15 May 11 xcept 1 May 11)		ırdays, 0 Apr 11
Time	9am – 10am	9am – 10am		4pm – 5.30pm	11	lam – 12pm	3pm -	- 4pm
Instructor	MsVikki	MsVikki		Skate-Pro Team	M	r Bobby Yeo	Sport	s Therapist, Rodney Hogan
Member Public Officer/Guest/ Gym Member	\$54 \$66	\$54 \$66		\$90* \$100* *Include rental of skate with protective gears	\$6 \$7		\$65 \$75	
Group Size	16 persons (max)	16 persons (max)	5 persons (min)	12	2 persons (min)	12 pe	ersons (min)
Register By	2 Apr 11	10 Apr 11		25 Mar 11	1 /	Apr 11	26 Ma	ar 11
Contact	Gina at 63915641	Gina at 6391	5641	Samantha at 63915613	Sa	amantha at 63915613	Sama	ntha at 63915613
Location	Club CSC @ Tessensohn	Club CSC @ Tessensol	ın	Club CSC @ Tessensohn		lub CSC Tessensohn	Club @Tes	CSC sensohn
Activity	Kickboxing by Rodney Hogai	n	Yoga by Ros	5e		boxing jock Ling		ates Mabeline
Date	4 Saturdays, 7 to 28 May 11			lays, to 22 May 11 1 May 11)		fednesdays, pr to 29 Jun 11		Mondays, fay to 11 Jul 11
Time	3pm-4pm		3pm – 4	pm	7pm -	– 8pm	7pr	n–8pm
Instructor	Sports Therapist, Rod	ney Hogan	Ms Rose	e Sin	Ms So	ock Ling	Ms	Mabeline
Member Public Officer/Guest/	\$52		\$75		\$75		\$85	3
Gym Member	\$60		\$85		\$85		\$10	00
Group Size	12 persons (min)		12 pers	ons (min)	12 pe	ersons (min)	12	persons (min)
Register By	28 Apr 11		9 Mar 1	1	18 Ap	pr 11	2 N	fay 11
Contact	Samantha at 6391563	13	Samanti	ha at 63915613	Sama	antha at 63915613	Sar	nantha at 63915613
Location	Club CSC @ Tessenso	ohn	Club C	SC @ Tessensohn	Club	CSC @ Tessensohn	Clu	b CSC @ Tessensohn

: regular activities

Activity	Body Sculpting by Bobby Yeo	Yoga by Guat Yeng	Yoga by Huay Lin	Bodyworks by Rodney Hogan	Bodyworks by Rodney Hogan
Date	10 Thursdays, 28 Apr to 30 Jun 11	10 Fridays, 29 Apr to 1 Jul 11	10 Fridays, 29 Apr to 1 Jul 11	5 Saturdays, 2 Apr to 30 Apr 11	4 Saturdays, 7 May to 28 May 11
Time	7pm–8pm	6.30pm – 7.30pm	7.30pm – 8.30pm	4.15pm – 5.15pm	4.15pm – 5.15pm
Instructor	Mr Bobby Yeo	Ms Guat Yeng	Ms Huay Lin	Sports Therapist, Rodney Hogan	Sports Therapist, Rodney Hogan
Member	\$65	\$75	\$75	\$60	\$48
Public Officer/Guest/ Gym Member	\$70	\$85	\$85	\$70	\$56
Group Size	12 persons (min)	12 persons (min)	12 persons (min)	12 persons (min)	12 persons (min)
Register By	18 Apr 11	22 Apr 11	22 Apr 11	26 Mar 11	30 Apr 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
Activity	Pilates by Agnes Yoong	Kickboxing by Ghani	Yoga by Meenal	Pilates by Agnes Koh	Hatha Yoga @ Changi Beach
Activity Date					
	by Agnes Yoong	by Ghani	by Meenal	by Agnes Koh 10 Thursdays,	@ Changi Beach 10 Saturdays,
Date	by Agnes Yoong 10 Saturdays, 2 Apr to 4 Jun 11	by Ghani 10 Thursdays, 7 Apr to 9 Jun 11	by Meenal 10 Wednesdays, 6 Apr to 8 Jun 11	by Agnes Koh 10 Thursdays, 2 Jun to 4 Aug 11	@ Changi Beach 10 Saturdays, 30 Apr to 2 Jul 11
Date Time Instructor Member	by Agnes Yoong 10 Saturdays, 2 Apr to 4 Jun 11 11am – 12pm	by Ghani 10 Thursdays, 7 Apr to 9 Jun 11 8pm – 9pm	by Meenal 10 Wednesdays, 6 Apr to 8 Jun 11 7.30pm – 8.30pm	by Agnes Koh 10 Thursdays, 2 Jun to 4 Aug 11 11am – 12pm	@ Changi Beach 10 Saturdays, 30 Apr to 2 Jul 11 7.15am – 8.15am
Date Time Instructor	by Agnes Yoong 10 Saturdays, 2 Apr to 4 Jun 11 11am – 12pm Ms Agnes Yoong	by Ghani 10 Thursdays, 7 Apr to 9 Jun 11 8pm – 9pm Mr Ghani	by Meenal 10 Wednesdays, 6 Apr to 8 Jun 11 7.30pm – 8.30pm Ms Meenal	by Agnes Koh 10 Thursdays, 2 Jun to 4 Aug 11 11am – 12pm Ms Agnes Koh	 @ Changi Beach 10 Saturdays, 30 Apr to 2 Jul 11 7.15am – 8.15am Ms Julaila
Date Time Instructor Member Public Officer/Guest/	by Agnes Yoong 10 Saturdays, 2 Apr to 4 Jun 11 11am – 12pm Ms Agnes Yoong \$85	by Ghani 10 Thursdays, 7 Apr to 9 Jun 11 8pm – 9pm Mr Ghani \$75	by Meenal 10 Wednesdays, 6 Apr to 8 Jun 11 7.30pm – 8.30pm Ms Meenal \$75	by Agnes Koh 10 Thursdays, 2 Jun to 4 Aug 11 11am – 12pm Ms Agnes Koh \$85	@ Changi Beach 10 Saturdays, 30 Apr to 2 Jul 11 7.15am – 8.15am Ms Julaila \$80
Date Time Instructor Member Public Officer/Guest/ Gym Member	by Agnes Yoong 10 Saturdays, 2 Apr to 4 Jun 11 11am – 12pm Ms Agnes Yoong \$85 \$100	by Ghani 10 Thursdays, 7 Apr to 9 Jun 11 8pm – 9pm Mr Ghani \$75 \$85	by Meenal 10 Wednesdays, 6 Apr to 8 Jun 11 7.30pm – 8.30pm Ms Meenal \$75 \$85	by Agnes Koh 10 Thursdays, 2 Jun to 4 Aug 11 11am – 12pm Ms Agnes Koh \$85 \$100	@ Changi Beach 10 Saturdays, 30 Apr to 2 Jul 11 7.15am – 8.15am Ms Julaila \$80 \$90
Date Time Instructor Member Public Officer/Guest/ Gym Member Group Size	by Agnes Yoong 10 Saturdays, 2 Apr to 4 Jun 11 11am – 12pm Ms Agnes Yoong \$85 \$100 12 persons (min)	by Ghani 10 Thursdays, 7 Apr to 9 Jun 11 8pm – 9pm Mr Ghani \$75 \$85 12 persons (min)	by Meenal 10 Wednesdays, 6 Apr to 8 Jun 11 7.30pm – 8.30pm Ms Meenal \$75 \$85 12 persons (min)	by Agnes Koh 10 Thursdays, 2 Jun to 4 Aug 11 11am – 12pm Ms Agnes Koh \$85 \$100 12 persons (min)	@ Changi Beach 10 Saturdays, 30 Apr to 2 Jul 11 7.15am – 8.15am Ms Julaila \$80 \$90 10 persons (min)

Activity	Deep Water Aqua Aerobics	Tennis Kiddos Beginners (for Kids 6 – 9 years old)	Youth Badminton 1 (May)	Youth Badminton 2 (May)
Date	10 Saturdays, 20 Mar to 29 May 11	10 Sundays, 10 Apr to 19 Jun 11 (except 1 May)	8 Saturdays, 7 May to 25 Jun 11	8 Sundays, 8 May 11 to 26 Jun 11
Time	9am – 10am	9am – 10.30am	9am – 11am	9am – 11am
Instructor	Mr Raikal	Pinnacle Tennis	Mr Lau	Mr Lau
Member Public Officer/ Guest/Gym Member	\$65 \$75	\$230 \$240	\$200 \$220	\$200 \$220
Group Size	10 persons (min)	4 persons (min)	5 persons (min)	5 persons (min)
Register By	13 Mar 11	3 Apr 11	30 Apr 11	l May 11
Contact	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

regular activities:

Activity	Swimming For Ladies Beginner @ Tessensohn	Swimming For Ladies Intermediate @ Tessensohn	Technique Ballroom Tango	Simple Variations – Latin Cha Cha
Date	10 Mondays, 18 Apr 11 to 20 Jun 11 (except 2 May)	10 Mondays, 18 Apr 11 to 20 Jun 11 (except 2 May)	10 Sundays, 10 Apr 11 to 19 Jun 11 (except 1 May 11)	10 Sundays, 10 Apr 11 to 19 Jun 11 (except 1 May 11)
Time	7pm – 8pm	8pm – 9pm	2pm – 3pm	3pm – 4pm
Instructor	Ms Tipa	Ms Tipa	Ms Jacie	Ms Jacie
Member Public Officer/Guest/ Gym Member	\$160 \$180	\$160 \$180	\$70 \$75	\$70 \$75
Group Size	10 persons (max)	10 persons (max)	12 persons (min)	12 persons (min)
Register By	ll Apr ll	ll Apr 11	2 Apr 11	2 Apr 11
Contact	Kian Cheng at 63915607	Kian Cheng at 63915607	Gek Cheng at 63915624	Gek Cheng at 63915624
Location	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn
Activity	Simple Variations – Ballroom Waltz	Beginners Ballroom Tango	Beginners Ballroom Viennese Waltz (Quick Waltz)	Beginners Latin Rumba

Date	10 Sundays, 10 Apr 11 to 19 Jun 11 (except 1 May 11)	10 Tuesdays, 12 Apr 11 to 21 Jun 11 (except 17 May 11)	10 Fridays, 15 Apr 11 to 24 Jun 11 (except 22 Apr 11)	10 Fridays, 15 Apr 11 to 24 Jun 11 (except 22 Apr 11)
Time	4pm – 5pm	8.15pm – 9.15pm	7.15pm – 8.15pm	8.15pm – 9.15pm
Instructor	Ms Jacie	Mr Wu	Mr Wu	Mr Wu
Member Public Officer/Guest/	\$70	\$70	\$70	\$70
Gym Member	\$75	\$75	\$75	\$75
Group Size	12 persons (min)	12 persons (min)	12 persons (min)	12 persons (min)
Register By	2 Apr 11	5 Apr 11	8 Apr 11	8 Apr 11
Contact	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

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/Ass	sociate (*delete where appropriate)				
Address:		_ Singapore ()		
Contact No: Email:					
I would like to participate in:	(activity & date) for	members incl	uding myself.		
Indicate name and membership number if more than one memb	oer:	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	5. For Badminton Section, please contact Sports Sect	ion at 63915619.			
IMPORTANT NOTES					

- All lees and the accompanies by memory and the strength of the

- An lees paid are non-refundable times the activity is cancelled by the Club, release contact us if you do not near from us one week r 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.

ONE MEMBERSHIP THREE CLUBHOUSES HUNDRED OF EVENTS & ACTIVITIES

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