

ONE MEMBERSHIP, THREE CLUBHOUSES, THREE DISTINCT EXPERIENCES

JULY-AUGUST 2016 ISSUE





Fancy a half day complimentary corporate entourage programme?

Civil Service Club is offering these popular activities and workshops for free if your department is looking for a cohesion programme. A minimum of 30 pax to start an activity.

CSC is proud to present complimentary half-day (2pm – 5pm) corporate entourage programmes on the following dates:

DATE	CLUBHOUSE	ACTIVITIES
29 July 2016	Tessensohn	Meridian Massage Essential Oils Cooking Demo Karaoke (Bring your favourite discs)
26 Aug 2016	Bukit Batok	Zumba Boogie Bounce
30 Sep 2016	Changi	Bowling

For futher enquiries, email Doris at marcomms@csc.sg or call 6514 6396

Terms & Conditions:

- Applicable to public sector organisations. Non public sector organisations are welcome to email to events@csc.sg for their event needs.
- Individuals or departments which had participated in the complimentary corporate entourage this year would not be eligible for the programme in the following year.
- CSC reserves the right to offer alternatives to the activities of the corporate entourage and to restrict an individual or department from participating.
- CSC reserves the right to bill the department for last minute cancellations and no shows.

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CSC @ Tessensohn

60 Tessensohn Road, Singapore 217664 Tel: 6294 8933

CSC @ Changi

2 Netheravon Road, Singapore 508503 Tel: 6709 4709

CSC @ Bukit Batok

91 Bukit Batok West Ave 2, Singapore 659206 Tel: 6513 7480

Corporate Services

Membership Matters

Tel: 6514 3637 (Goh Chong Chen) Tel: 6391 5615 (Ricky Ng) membership@csc.sg

Sports Activities

Tel: 6391 5619 (Samantha Fok)

Social Activities

Tel: 6391 5613 (Samantha Chin) Tel: 6391 5607

(Onn Hai Ming) Tel: 6391 5624 (Kua Gek Cheng)

Tel: 6391 5641 (Vanessa Choo)

Tel: 6391 5620 (Serene Cho)

events@csc.sg

For details on CSC's tenants at the 3 Clubhouses, kindly refer to our website at http://www.csc.sg



http://www.csc.sg







feedback@csc.sg



Greetings from Civil Service Club!

Time flies. The first half of 2016 has zoomed past and the second half has begun.

Activities Over the Past Few Months

Renovation and Upgrading

CSC @ **Changi.** The Club was busy with the upgrading works on the shelters at CSC @ Changi. Occupants of the villas and users of the BBQ pits have given very positive feedback on the work done. Now, whether rain or shine, the BBQ party can go on as planned.

CSC @ **Tessensohn.** The A&A work at the auditorium, function rooms and toilets have been well appreciated by users and we have seen an increase in the booking of these facilities. Those who are planning for a function or seminar can always consider CSC @ Tessensohn as a viable option.

CSC @ **Bukit Batok.** We are now in the midst of upgrading our toilets at the bowling centre, Level 3 and the Function Room. The bowling centre toilets were completed in end June 2016 and bowlers liked the new look and feel of the toilets and nursing room. The Level 3 toilets and nursing room will be completed by end Jul 2016 and the Function Room toilets by end Aug 2016. I appreciate your understanding on any inconvenience caused during this period.

Social Activities.

Camps, Tours and Movies. During the June school holidays, numerous social activities were conducted. These ranged fromchildren's adventure and survival camps, overseas tours to nearby countries and local tours to Gardenia and Animal Resort. We also screened two very popular movies X Men and Finding Dory at Shaw Lido. These activities and movies were very well attended by our members and public officers.

Father's Day. This year we held the inaugural Father's Day Lunch on 19 June 2016. It was a great success as we saw 270 members celebrating this special day with their loved ones at Tessensohn Clubhouse's Qian Xi Restaurant. They had a good time enjoying the sumptuous lunch, complimentary bottle of wine and entertainment. Free gifts were given out to the fathers and all participants took home lucky draw prizes.

International Yoga Day. The Club commemorated International Yoga Day at all the 3 Clubhouses on 21 June 2016. At the Tessensohn Clubhouse, there was a turnout of more than 200 participants and we were privileged to have Her Excellency, the Indian High Commissioner, gracing the occasion.



Sports & Games

PS Family & Sports Day. The key highlight was the Public Service Family & Sports Day held at the Bay East in Garden By the Bay on 7 May 2016. More than 3500 members, public officers and their families attended the event and were able to enjoy the great weather. The President of the Club and Head of Civil Service, Mr Peter Ong presented the competitionflagstotheparticipatingMinistries and Statutory Boards for the Dragon Boat Race and the Telematch Competition. Following which, he flagged off the participants for the Healthy Lifestyle Walk. About 40 Cyclists from the Club's Cycling Interest Group, together with their friends, supported this event by cycling from Changi Clubhouse to Bay East. The event ended with a lucky draw where all the participants had the chance to win the top prize of \$500. To all our participants, thank you for your attendance and a special thank you to all the cyclists for riding all the way from CSC @ Changi.



Beach Sports at Sentosa.

Two new beach sports were organised at Mempari Beach, Sentosa on 4 Jun 2016. They were Beach Volleyball and Captain's Ball. It was an afternoon of fun in the sun for about 280 public officers from 10 Ministries and Stat Boards, who competed in these two new activities. Given the good response, the Club will make this an annual event. The June Healthy Lifestyle Walk was also held at the beach at the same time. The Walk attracted about 60 members and public officers, which was a good turnout given the location. We thankall the participants for spending a healthy and fun Saturday afternoon at Sentosa with us.

Over the Next Few Months

Renovation And Upgrading Works

CSC @ Bukit Batok. We will continue to focus on improving the look and feel of CSC @ Bukit Batok. The bowling centre café will be modernised into a bistro café by the end of Jul 2016. It will offer more savoury snacks and local delights. A more conducive seating area will be created to complement the cafe. The Bukit Batok Clubhouse entrance signage will also be enhanced so that it can be easily noticed by members, public officers and their friends. We plan to improve the swimming pool complex with new equipment to enhance the swimmers' experience, especially those of children and teens. Do let us know if you have any suggestions for improvement. We are also in the midst of evaluating proposals to construct shelters at the poolside to shield swimmers from the sun and during any inclement weather.

CSC @ **Tessensohn.** The retractable awning at the poolside will be freshened up with a new hue and the wooden decking at the poolside terrace replaced with hardier Chengal wood. Planet Bowl will also be refreshed with new paint work and sofa seats.

CSC @ **Changi.** The last piece of upgrading work for CSC @ Changi will be the building of aluminium cladding to shield the chalet corridor from heavy rain. The Club is also considering converting some of the single room suites to family suites as there has been an overwhelming demand for these suites.

Social Activities

National Day Celebration. August is the month where we celebrate our National Birthday so we have lined up a National Day Live Screening and a CSC Brick Challenge at CSC @ Changi. The National Day Wine and Dine party at Tessensohn's Qian Xi Restaurant will be on 12 Aug 2016. This event is always very

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The key highlight was the Public Service Family & Sports Day held at the Bay East in Garden By the Bay on 7 May 2016. More than 3500 members, public officers and their families attended the event and were able to enjoy the great weather.

well-attended as members can look forward to an 8 course sit-down dinner, a wide range of entertainment activities and a lucky draw. Do book early and dress up in our national colours of red and white for the party.



Movie Treats. 4 movies will be screened at Shaw Lido, namely Alice Through The Looking Glass (15 Jul 2016), Star Trek Beyond (22 Jul 2016), Ben Hur (19 Aug 2016) and Pete's Dragon (2 Sep 2016).

The movie, Ben Hur, was an Academy Award winning blockbuster in the 1960s and starred Charles Heston, whom many of our older folks will be familiar with. The young and the young-at-heart will love the other movies.

All these movie treats are great value for money, so book your tickets early to prevent any disappointment! More details are on page 7.

Besides the movie treats, we have secured a 15% membership discount for the much acclaimed musical Broadway performance, Annie, which is to be staged at Marina Bay Sand from 24 Aug 2016.



Fun Carnival. We are organising a social event, Fun Carnival @ CSC Tessensohn, for everyone and it will be held on 3 Sept 2016 from 9.30am to 3.30pm. It will be a fun-filled day of water games, aqua aerobics, chair yoga, cooking demonstration, children's drawing competition



and bazaar booths selling an array of special products. Goodie bags will also be given to all our participants, on a first-come-first-served basis. Our children can look forward to free ice-cream and popcorn. The details are on page 10.

Sports & Games

The key highlight for sports will be the Run By The Bay. This is the signature running event of the Club. We have timed this event with the commencement of the Sports Singapore's "Get Active! Singapore". This year, we have added another Running category to complement our very popular 21 km Ekiden Run, which will be a relay run made up of 3 runners. Besides the attractive prizes for the winners, there are also lucky draw prizes to be won, fringe activities such as stage entertainment and booths providing eye care consultation and selling health and fitness products. Registration is still open and we welcome you to join us with your family and friends as we get fit together!

Do You Know?

Pool Side Café. CSC @ Bukit Batok has a new Café-Design-Retailconceptstore, KACIA, which is located at the side of the swimming pool. Besides serving good coffee and tasty pastries, it also allows you to indulge in a wide range of hand-crafted decadent treats. Do check out the details on page 28.



Family Zone. CSC @ Tessensohn has a new familyzonegames arcade beside the member's reading lounge at Level 1. It caters to a range of ages and features video games as well as a



Charlie Ng General Manager, CSC

children's learning corner filled with welldesigned toys. This space can be booked for children's birthday parties. So do enquire with us if you are looking for a central, spacious place to celebrate your child's birthday.

Shitoryu Karate Association has set up its office at CSC @Tessensohn. It conducts classes on Wednesday, Friday, Saturday and Sunday. Members and public officers can enjoy a preferential rate when they sign up for the classes. Those who are interested can visit their website (ska.org.sg) or call 62995740.

Eye Care. The Club has partnered with Lens Men, which is located at Parkway Parade #B1-76A/77, to provide a free complete eye health assessmentforourmembers. This examination will help detect any eye diseases and abnormalities such as Glaucoma, Cataracts or Macular Degeneration. All you need to do is to show the Civil Service Card for a free checkup, with no obligations.

In-house Survey. The Club will be conducting an in-house e-survey to gauge our members' experience when visiting the Club and using its facilities. Through this survey, we wish to obtain your feedback on how you would like the Club to meet your needs and expectations in future. The survey will be held in Sep 2016. There will be a lucky draw for all those who participate in the survey and there are attractive prizes to be won. We look forward to your active participation in this e-survey.

Service Star Award. We are rolling out the Service Star Award for staff who go beyond their call of duty. If any staff consistently receives very positive feedback on their excellent service, the Management will award him/her with a service star badge and a \$100 award, as well as display their names and photos at the lobby of the Clubhouses. We urge our members and public officers to provide feedback to the Management if they experienced any positive service.

Finally, let me take this opportunity to once again extend my appreciation and sincere thanks to all of you for your continual support and active participation.

Wishing everyone a Happy 51st National Day and Selamat Hari Raya Aidiladha!

CELEBRATE SINGAPORE 51ST BIRTHDAY @ CSC

As part of CSC's National Day Celebration, a slew of exciting events have been specially arranged for you over the National Day week. Come 9 August, CSC Changi will feature back-to-back events – the CSC Bricks Challenge and the National Day Live Screening. Then on 12 August, head down to Club CSC @ Tessensohn for a sumptuous, fun-filled evening at CSC's National Day Wine & Dine.

Besides, CSC offers a wide array of social and recreational activities in the month of August. There's no excuse not to bring your family, friends and colleagues to celebrate the nation's birthday at CSC.



CSC BRICKS CHALLENGE "BUILDING OUR SINGAPORE OF TOMORROW" (2PM TO 5PM)

Show off your Lego creativity as you and your team build replicas of iconic buildings using bricks to fit the theme. Simply form a team of two to four people and register by 1 August. Attractive prizes await the top three teams! A Lego artist will be on hand to judge the winning entries.

Check out the next page for more details.

NATIONAL DAY LIVE SCREENING UNDER THE STARS (5PM ONWARDS)

Bring your foldable chairs and picnic baskets. Enjoy the sea breeze and beautiful scenery. While at it, join fellow Singaporeans in viewing the National Day Parade under the stars and witness the nation turns 51! Complete with free ice-cream and popcorn. All August-born members will receive a special birthday gift. While stocks last.

Check out the next page for more details.



NATIONAL DAY WINE & DINE (7PM TO 9.30PM)

Glam up in red and white as we celebrate Singapore's Birthday with your family and friends. Tuck into an eight-course dinner by Qian Xi restaurant, pairing it with good wine and great company. Our popular emcee, Fatty Fei Fei will be here to entertain you throughout the night with her jokes and games. To be part of the fun and festivities, register by 1 August.

Find out more on page 6.

NATIONAL DAY SCREENING AT CSC CHANGI

What a wonderful way to celebrate our nation's birthday by watching the National Day Parade on the lawn of the Changi Clubhouse.

Don't forget to bring your mats and to fill your picnic baskets with holiday treats as you commemorate this memorable day with your family and friends.

Do come early for the best spots on the lawn as space is on a first-come-first-served basis!

RSVP NOW!

- The first 100 members who RSVP your name, IC and contact number to events@csc.sg will receive a party pack!
- Members who are born in the month of August will receive a special birthday gift*
- Members will receive a free ice cream*
- Members will be entitled to win a 2 nights chalet (off peak) during lucky draw

* While stocks last

Date: Tuesday, 9 Aug '16 Time: 5pm onwards Fees: Free!

Venue: CSC @ Changi

Contact: Vanessa Choo at 6391 5641 or vanessachoo@csc.sg

Register By: 1 Aug'16







/ Member's Guest \$55 per team

vanessachoo@csc.sq

Register By: 1 Aug '16

Venue: Function Room @ CSC Changi

Contact: Vanessa Choo at 6391 5641 or

CSC ACTION CONTRAPTIONS BRICKS CHALLENGE

BUILD, STACK AND CREATE UNIQUE 'ACTION CONTRAPTIONS' USING BRICKS!

Tap into the power of your imagination and let your creativity flow in this unique challenge of building your own moving mechanism with bricks.

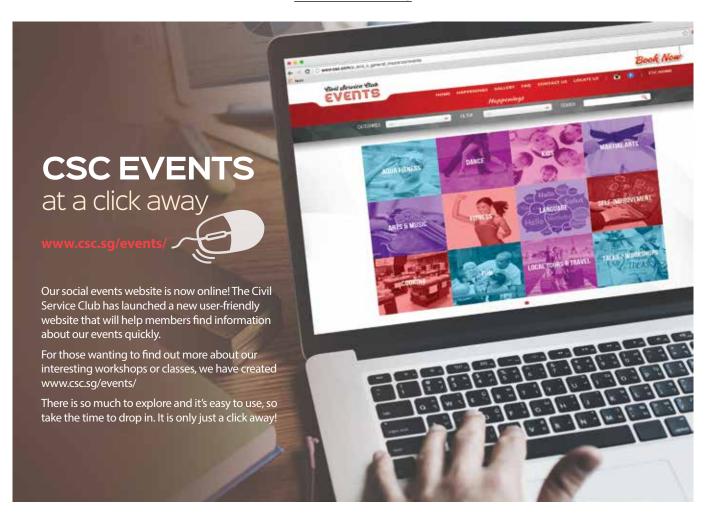
We will search for the best masterpiece that reflects our theme: 'Building our Singapore of tomorrow'.

This is your chance to build a unique masterpiece that brilliantly capture the theme with action contraptions bricks. So build wonderful memories and bring your family, friends and colleagues together to create beautiful masterpieces.

> **NIOL** NOW!

- Children aged 7 to 12 years old are allowed to participate under the supervision by adults
- Maximum of 4 pax and minimum of 2 pax per team
- Each team has to appoint a team leader as point of contact
- Completed entry forms can be submitted via email to vanessachoo@csc.sg / fax 6292 6894 / Clubhouses' front offices

what's happening





NATIONAL DAY DINNER

Celebration at CSC

Commemorate our nation's birthday with us at Club CSC @ Tessensohn! We have organised an exciting dinner event just for you, so come dressed in red-and-white, our country's colours. It's a special day so be as glamorous as you want!

A 8-course dinner spread awaits you and feature the Five-Kind Cold Dish Combination, Crab Meat Fish Maw Soup, Crispy Roasted Chicken, Fried Prawn & Broccoli with XO Sauce, Nonya Style Steamed Sea Bass, Fried Bean Curd with Mixed Vegetable, Fried Ee Fu Noodle and Longan Bean Curd Jelly.

Highlights include entertainment, games and a lucky draw. So you would not want to miss this. Don't hesitate and make a date with us now!

Date: Friday, 12 Aug '16 **Time:** 7pm – 9.30pm

Fees: Member \$380 per table, Public Officer \$430 per table, Member's Guest \$450 per table (includes 5 bottles of wine

Venue: Qian Xi (Farrer Park) Restaurant, CSC @ Tessensohn **Contact:** Gek Cheng at 63915624 or kuagekcheng@csc.sg

Register By: 1 Aug '16



Get excited and rejoice movie fans out there! We have decided that I movie treat is not enough and so we have planned out 3 movies for your enfoyment.

So mark out the dates. You won twant to miss this!

Star Trek Beyond (2D)



The Enterprise crew explores the furthest reaches of uncharted space, where they encounter a mysterious new enemy who puts them and everything the Federation stands for to the test.

Friday, 22 Jul '16 6.15pm (TBC) Shaw Lido Register By: 10 Jul '16

Ben-Hur (2D)



A falsely accused Jewish nobleman survives years of slavery to take vengeance on his Roman best friend, who betrayed him.

Session 1*
Friday, 19 Aug '16
Session 2*
Wednesday, 24 Aug '16
6.15pm (TBC)
Shaw Lido
Register By: 7 Aug '16

Pete's Dragon (2D)



A reimagining of Disney's cherished family film, "Pete's Dragon" is the adventure of an orphaned boy named Pete and his best friend Elliott, who just so happens to be a dragon.

> Friday, 2 Sep'16 7pm (TBC) Shaw Lido Register By: 21 Aug'16

For more enquiries, please contact Hai Ming at 6391 5607 or onnhaiming@csc.sg

FEES:

- CSC Main Card Holder \$17 for 2 movie tickets, \$34 for 4 movie tickets
- Public Officer/Guest \$12.50 per ticket
- Each CSC main card holder is entitled to 1 pair of movie tickets and/or 1 set of 4
 movie tickets for the same movie. CSC main card holder can purchase additional
 tickets at \$12.50 each.
- Supplementary member, Public Officer and Guest, you can purchase the ticket at \$12.50 each.

*BEN HUR FEES:

Session

Fees: CSC Main Card Holder \$17 for 2 movie tickets or \$34 for 4 movie tickets Public Officer/Guest \$12.50 per ticket

Session 2

Session 2
Fees: CSC Main Card Holder \$10 for 2 movie tickets or \$20 for 4 movie tickets
Public Officer/Guest \$8.50 per ticket

HOW TO PARTICIPATE:

- Please make payment to reserve the tickets. Tickets will be issued by CSC staff on event day at cinema.
- Seats will be allocated on a first-come-first-served basis, based on time of payment received.
- Screening time is subject to change.
- Payment options for CSC members:
 - 1) Register and process payment online using Internet Explorer: http://www.civilserviceclub.com/cscems/
 - 2) Proceed to Clubhouse Front Office for payment. Operating Hours: 9am 8.30pm
- Please note that your tickets may be arranged on different rows and are not exchangeable or refundable.
- These Movie Treats are subsidised by Civil Service Club. Tickets are available while stocks last.

what's happening

The Mid-Autumn Festival is a great time to enjoy the pleasures of family togetherness and to give thanks for the harmonious unions you have with people that matter to you. Why not celebrate this traditional festival with an even larger 'family' at CSC? We have prepared an evening of great fun for you with interesting performances, games, light refreshments and many more! Join us as we light up the night with a bright colourful lantern parade and also stand a chance to win attractive lucky draw prizes. So make your date with us and bring your family and friends for an evening of Mid-Autumn joy!

Date: Tuesday, 13 Sep '16 Time: 6pm - 8.30pm

Fees: Member \$6, Public Officer \$10,

Member's Guest \$12, Member's Child \$6, Public Officer/

Member's Guest's Child \$10

(Fee include door gifts and light refreshments)

Venue: CSC @ Bukit Batok

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

Register By: 2 Sep '16

*Pre-registration is compulsory





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- * Deptal Dental X-ray
- * Detection Of Decays with Advanced Laser Technology
- * Full Scaling & Polishing
- * Fluoride Therapy
- * Actioeptic Mouttwash (if applicable)

KID SMILE PACKAGE \$75

(for children between 6 to 12 yrs old) inclusive at:

- * Dental Examination
- * Full Scaling & Polishing
- * Fuoride Therapy (flappicaple)

SURGI-SMILE PACKAGE \$880

Mediave Cainstiel

Inclusive of

- * Dontal Extravelore
- * Digital Dental X-Ray
- Surgical Removal Of Wedom Tooth
- *Medication

SMILE IMPLANT PACKAGE \$2750

(After Medisave Deductions) Indictive of:

- * Dental Examination
- * Degital Dental X-ray
- * German implant System
- * Medications
- * Floviow
- * Implant Crown

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inclusive of:

- * Dental Examination
- * 10 packets of whitening gets

PG CARD HOLDER PACKAGE

- * Two Digital Dental Xrays (PA/BW) * Detection Of Decays With Advanced
- Laser Technology
- * Scaling & Pointing

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- Scaling & Polishing

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Inclusive of examination, digital xrays & retainers

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"Any other procedures/materials if needed, will advised and charge separately











Tiong Bahnu Branch Tel: 62711236 Bik 11A Boon Tiong Road #01-03 Singapore 161011

Buangkok Branch Bik 2750 Compassiol Tel: 6752 1008 Bik 2750 Compassitie Link 601-01 (Link 6) SS44275 Mexit to Buangkok MRT station) email: smileartstik/dymail.com Mon - Fri: Sem - Spm | Satt Sam - Spm

HillV2 Branch Tel: 6354 0111 4 Hillum Rise #02-15 Hill? 386797 email: smileorishib/ew@gmail.com Mon - Surr. 10am-10pm



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DO YOU HAVE A VOICE THAT MAKES HEARTS SWOON? DOES YOUR SINGING STIR THE EMOTIONS OF YOUR LISTENERS?

Then you might just be the next singing sensation that we are looking for!

There are up to \$7,000 worth of prizes to be won!

We have come to the 6th season of the CSC Singing Star and the competition will intensify! This time we have included a new category, Champion of the Champions, where our previous winners will outperform each other to see who will emerge as the ultimate Champion. Join us this season and be our Singing Start

POP IDOL CATEGORY

(Below 40 years old)

CHAMPION

\$1,000 + Trophy + Individual Makeover & Photography Session

1ST RUNNER-UP

\$500 + Trophy + Individual Makeover & Photography Session

2ND RUNNER-UP

\$300 + Trophy + Individual Makeover & Photography Session

EVERGREEN CATEGORY

(40 years old and above)

CHAMPION

\$1,000 + Trophy + Individual Makeover & Photography Session

1ST RUNNER-UP

\$500 + Trophy + Individual Makeover & Photography Session

2ND RUNNER-UP

\$300 + Trophy + Individual Makeover & Photography Session

CHAMPION OF THE CHAMPIONS! (5 Nov 2016)

Minimum 15 pax Previous top 3 winners only

CHAMPION

\$300 + Trophy + Individual Makeover & Photography Session

1ST RUNNER-UP

\$200 + Trophy + Individual Makeover & Photography Session

2ND RUNNER-UP

\$100 + Trophy + Individual Makeover & Photography Session

THREE SELECTION ROUNDS

Venue: Club CSC @Tessensohn

Qualifying RoundDate: Friday, 14 Oct '16

Time: 6pm onwards

Semi-Final Round

Date: Saturday, 22 Oct '16 Time: 12pm onwards

Final Round

Date: Saturday, 5 Nov '16 Time: 12pm onwards

Registration Fees:

Member \$15, Public Officer \$20 Closing Date: 7 Oct '16 Genre: Mandarin or English only

Registration Modes:

- 1. For online registration and other rules and regulations, log on to www.csc.sg/singingstar2016
- For offline registration, fill up the activity application form on the last page indicating CSC Singing Star' 16 and the title of your chosen song. You can either drop the form and make payment at any of our clubhouse front office, or mail it to Civil Service Club, 60 Tessensohn Road, Singapore 217664, Attn: Vanessa Choo.

All semifinalists and finalists will enjoy a complimentary professional vocal lesson with Wu Jia Ban.
This competition is open to all CSC members and Public Officers 18 years old and above.
Previous top 3 winners of CSC Singing stars are not eligible to participate in the Evergreen/Pop Idol category.

Official Music School:



Wu Jia Ban Vocal Training School

Official Makeover& Photography Sponsor:



9AM - 3.30PM

Take a break from your busy work life and gather your family and friends together for a special day of fun. We have done all the work by planning out a full day of festivity and wonderful programmes so that you can have a relaxing time while staying healthy at the same time. So come on down and have a blast with us.

SPLASHING FUN TINWATER TELE-MATCH

Join us for a fun-filled morning of exciting water games challenge that will tickle your mind, increase your adrenaline rush and have a splashing fun time with your family and friends! Attractive prizes to be won!

Date: Saturday, 3 Sep'16 **Time:** 10am – 12pm

Fees: Member \$30 per team, Public Officer \$35 per team,

Member's Guest \$40 per team Venue: Club CSC @ Tessensohn

Contact: Serene Cho at 63915620 or serenecho@csc.sg

Register By: 25 Aug '16

Category A: Adult Team

Minimum 6 and maximum 8 participants per team (For adults 16 years old and above)

Category B: Family Team

Each team must have at least 1 child and 1 parent, minimum 3 and maximum 5 participants per team (For children between 8 to 12 years old and adults 13 years old and above)

Game Rules:

- Each team must complete all the water tele-match games in their category in order to earn points.
- · The champion team will be determined by the overall points awarded.
- Each team has to appoint a team leader as the point of contact.
- All participants must wear proper swimming attires. Other Terms & Conditions apply.
- Please log on to: http://www.csc.sg/events/ for more details.
- Please contact Serene Cho at 63915620 or serenecho@csc.sg for enquiry and registration.



PRIZES FOR EACH

CHAMPION

Cash + NTUC vouchers

(worth \$300)

1ST RUNNER-UP

Cash + NTUC vouchers (worth \$200)

2ND RUNNER-UP

Cash + NTUC vouchers

(worth \$100)

ON THE SPOT CHILDREN'S DRAWING AND COLOURING COMPETITION!

Does your child have an artistic eye or loves to express himself through art? Encourage him to use his creativity skills to participate in this year's National Day Children's Drawing and Colouring Competition. Theme will be revealed on 9 August! The competition is open to all children aged from 7 to 12 years old.

Category A: 7 – 9 years old (Lower Primary) | Category B: 10 – 12 years old (Upper Primary) *Minimum of 15 participants for each category

Date: Saturday, 3 Sep '16 Time: 1pm - 3pm

Fees: Member's Child \$10, Public Officer's Child \$12,

Member's Guest's Child \$15 Venue: CSC @ Tessensohn

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sq

Register By: 25 Aug '16

PRIZES TO BE WON

1st Prize: \$150 NTUC voucher 2nd Prize: \$100 NTUC voucher 3rd Prize: \$50 NTUC voucher

*Pre-registration required.







FUN AQUA AEROBICS

Move your body to the most current songs in this simple, heart pumping aqua aerobics routine. You can choose either the Shallow or Deep Aqua Aerobics.

Date: Saturday, 3 Sep '16 **Time:** 9am – 9.45am

Fees: Member FREE, Public Officer \$5,

Member's Guest \$8

Venue: Club CSC @ Tessensohn Contact: Vanessa Choo at 6391 5641

or vanessachoo@csc.sq Register By: 25 Aug '16



CHAIR YOGA

Everyone can experience the health benefits of Yoga. Come try out various yoga postures, breathing techniques and relaxation exercises on a chair!

Date: Saturday, 3 Sep '16 Time: 10am - 11am

Fees: Member FREE, Public Officer \$5,

Member's Guest \$8

Venue: Club CSC @ Tessensohn Contact: Serene Cho at 6391 5620

or serenecho@csc.sg Register By: 25 Aug '16



- 1 coupon per person
- While stocks last
- 1st come, 1st served basis
- Redemption at AMEX booth



- While stocks last



- 1st come, 1st served basis







GOODIE BAG

- 1 coupon per person
- While stocks last
- 1st come, 1st served basis



LUCKY DRAW COUPON

* Lucky Draw will be conducted at 3.30pm at Opal Room (Level 1). Unclaimed prizes must be collected from the Front Office by 5pm on 3 Sep '16.

CHEF LISA HEALTHY COOKING DEMO

Curious to find out the secret to looking young and healthy? It has been said that 'soup is a great power in one's life'. Join Chef Lisa Leong in this lively, informative and insightful workshop where you will learn to apply the yin/yang principle into cooking. You too can have the power to ease any aches and pains as well as look beautiful.



Milk Cake



Pigmentation Brews





Date: Saturday, 3 Sep '16 Time: 2pm - 5pm

Fees: Member \$15, Public Officer \$18, Member's Guest \$20

Venue: Club CSC @ Tessensohn

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

Register By: 26 Aug '16

EVENTS AT A GLANCE

ACTIVITIES
Fun Aqua Aerobics* Swimming Pool, Level 1
Chair Yoga* Auditorium, Level 3
Goodie Bag Redemption (while stocks last) Opal Room, Level 1
Splashing Fun Time Water Telematch* -Public Service Category - Adult Category - Family Category Swimming Pool, Level 1
Healthy Lifestyle Bazaar Opal Room & Lobby, Level 1
CSC Membership Promotion Lobby, Level 1
Healthy Cooking Demo by Chef Lisa* Tessy Kitchen, Level 3
On-the-Spot Children Drawing and Colouring Competition* Function Room, Level 4
Lucky Draw Opal Room, Level 1

HEALTHY LIFESTYLE BAZAAR

Stalls available; Healthy Vinegar, Healthy Fruits and Nuts, Healthy Juices for the prevention of Cancer & Stroke, Healthy Snacks, Salted Egg Fish Skin, Seaweed & Pulau Pangkor Prawn Crackers, **Delicious Soft Muffins** and complimentary computerised spinal screening & evaluation.

Supported by: AMEX



* Pre-registered required. A minimum fee will be charged Activity venues are subject to change.

Smell Divine for the next 30 Days

Sofsil Fabric Softener has added functions to protect and soften your precious clothing, with fresh lingering fragrance for more than 30 days! It is also perfect for Indoor Drying.

Keep the freshness close to you, wherever you go!



Share your

#(S(MOMENTS

At CSC it is all about creating the special moments and memories with your family, friends and colleagues. Share these special moments at our unique CSC Clubhouses with us by using #cscmoments on your social media posts! You can also write in to us at feedback@csc.sg to tell us your stories. Each selected entry stands to win a \$20 club voucher.



EVENING RELAXATION

Pamper yourself with a refreshing evening dip in the CSC swimming pools.

photo credit: vanessa_mehmeh





FUN TIMES

Gather your family and friends for some fun and exhilarating times at CSC.

photo credit: 30jen03

BEAT THE HEAT

Soak and have fun in the swimming pools at CSC while beating the heat. Members can enjoy the pools for free. photo credit: terickcardona





Be awed by your experiences at our clubs and share these precious moments with your loved ones.

photo credit: charzsim

YUMMY TREATS

Indulge in the wide selection of delectable treats at the different eating places in CSC. You will be spoilt for choice!

photo credit: carrhiegv





Fun, fitness and family were the order of the day as some 3,500 public officers from diverse Ministries and Statutory Boards headed down for the Public Service Sports and Family Day held on 7 May at Gardens By The Bay (Bay East) for the very first time.

The largest sporting event in CSC's STAR Games calendar kicked off with an energetic mass warm-up for participants joining in the healthy lifestyle walk at 8am. This was quickly followed by a flag presentation ceremony where government agencies taking part in the dragon boat race and the telematch competition received their team flags from Guest-of-Honour Mr Peter Ong, Head of the Civil Service and President of Civil Service Club. Mr Ong also flagged off the 4.6km leisurely walk which saw families, colleagues and

friends enjoy a morning stroll to Sports Hub and back.

Meanwhile, tucked neatly under the ECP flyover were a spread of sports try-out booths, games, food and other bazaar stalls. Queues formed as visitors, both young and old, did their best to win prizes, try their hand at tennis and basketball and browse through stalls selling an array of sporting wear, aromatherapy products and novelty



"Thanks to CSC for organising everything and setting up the booths. Looking forward to next year's event!"

- Candice Goh, Dragon Boat Team Captain

items - all while enjoying sweet treats like popcorn, candy floss and ice-cream.

The highlights of the day were the telematch competition and dragon boat races which saw different ministries go head to head to clinch the top prizes of each sport. Amidst the friendly rivalry, teams seized the chance to bond while displaying their skills. "This is our fifth year participating but the first time we're champions," said Donavan Seng, team captain of IRAS's Team Incredible which beat six other ministries to come in first at the telematch competition. "We're from the dance team at IRAS and take this as our annual team building event. We get to know each other better and our team is stronger as a result."

The spirit of teamwork and camaraderie was also strong among the 16 dragon boat teams and is definitely something



that MINDEF's Teams A and B identify with. Coming in second and first respectively in the Men's Dragon Boat Race, both teams insisted on sharing the stage when the trophies were presented. Said Aaron Lim who captained Team A, "We're very happy for Team B that they won. We've been training together and are just like one team. Dragon boating is a team sport; everyone's contribution is important."

Families, too, weren't forgotten at the event. A family amazing race, a children's art competition, and a collection of bouncy castles kept families busy and entertained. "The event is family friendly and it's good for children. My kid loves the bouncy castles, and we enjoyed the games booths," said Khairuddin, who was there with his son to support his wife in the telematch competition. Sporty families also had the opportunity to try out kayaking and bell boating with their young.

At about 11am, about 40 cyclists, taking part in the CSC Cycle, streamed in, after having peddled some 25km all the way from CSC Changi Clubhouse.

Winding down from the days activities, families enjoyed a series of stage performances, including a magic show for kids and song performances by Alia and Suzy Wong, followed by a lucky draw.

With all the smiles, excitement and laughter, Candice Goh, Dragon Boat Team Captain of the winning women's team from MHA, summed it up for everyone. "Thanks to CSC for organising everything and setting up the booths. Looking forward to next year's event!"



DRAGON BOAT RACE

RESULTS

Women's Cateory

Champion: Ministry of Home Affairs 1st Runner-Up: Ministry of National Development 2nd Runner-Up: Housing and

Development Board 3rd Runner-Up: Republic Polytechnic

Men's Cateory

Ministry of Defence (B) Champion: 1st Runner-Up: Ministry of Defence (A) 2nd Runner-Up: Ministry of Home Affairs 3rd Runner-Up: Land Transport Authority

TELEMATCH COMPETITION

RESULTS

Inland Revenue Authority of Champion:

Singapore (Team Incredible) Ministry of Finance (Epsilon) 1st Runner-Up: 2nd Runner-Up: Ministry of the Environment

and Water Resources (PUB) 3rd Runner-Up: Ministry of Home Affairs (PLD) Ministry of Defence (Team 4th Runner-Up:

Camouflage)

5th Runner-Up: Ministry of Communications

and Information (Funtastic)

- 01 The MHA women's dragon boat team celebrating
- 02 Jumping their way to victory at the telematch
- 03 Families trying their hand at kayaking
- 04 Hanging out with the whole family
- 05 Team Incredible from IRAS with Mr Charlie Ng (left), General Manager of the Civil Service Club
- The MINDEF men's dragon boat team celebrating their win

ONE PUBLIC SERVICE TELEMATCH

RESULTS

Team Gado Gado Champion:

THANK YOU IVI

For all their sacrifices, mums deserve a special treat – especially on Mother's Day. And the 380 guests who attended CSC's Mother's Day celebration lunch at the Tessensohn Clubhouse certainly seem to agree. Many arrived on 8 May not just with mum but also aunties, grandma and even great-grandma. With whole families, some as large as five generations, celebrating their mothers, the event was off to a heartwarming start.

The emcee entertained guests with her jokes and antics, as dish after tasty dish was served. Guests were treated to song performances by CSC Singing Star champion, Fang Wei, as well as an umbrella stage performance which combined a magic show with dance.

But of course, the mothers were the stars of the day. Seven of them gamely took to the stage to win the title of "Best Dressed Mother", which went to Monica Foo. "I'm happy to win. This is my first time dancing on stage, but I thought I'd just let people laugh and have fun," said Monica, who had the support of over 40 family members.

Meanwhile, 95-year-old Heng Jing Nee easily won the title of Most Senior Mum. The mother of 15 and grandmother of 36 was celebrating with five generations of her family and received a BRAND'S Bird Nest, which was accepted by her second son on her behalf.

Adding to the excitement was a lucky draw. Fourteen-year-old Vanessa Ang walked away with the top prize of a \$200 Qian Xi Restaurant voucher. "I think I'll give the prize to my parents and let them decide how to use it," said the filial teenager in the spirit of the event.

(

"I'm happy to win.
This is my first time dancing
on stage, but I thought
I'd just let people laugh
and have fun,"

- Monica Foo

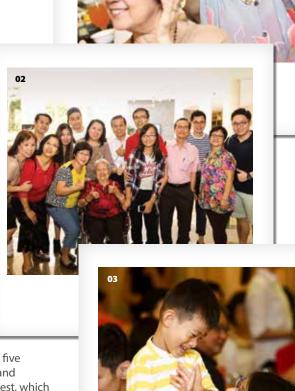
More than tucking into a good meal, mums also got to enjoy a complimentary paraffin wax hand treatment, and a goodie bag filled with beauty essentials including a face mask sponsored by My Beauty Diary. But perhaps the best Mother's Day gift of all was time with family. Said Jasmine Teo, who came with her parents, "Events like this give families



Fellow guest, Emily Tai, whose extended family took up four tables, agreed. "We enjoyed last year's event so we came again. Hope to see more performances next year!"

- 01 Cheers for all the mothers
- 02 Celebrating with every generation in the family
- 03 Never too young to celebrate mum's sacrifices
- 04 Because mum's the best!





EAT&WIN

Civil Service Club was buzzing at noon-time on 28 May 2016 as participants came prepared to devour all competition and emerge victor of our very first, Eat and Win 2016.

Participants had to eat as many hotdogs and buns within 10 minutes. It was a crazy sight when the countdown started as participants were seen energetically using different ways to gobble down these sausages and bread. In the end, the competition was won by Alexander Tan Wei Long who finished an amazing number of 13.5 hotdogs and buns and received \$500 worth of cash and prizes.

However, the highlight was well-known guest competitive eater Zermatt Neo and Sarah Ow, who showed how it was done by downing a whopping 18 hotdogs in 10





TO OUR HERO AND **ROLEMODEL**



For all the strength and stability shown, our dads deserve a special treat on Father's Day. 280 guests

> attended our first ever Father's Day lunch on 19 June 2016 at Tessensohn Clubhouse's Qian Xi restaurant.

> > The emcee entertained guests with vocal performances,

jokes and antics while families were treated to a sumptuous 8-course meal. They were also serenaded by CSC Singing Star 2015 contestants, Joyce and Jeremy Lockwood. They dedicated their song, 'You Raised Me Up, to all the fathers and thanked them for the hard work and sacrifices made for their family. On top of that, everyone was treated to a spectacular belly dance performance by Desert Rose.

\$300 worth of cash and prizes were also

given out to the contestant who brought

the most supporters. All participants

Young fathers were invited on stage for the father-child look-alike contest and prizes were handed out to all those who participated. Mr Wu Shiang Nai also received an OTO

Neck Snuggle for being the longest living father at the event. He is 98 years old!

Besides enjoying a splendid meal, all the fathers were on stage to receive a Father's Day gift from CSC. 20 great lucky draw prizes were also given out. Everyone left the event in

high spirits; it was indeed time well spent with family





THE PUBLIC SERVICE BEACH GAMES

BEACH BATTLES

Sand flew and shouts erupted as 23 beach volleyball teams and 14 captain's ball teams from 10 and nine government agencies across
Singapore packed Mempari Beach in Sentosa on 4 June, as they battled it out during the 2016 Public Service Beach Games' Beach Volleyball and Captain's Ball tournaments. Behind the players' determined faces was a spirit of camaraderie. "We're really here just to have fun. We have people on the team who have never played Captain's Ball before," said Vivien Koh from the National University Health System, who was surprised by the overwhelming response from her colleagues to participate in the event.

- 01 Tussling it out during the Captain's Ball competition
- 02 Serving for the point
- 03 "We're number one!" MOE Women's beach volleyball team
- 04 Congratulating opponents after the match
- 05 MHA Men's volleyball teams proudly display their hard-won medals and championship trophy
- $06 \quad The \, champion \, team \, of \, Captain's \, Ball \, from \, MEWR$

Ken Soh, a member of Ministry of Home Affair's men's volleyball team, agrees. "It builds friendships among the teams. My wife and daughter are here too. This is the first time my teammates have met my family."

Indeed, the event stretched beyond colleagues and sports. Many participants had friends and families turning up to cheer the teams on. Four-year-old Raif was one of the younger supporters. "I'm having fun. I'm burying myself in the sand!" he grinned, as his mother entered the Captain's Ball arena.

Among the supporting crowd was Tan Xiangting, who is on the Singapore National Beach Volleyball Women's Squad. Formerly from the Ministry of Education (MOE) and a previous participant of the



"When I played on the corporate team, it was not so stressful and I could really enjoy the game. We became like family and I still practice with them. If you look deep enough, there's always a family within your workplace."

- Tan Xiangting, Singapore National Beach Volleyball Women's Squad

organisation's volleyball team, Ms Tan was there to egg on her former colleagues. "When I played on the corporate team, it was not so stressful and I could really enjoy the game. We became like family and I still practice with them. If you look deep enough, there's always a family within your workplace."

The MOE team eventually came out tops in the women's Beach Volleyball Tournament, with team captain Choy Yin Lam calling it an "unexpected win". "Our opponents were quite good. We had to make an effort to



win. We observed how they played to break their attack," she said, explaining their strategy.

Meanwhile, the Ministry of Home Affairs teams clinched the top three spots in the men's Beach Volleyball Tournament. Tuk Bahadur Pun led a team from the Gurkha contingent to victory. "We feel proud to win. We've been training indoors and also came to Sentosa to train." The team was also last year's champions.

Win or lose, the thrill of the games and warmth of friendships all added to the carnival atmosphere of the event which included a 5km healthy lifestyle walk along the beach. Following a mass warm-up, families with children in tow were flagged off by Guest-of-Honour, Mr Charlie Ng, General Manager of the Civil Service Club. They returned in time for the lucky draw and prize giving ceremony.

Encouraged by the strong response from her colleagues, Ms Koh said, "We'll come for other events, if we know about them. Some people are already volunteering for other games!"

BEACH VOLLEYBALL TOURNAMENT

RESULTS

Women's Cateory

Champion: Ministry of Education (3)
1st Runner-Up: People's Association
2nd Runner-Up: Ministry of Home Affairs
3rd Runner-Up: Inland Revenue Authority
of Singapore

Men's Cateory

Champion: Ministry of Home Affairs (3)
1st Runner-Up: Ministry of Home Affairs (4)
2nd Runner-Up: Ministry of Home Affairs (1)
3rd Runner-Up: Housing & Development Board

OVERALL POSITION

Champion: Ministry of Home Affairs

BEACH CAPTAIN'S BALL TOURNAMENT

RESULTS

1st Runner-Up:

Champion: Ministry of the Environment

and Water Resources Sport Singapore (2)

2nd Runner-Up: Republic Polytechnic 3rd Runner-Up: Sport Singapore (3)



CSC Runners: RUNNING WITH PASSION FOR A CAUSE

After a successful trip to Tanjong Balai in Indonesia, four CSC Runners, together with nine other volunteers from the Star of Love, dashed back with excitement from 9 to 10 April 2016 to distribute more basic necessities to the town's needy families.

The team, led by Running Club Vice-Chairman Paul Chan, wasted no time upon reaching the town on 9 April morning and started the distribution, which included a 20 kg pack of rice, cooking oil, sugar and canned food. Under the scorching sun, our members brought the necessities to the less fortunate families. A momentary downpour provided some relief and a break for lunch at a local seafood restaurant. We then resumed after lunch under a cooler weather. We also ran some interactive

activities for children at the Asrama Children's Home, while two members went in search of a suitable running route for our next event at the Home in September. We ended our day by visiting a family who previously did not have money to install windows for their newly built house. The family had used cardboard to cover the openings. Upon discovering the family's plight, some CSC runners of our previous team donated money for the installation. "When we visited the family again, their faces were filled with happiness and satisfaction because new windows have been installed", Paul said.

That night we had a local seafood dinner at a food court before heading to our beds for a well-deserved rest. The next morning we visited the local market to do some last-minute shopping before heading back to Singapore. Our members have once again displayed their passion for a good cause.



Date		Runnng Venue for 2016	Distance	Meeting Point
July	16	CSC Changi		CSC Changi Club House
August	6	CSC Changi		CSC Changi Club House
	20	Pulau Ubin	TBA	TBA
September	3	CSC Changi		CSC Changi Club House
	17	Hort Park / Mt Faber	TBA	TBA
October	1	CSC Changi		CSC Changi Club House
	15	MacRitchie Reservoir	4km or 10km	Near café/toilet
November	5	CSC Changi		CSC Changi Club House
	19	KTM Green Corridor (TBC)	TBA	TBA
December	3	CSC Changi		CSC Changi Club House
	17	Sentosa	TBA	TBA



No added sugar. Just 100% juice.





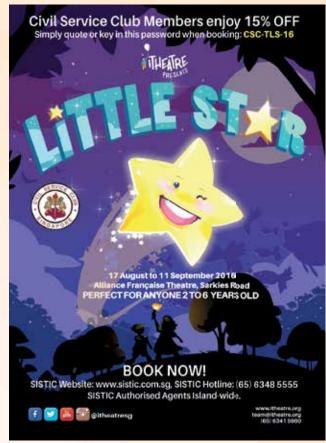


*Based on Nielsen retail audit for non-chilled 100% Juice

CSC MEMBERS' Perks

Being a CSC member sure pays off! Just flash your CSC card to enjoy these privileges. Check out the great deals in store for you!













SPORTS NEWS

"Talent wins games, but teamwork and intelligence wins championships." - Michael Jordan Teamwork has been the key to victory in the Public Service STAR Games as participants work together to improve morale, build deeper friendships and win competitions.

MINISTRY OF **HOME AFFAIRS TEAMS NAIL** A DOUBLE **DARTS WIN**

16 APRIL 2016

It was a sweet victory for Ministry of Home Affairs (MHA) on 16 April 2016 when they grabbed the first and second spots in the finals of the Public Service Darts Competition. Eighteen teams from nine government agencies had descended on the AUPE Sports & Recreation Club with hopes of hitting the victory mark.

Taking the top two spots was something which the MHA teams did not expect given the strong challenges from the other teams. When asked on their success formula, Team Captain Saravanan Muthiah replied, "the players have played together before and they knew that they had to play to their best potential to win the tournament".



Although the win was the agency's 4th year in a row, the teams do not plan to rest on their laurels. Training will start even earlier in preparation for next year's competition. "I am sure that all the teams will be gunning for MHA next year to overthrow us as the defending champion", said Mr Saravanan.

Guest-of-Honour Mr Teo Tze Fang, CSC Executive Committee Member, presented prizes to the winning team.

RESULTS

Champion: Ministry of Home Affairs (4) 1st Runner-Up: Ministry of Home Affairs (5) 2nd Runner-Up: Ministry of the Environment and Water Resources 3rd Runner-Up: Ministry of Defence (2)

MINISTRY OF HEALTH SHOOTS ITS WAY TO POO VICTORY 6 APRIL 2016

Eighteen teams from 13 government agencies took part in the Public Service Pool Competition 2016 held at the Snooker Zone at Toa Payoh from 16 March to 6 April 2016.

It was a grueling 8 days of competition as the teams went all out to reach the final stage. Along the way, it became apparent that the Ministry of Health (MOH) team was tenacious in its quest for the championship titile. In the final, the team brought on their "A" game to hit the winning game ball against Ministry of the Environment & Water Resources team to emerge champion.



Team manager Dr Pua Uei commented, "When we reached the quarter-finals, we knew that we would not want to settle for anything less than gold."

Win the gold they did and that became their highlight. However, it came with personal sacrifices. Dr Pua admitted that the team had to convince their's pouses that [they] had to be gone for many evenings in a row'. It was not easy but we can see that it was worth it."

MINISTRY OF **HOME AFFAIRS SCORES FOOTBALL** CHAMPIONS

28 APRIL 2016

Twenty-three teams from 15 government agencies faced off each other in the preliminary rounds of the Public Service 11-A-Side Football Tournament held at the Wilfred Field on 9 and 10 April 2016. It was a tough fight as each team tried to kick its way into the final. In the end, Ministry of Home Affairs (SCDF) emerged as the last team standing after beating Singapore Power Ltd in the final held at the Serangoon Stadium on 28 April 2016.

The MHA (SCDF) team has undergone some transformation since winning the trophy in 2014. In this year's lineup, the team incorporated many new players while

retaining a few experienced ones. First-time team leader LTA Muhammad Iskandar said, "the mix of experience and enthusiasm proved to be a good blend, allowing us to play the football we wanted." This 'blend' would eventually paved the way for their victory.



Next up for the team will be the Singapore Government Services Football League, which will be a build up for next year's tournament. We wish them the best!

RESULTS

Ministry of Home Affairs Champion:

1st Runner-Up: Singapore Power Ltd 2nd Runner-Up: Ministry of Education (1) 3rd Runner-Up: Ministry of Education (2)

RESULTS

Champion: Ministry of Health

1st Runner-Up: Ministry of the Environment

& Water Resources

2nd Runner-Up: Ministry of Education (1) 3rd Runner-Up: Ministry of Home Affairs (2)



24 MAY 2016

Twenty three teams from 18 government agencies met nightly at the Kallang Tennis Centre for the Public Service Tennis Tournament starting 5 April 2016 and culminated to the final on 24 May 2016. This year's final was no different from previous years as the two top teams Ministry of Health (MOH) and Ministry of Education (MOE) again squared off. Defending Champion MOH was not going to give up the crown when they defeated MOE to take home the championship trophy again.

Providing some insights into their victory, MOH Team Manager Dr Harold Cho said "We were fortunate to have some experienced players playing this year. They carried us through against strong opponent like MOE. It also helped that this was a 'team of enthusiastic players who enjoyed playing the game'.



On the whole, Dr Choi was proud of the team. He shared,

"I thought we played well during the entire tournament and whether we won or not, it was enjoyable to have a hit in good courts, and good company".

Guest-Of-Honour Mr Vincent Goh, CSC Executive Committee Member, presented prizes to the winning teams.

RESULTS

Champion: 1st Runner-Up: 2nd Runner-Up: 3rd Runner-Up:

Ministry of Health Ministry of Education (1) Ministry of Education (2) National University of Singapore

MINISTRY OF DEFENCE STRIKES FOR OVERALL BOWLING WIN 12 & 14 MAY 2016

Held at the Westwood Bowl, Bukit Batok Clubhouse, the Public Service Bowling Competition see the best bowlers from all government agencies competing in the Public Service's biggest stage in bowling. 211 teams from 34 agencies packed out the bowling centre over the period from 23 April to 14 May 2016.

All the teams fought hard but in the end, the battle for the overall championship was between the two bowling powerhouse Ministry of Defence (MINDEF) and Ministry of Education (MOE). MINDEF team created an upset by clinching the top position in the Women's category. However, on the last day, MOE fought back to come in top in the Mixed Category. However, it was too late and MINDEF was declared the Overall Champion, beating MOE by a mere one point.

MINDEF's representative, Tan Peng Guan was ecstatic as this was their best showing, picking up the women's team title and individual titles in the women's and men's games. He revealed that the team's winning formula was 'being able to focus and adapt to lanes conditions'. Though the mixed team lost out by just 2 pins, Peng Guan was still proud of his group. "This is the most exciting competition and it would be a memorable one in our interest group's history", he gushed. We are proud of them too.



RESULTS

Women's Open Category"

Champion: Ministry of Defence (CSIT W)
1st Runner-Up: Housing and Development

Board (W2)

2nd Runner-Up: Ministry of Education (W1) 3rd Runner-Up: Ministry of Education (W2)

Men's Active Agers Category

Champion: Singapore Power Ltd (MAA)
1st Runner-Up: Land Transport Authority

(MAA 1)

2nd Runner-Up: National University of Singapore (MAA 1)

3rd Runner-Up: Ministry of the Environment and Water Resources (MAA 4)

Mixed Category

Champion: Ministry of Education (1)
1st Runner-Up: Ministry of Defence (CSIT 1)
2nd Runner-Up: Ministry of Defence (2)
3rd Runner-Up: Ministry of Home Affairs (5)

OVERALL POSITION

Champion: 1st Runner-Up: 2nd Runner-Up: Joint 3rd: Runner-Up

Ministry of Defence Ministry of Education Singapore Power Ltd Ministry of Education (W2) & Housing and Development

Board



ANNUAL REPORT - 2015

2ND ANNUAL GENERAL MEETING

19 MARCH 2016

We had a modest but fruitful first year of operation. Our heartfelt thanks go to our dedicated MC members who contributed much and to all our members whose enthusiastic support has made all the difference.

Our Activities

Our membership recruitment drive, which began before our Inaugural General Meeting on 31 January 2015, attracted a total of about 50 members. Most of them are recreational cyclists who enjoyed our fortnightly local rides. These rides would take members to places rarely visited in Singapore, like the Lost Reservoir and Hot Spring. Night rides, held on the eve of public holidays, were also introduced this year to take advantage of the cool night air.



Our members also embarked on rides that took them overseas. We went to places like Batam, Bintan and Taiwan, just to name a few. Bintan offered our members a very challenging ride over hilly terrain. Batam, on the other hand, offered our cyclists scenic rides over six bridges along the Barelang Highway. They also had the opportunity to stay in 'kelongs' on these 2 Indonesian islands and feasted on the freshest seafood.





As an incentive for members to lead our overseas trips, we are offering a subsidy to offset the travelling and accommodation costs of our volunteer leaders. So do not hesitate to come forward!



During the mourning period of our late Mr Lee Kuan Yew, the Club organised a 'Tribute Ride'. More than 50 members and their guests cycled from CSC Changi to Raffles Marina in Tuas dressed in their black-and-white attire, stopping briefly at the tribute site in Marina Barrage to pay their respects.



We also had a half-day workshop where members were equipped with the basic skills to repair punctured tyres and to maintain their bicycles.

Our Space in **FUSION**

The CSC Cycling Club has been given two pages in the CSC bi-monthly newsletter FUSION to keep members informed of our activities and to promote our interest group. We are

currently the only interest group to be given such a privilege and we are excited to see more articles contributed by our members.



Our Social Media **Platforms**

We have created a Facebook page, 'CSC Cycling', and a WhatsApp Group Chat where members can be updated on the latest happenings of the Club and, at the same time, allows us to keep in touch with each other. So come visit our page and join our group chat.



Whatsapp



CSC/facebook.com

Goodbye to our **Committee Members**

It is with deep regret that we announce the resignation of Lim Tiang Heng as Honorary Treasurer and Caphas Koo as Technical Convener. They have contributed much to our Club and we will miss both of them on the committee. We wish to thank them for their dedicated service and look forward to their continued support.



Our New Storeroom

We have a storeroom now at CSC Changi, thanks to Club Manager Peter Chew's help. This storeroom will be used to store our equipment and to serve as our gathering place when we meet at the club. The storeroom also has a few donated bicycles and a bicycle travelling case. Club members can contact our Local Rides Convener Richard Goh for assistance.

Our Membership Drive Special

Remember to make use of our membership drive special and introduce new members to the Club. Recruit a new member and enjoy a 50% discount when you renew your membership at the end of the year. (You pay \$12 instead of \$24 for your annual subscription)



Our Year Ahead

The year ahead promises to be more exciting with many local and overseas rides planned by our Conveners. You can look forward to a Bhutan Cycling Trip, another Taiwan adventure and a "Social Evening, BBQ and Sleepover" at CSC Changi Resort on 25 and 26 June.

clubhouse



Come to CSC @ Changi and experience the best that the east has to offer. This fantastic waterfront provides a wonderful getaway without getting out of Singapore. Indulge in the spread of delicious food and exciting sporting activities as you create lasting memories with your loved ones and friends.

A Tranquil Retreat at a Special Deal

CSC @ CHANGI, a tranquil coastal enclave that takes you away from the hustle and bustle of city life, now offers you a special staycation deal.

ENJOY 50% OFF YOUR 2ND NIGHT

when you stay in our Superior or Deluxe Suite before 30 Sept 2016. A good reason to spend another day in your treasured experience!

Terms & Conditions:

- · Valid for Members and Public Officers online booking only.
- Valid for stay between 1 July 30 Sept '16.
- If rates for 2 nights differ, 50% off lower room rate only.
- Not valid for booking made before 15 June '16.
- · Not valid with other promotions.



Cooking with Meyer House

Meyer House, a beautiful restaurant situated in the premises of CSC @ Changi, exudes a 30s charming vibe with a wonderful selection of Local and Western food. It's open to public so everyone can enjoy this special gem.

Here is a house special recipe that you can try at home.

BEEF AND BASIL SPAGHETTI WITH BLACK PEPPER SAUCE

An aromatic pasta with that extra fiery kick to get you wanting for more.

Ingredients:

Pasta:

- 150g spaghetti
- 1/2 tbsp olive oil
- Pinch of salt

Beef:

- 120g beef slices
- 1/4 tsp black pepper
- Pinch of salt
- · 2 tsp olive oil

Sauce:

- 1 tbsp corn oil
- 15g butter
- 1/2 tsp garlic minced
- 1 tbsp black pepper grounded
- 20g Thai basil leaves
- 1/2 tsp oyster sauce
- 1 tsp Worcestershire sauce
- 2 tsp tomato ketchup1/2 tsp of rice vinegar

- 50ml chicken stock
- 1 tsp sugar (optional)
- Pinch of salt (optional)

Directions:

Step 1: Preparation of beef

 Marinate beef with a pinch of salt and pepper.

Step 2: Cook pasta

- Bring a pot of water to boil.
- Add in salt and olive oil.
- · Add in pasta.
- Cook pasta till al dente according to instructions on packaging.
- · Strain and set aside.

Step 3: Sear beef

- In a saucepan, heat up olive oil.
- · Add in beef and sear it evenly.
- · Do not over cook the beef.
- Set aside.



Step 4: Putting all ingredients together

- · In a sauce pan, heat up corn oil and butter.
- Add in minced garlic, ground black pepper and basil, stirring frequently until fragrant. Do not burn the mixture.
- · Add in the remaining ingredients.
- · Bring the mixture to a boil.
- Add sugar and salt to taste.
- Add in pasta, combine and toss until pasta is evenly coated with the sauce. If too dry, adjust with hot water or chicken stock

Notes:

- 1. For better taste, use better grade of beef.
- 2. Dish tends to be peppery hot. Reduce amount of pepper to suit your palate.

TESSENSOHN CLUBHOUSE

SPECIAL EVENTS & PROMOTIONS

The ideal central location to meet your needs for high-quality yet affordable sports and recreational space now comes with special events and promotions from July to September 2016! You would not want to miss out on the enjoyment.

BOWLING



LUCKY DRAW

1 Lucky Draw Coupon for every \$20 spent in a single receipt.

Qualifying Period: 18 July – 3 Sept '16 at 2am Weekly Draws: Every Monday Main Draw: Saturday, 3 Sept'16

9-PIN TAP BOWLING CHALLENGE

Master Qualifying: 15 Aug – 11 Sept'16 Finals: Sunday, 18 Sept '16

SUNDAYS / NATIONAL DAY SPECIAL

\$28 per hour per lane with maximum 4 pairs of FREE shoe rental (Not applicable for leagues, coaching, events and with any other promotions) Dates: Sun,1 July - 30 Sept '16 & 9 Aug '16

*Terms and conditions apply.

Contact: 63915693 / 95 | Email: planetbowl@csc.sq | Visit: www.csc.sg/planetbowl for more details

GYMNASIUM @ TESSENSOHN

Promotion: 1 July to 30 September' 16

	Usual Price	Promotion Price
6 months	\$498	\$249
12 months	\$698	\$349

CSC members: 50% off

	Usual Price	Promotion Price
6 months	\$498	\$398.40
12 months	\$698	\$558.40

Public Officers/Member's Guests: 20% off

Not applicable with any other promotions. Terms and conditions apply. First 10 early bird will get 2 sessions personal training for FREE! (Usual price \$170)

Khus Fitness Pte Ltd

BADMINTON AND TENNIS COURTS





Members: Book 2 Hours Get 1 Hour FREE Public Officers: \$3 per hour Public: \$4 per hour

Dates: Monday - Friday, 1 July - 30 Sept '16

Time: 8am - 5pm

Public Officers and Public must book at the Front Office

Not applicable for coaching, events and with any other promotions.

Terms and conditions apply Email: tessensohn@csc.sq

FAMILY ZONE GAMES ARCADE

The revamped Family Zone Games Arcade is now open! Relive your best video game battles or take on a new challenge, if you dare! There is also a children's learning corner filled with Little Tikes toys and fixtures. It opens daily from 10am to 10pm.

The Family Zone is also an ideal venue for a children's party. Decorated with vivid colours as well as a fun-filled decor, children can have a memorable time with their family and friends. So why not make your child's next party at the Family Zone?

Please contact us for any enquires and bookings:

Jacqueline Tang at 63915605 or jacquelinetang@csc.sg / Shamira at 63915623 or shamirajohari@csc.sg



clubhouse

Fun Learning

At Bukit Batok Clubhouse, you can learn about the different flora that we have in the Club from the educational boards placed around the clubhouse. So come along, learn and enjoy the experience

















NEW CONCEPT STORE IN BUKIT BATOK CLUBHOUSE

A brand new Café-Design-Retail concept store is opening its doors at the Bukit Batok Clubhouse on 1st July 2016! It is the first of its kind in Singapore designed by KACIA.

KACIA Café allows you to inclulge in a wide range of handcrafted decadent treats, prepared daily in their kitchen by their patissier who is trained in Japan. At KACIA Design you can learn to create beautiful customised pieces for your loved ones in their series of handcrafted workshops, which range from accessories and leather crafting to baking. The handcrafted theme doesn't stop as you step into their KACIA Retail. The space features specially selected handcrafted pieces made by their designers and the designs are updated weekly. You would not want to miss out on these exquisite creations!

Even as it is situated beside the swimming pool, everyone can enter this unique store opposite the Art Zone. So bring along your loved ones and friends and discover this special oasis.

Store Location: #03-07, Club CSC @ Bukit Batok

For more information: Contact: info@kacia.com.sq Website: www.kacia.com.sq

Facebook: https://www.facebook.com/KaciaDesign/

Instagram: kaciadesign





COMPREHENSIVE

WITH THE LENS MEN

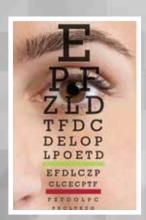
Yearly eye exams are important - no matter your age or physical health. An eye exam allows you or your loved ones to detect any eye conditions and to treat them early. It also allows you to detect other diseases like diabetes.

Unlike basic eye tests offered in most optical shops, The Lens Men comprehensive eye exam is conducted by fully qualified optometrists in their dedicated optometry clinic and uses state-of-the-art equipment to test all aspects of your eye health.

CSC member Joe, his wife Jess and their 2 school-going children recently went for their first eye examination with The Lens Men. The whole experience was enriching. Mother Jess commented that she 'gained a better understanding of what changes we might experience in our eyesight as we age,' while her children 'found their eye exams fun and interesting'.

The family plans to make it a yearly event. You can too. Just walk in or make a phone booking, and present or quote your staff ID to cover yourself and everyone in your immediate family.

CSC EYE CARE WORKSHOP



How up-to-date are you on the latest technologies that can enhance vision correction to the sharpest clarity?

Join THE LENS MEN, as they highlight innovative optometry solutions and help you compare costs to benefits in this informative workshop. You'll be armed with a good overview of how each can work best for you and your family's optimal eye health.

All participan

All participants will receive a daily eye care kit to help your eyes stay fresh and well.

Date: Saturday, 20 Aug '16 Time: 11am – 12pm

Fees: Member \$5, Public Officer \$8, Member's Guest \$10

Venue: CSC @ Tessensohn

Contact for more details: Serene Cho at 63915620 or serenecho@csc.sq

Register By: 7 Aug '16





FLOWER ARRANGEMENT COURSES

Do you have a deep interest in flowers and enjoy working with designs?

Get excited in designing your own floral arrangements in our workshop as it opens up to a whole realm of possibilities for you.

Bridal Bouquet Geraldine

A beautiful bouquet of Roses, Eustoma and Baby's-breath flowers skilfully tied into a handle and decorated with loopy bear grass. This will brighten up the special moment for the bride. You get to bring home your own flower creation.

Date: Saturday, 23 Jul '16 Time: 1pm – 3pm

Fees: Member \$78, Public Officer \$85,

Member's Guest \$90



Alstroemeria Hand Bouquet

A great gift for anniversaries or dinner parties. This bouquet uses Alstroemeria, Sweet Williams, Eustoma, Carnation and Baby's-breath and is held together with mesh and raffia. You will get to bring home your own creation.

Date: Friday, 19 Aug '16 **Time:** 6.30pm – 8.30pm

Fees: Member \$90, Public Officer \$95,

Member's Guest \$100



Long Rectangle Wrapper support Hand Bouquet

This bouquet has an elegant and graceful touch to it and is great for any special events. Rose, Eustoma and Sweet Williams flowers are held together with beautiful wrappers and tied with lovely ribbons. You would



want to bring it home after creating it.

Date: Saturday, 10 Sept '16

Time: 1pm – 3pm

Fees: Member \$80, Public Officer \$85,

Member's Guest \$90

For the above courses:

Venue: Tanjong Pagar

Contact: Vanessa at 63915641 or

vanessachoo@csc.sg

Register By: 1 week before class



NATURAL HEALING WITH MOXI THERAPY

Do you or your loved ones suffer from shoulder or neck pain? Learn the art of traditional Chinese Moxi Therapy in this practical workshop where you will learn useful techniques on how to target specific acupoints and how it all comes together in receiving treatments. Let the Moxi Therapy which involves the burning of mugwort, a herb that facilitates healing, help you deal with your health issues.

You will also receive a free Rose Hand Paraffin therapy (worth \$120) which is excellent for soothing dry skin, repairing cracked skin and a moisturising your hands. So sign up now!

Date: Saturday, 20 Aug '16 Time: 10am – 12pm

Fees: Member \$10, Public Officer \$12, Member's Guest \$15 (Workshop includes Complimentary Rose Hand Paraffin therapy worth \$120, Goodie Bag worth \$68, and light refreshment)

Venue: CSC @ Tessensohn

Contact: Vanessa at 63915641 or vanessachoo@csc.sq

Register By: 13 Aug '16

IMAGE AND GROOMING WORKSHOP

Do you know that it take less than 10 seconds of meeting someone to form an opinion about a person? Come and discover the importance of poise, confidence, dress sense, social and business etiquette and skincare for professional image in this practical workshop.

Course Outline:

- Style and grooming skills required in societal and professional arena.
- Proper grooming etiquette and appropriate dressing for work and occasion
- ✓ Skincare and make-up.

Date: Saturday, 16 Jul'16 Time: 10am – 11.30am

Fees: Member \$10, Public Officer \$12, Member's Guest \$15

Venue: CSC @ Tessensohn

Contact: Serene Cho @ 6391 5620 or serenecho@csc.sg

Register By: 7 Jul '16

INANCE

RETIRE A MILLIONAIRE

Back by popular demand! This workshop gives an introduction to retirement planning and the different strategies to set in place to protect your Retirement Nest Egg. You will also learn techniques to grow your wealth. Don't miss this important workshop!

Effective Retirement Planning Strategies

- Introduction to retirement planning
- Leveraging on the Supplementary Retirement Scheme
- CPF Minimum Sum Scheme
- Annuities to buy or not to buy?
- How to protect your Retirement Nest Egg

Growing your Wealth

- Common pitfalls to avoid in growing your Retirement Nest Egg
- Practical investment tips
- Maximising returns from strategic asset allocation
- Using the technique of "Dollar Cost Averaging" to invest during volatile market conditions
- Important considerations to note before one invests for retirement

Date: Saturday, 30 July '16 **Time:** 2pm – 4pm

Fees: Members \$5, Public Officers \$8,

Member's Guest \$10

Contact: Hai Ming at 63915607 or

onnhaiming@csc.sg **Register By:** 23 July '16

INVESTING FOR STARTERS

Come join our UOB Kay Hian Investor Centre dealers for an enriching seminar where you will learn the benefits of investing in shares and how to add the right stocks into your portfolio, in order to meet your investment objectives.

Date: Saturday, 20 Aug '16

Time: 1pm – 3pm

Fees: Member \$5, Public Officer \$10

Member's Guest \$12 **Venue:** CSC @ Bukit Batok

Contact: Gek Cheng at 63915624 or

kuagekcheng@csc.sg **Register By:** 12 Aug '16

Sign Up Now!

*Free 1-to-1 coaching provided!
*1 Lucky Spin with every account opened
with UOB Kay Hian Investor Centre
*Attractive prizes up for grabs!

TAKING CHARGE OF YOUR FUTURE

Mr Kenneth Low is an Associate Financial Consultant and a certified Associate Estate Planning Practitioner accredited by the Society of Will Writers & Estate Planning Practitioners in UK and the Wealth College.



Learn from him as he provides you with unique tips, practical ideas and novel strategies through the following talks.

Plan Your Will

Pass on your legacy without any hassle with the essential knowledge on how to get your estate in order and bring a peace of mind to your family.

Course Outline:

- Be aware of the rules of distribution and the price you pay when no Will is in place.
- ✓ Plan, preserve and distribute your assets to your loved ones effortlessly.
- Ensure that your estate remains liquid, has surplus and is easily distributed.
- Accelerate transfer of your wealth to your loved ones.
- ✓ Avoid costly mistakes involving unexpected turn of events.
- ✓ Protect your wealth from potential creditors..
- ✓ Preserve and create wealth for future generations

Date: Saturday, 30 Jul '16 Register By: 22 Jul '16

Talk on MediShield Life

MediShield Life replaced MediShield from 1 Nov 2015. Learn about why the change is necessary, how it affects you and what you should know about it.

Course Outline:

- MediShield Life Why the change?
- ✓ What are the changes and How will it impact me?
- Will I be able to fund the premium in the long term?
- ✓ Should I give up my Integrated Shield?
- ✓ The Cost of being sick

Date: Saturday, 6 Aug '16 **Register By:** 29 Jul '16

Learning Power of Attorney (LPA)

A person may lose his mental ability to make decisions due to various reasons and cannot take care of himself. Have you appointed someone you trust most to handle and take charge of your "Property & Affair" and "Personal Welfare" when that happens? Decide for yourself while you can. Failing which, may cause much pain and suffering to yourself and your loved ones.

Course Outline:

- ✓ Who is eligible to make an LPA?
- ✓ Legal terms used in LPA
- ✓ The difference between a Will and an LPA
- ✓ The process of making an LPA?
- ✓ How much it cost to make one?

Date: Saturday, 13 Aug '16 **Register By:** 5 Aug '16

For the above talks

Time: 11am – 12.30pm

Fees: Member \$5, Public Officer \$10, Member's Guest \$12

Venue: CSC @ Tessensohn

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





SEMI-HANDS ON BAKING WITH CHEF VALERIE KONG

Join Chef Valerie Kong for another workshop series of deletable baking delights. Chef Valerie is a self-taught baker and recipe developer with over 25 years of baking experience. She gets inspiration for her creations from her extensive food-tasting excursions.



Ginger Gula Melaka Chiffon Cake and Banana Walnut Chiffon Cake

Give a kick to this very light cake by introducing the fiery ginger to it and sweeten it up with the mellow butterscotch flavour provided by our Asian Gula Melaka. If you rather prefer a bite to your fluffy cake, you won't go wrong with the Banana Walnut Chiffon Cake. Two lovely cakes to tempt a range of tastebuds.

Date: Saturday, 30 Jul '16 Register By: 22 Jul '16

Mao Shan Wang Durian Puff and Durian Swissroll

Durian – you either love this tropical fruit or hate it. If you are one of those who is absolutely in love with it, transform and incorporate it into lovely pastries. Make sure you leave some for your family and friends.

Date: Saturday, 13 Aug '16 **Register By:** 5 Aug '16









For the above courses:

Time: 10am - 1pm

Fees: Member \$50, Public Officer \$55, Member's Guest \$60

Venue: CSC @ Tessensohn

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



SAIL SEASON NOW ON!



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Miyakojima (Sun)

Departing from Taiwan Jun - Oct 2016 departures

4D3N Keelung - Ishigaki (Wed)

Fr \$1,058

6D5N Keelung – Miyakojima – Naha (Sat) ^{Fr}\$1,458

Fares shown are per person based on twin-sharing in an Inside Stateroom and exclude taxes from \$27 - \$530 per person. Other terms and conditions apply.



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Sun & P.H.) Email: sg.sales@starcruises.com www.starcruises.com



HANDS-ON BAKING WITH CHEF HARRY

Let Chef Harry help you expand your repertoire of oven-baked treats and give you fresh ideas for your kitchen in this series of baking workshops.





Cheesecake
Delight
Creamy,
comforting with
just that right
hint of crunch to

send you into sweet bliss, cheesecakes are the prefect sweet treat for any moment of the day.

Cottony Cheesecake

Cotton soft, light and pillowy. This a mustbake for any cheesecake lover. This is very different from the rich "western-style" cheesecake and you won't feel like you have eaten too much.

Brownie Marbled Cheesecake

This cake is for those who can't decide which they like better: brownie or cheesecake. Why not enjoy them both simultaneously? The swirls made by the mixing of these two types of cakes creates a beautiful marble effect that is lovely to see as you eat it.

Passionfruit Cheesecake

For those who prefer an exotic, lighter touch to their rich cheesecake should try this cheesecake. The deliciously sweet but slightly tart flavour of the passionfruit balances the heaviness of the cream cheese, thus bringing out a taste that all ages will enjoy.

Date: Saturday, 30 Jul '16 **Fees:** Member \$65, Public Officer \$70,

Member's Guest \$75 **Register By:** 22 Jul '16

Rustic Breads

When we think of rustic breads, we would think of relaxing in a lovely cafe over a cup of coffee and having meaningful



conversations.
Why not bring this warm feeling back to your home?

Baguette

A favourite bread among all ages due to its chewy texture. It goes well with our local curry so ditch your roti prata and your rice and opt for this healthier version.

Focaccia

A cousin of the well-known pizza. If you love pizza with a thicker crust, you will definitely love this bread.

Ciabatta

It is called the 'Slipper' bread in Italy and was created in response to the baguette in France. This bread is distinguished by its big holes and has a chewy texture. It makes a great sandwich.

Date: Saturday, 6 Aug '16

Fees: Member \$55, Public Officer \$60,

Member's Guest \$65 **Register By:** 25 Jul '16

Tea Cakes Delight

Make an impression on your friends by offering them a wonderful array of tea cakes when you next host them in your home.

Elysee

A Chocolate and Earl Grey Tea mousse cake. This offers a wonderful combination of tastes and would be the ideal cake for an afternoon tea treat.

Green Tea Gateau

Lovers of Macha will go crazy over this cake. Its fragrance and slightly bitter green tea taste balances out the sweetness of this sponge cake.

Gula Melaka Treat

Have a weakness for that delicious bowl of chendol? This Gula Melaka mousse cake gives this local drink a twist of its kind and your friends will not forget it once they have a bite of it.

Date: Saturday, 20 Aug '16

Fees: Member \$55, Public Officer \$60,

Member's Guest \$65 **Register By:** 12 Aug '16

Nonya Delights

This is for the ardent fans of Nonya desserts or anything Peranakan. Let Chef Harry show you how to prepare these evergreen favourites. Get ready to immerse yourself in the richness of these desserts.



Durian Sarlat

An immensely popular dessert among the Peranakans. It has a pretty face due to the blue colour that is infused in parts of this treat. The addition of durian heightens the texture and brings a mix of aromas and flavours.

Kueh Getuk

This popular treat is made of pounded tapioca and sprinkled with grated coconut. It makes a great teatime snack that goes well with teh tarik (milk tea).

Kueh Rainbow Lapis

No one can resist this dessert, particularly children. The kaleidoscope of colours make this treat stand out among a buffet of teatime snacks.

Date: Saturday, 10 Sep '16

Fees: Member \$45, Public Officer \$50,

Member's Guest \$55 **Register By:** 25 Aug '16

Italian Treats

Add a touch of Italian style to the range of dishes that you whip up for your guests. Try these Italian favourites which are simple to make and goes on well with the other treats.

Malt Biscotti

This cookie is oblong-shaped and brittle, and is designed to be dipped in coffee, cocoa drink or dessert wine. It is ideal when you have guests over for an afternoon tea.

Lasagne

A wholesome dish that you can prepare the night before, keep it in the chiller and shove it into the oven right before the arrival of your guests. You can then concentrate on making other delectables to surprise them.

Meatball Spaghetti

Want to serve something simple, quick and yet classic? Try cooking this dish and your hungry guests will love you for it.

Date: Saturday, 17 Sep '16

Fees: Member \$55, Public Officer \$60, Member's Guest \$65 (Hands-on only

for Biscotti)

Register By: 9 Sep '16

For all the above courses:

Time: 2pm – 5pm

Venue: CSC @ Tessensohn **Contact:** Gek Cheng at 63915624 or

kuagekcheng@csc.sg



HANDS-ON ITALIAN & FRENCH COOKING WITH MICHELE

Michele has worked in the F&B industry for 8 years and uses her knowledge, particularly in French and Italian cuisine, to introduce the origins of each classic dish when she entertains people from different cultures.



Italian Cuisine

Let these true flavours bring back your dream of Italy.

Starter: Minestrone soup

A thick soup made with vegetables that brings a taste of home-cooked goodness.

Main: Handmade pasta in a smoked salmon cream sauce (Smoked salmon will be demonstrated by chef). Learn how to make pasta and pair it with a creamy sauce

Dessert: Authentic tiramisu

A popular coffee-flavoured dessert and a great way to end off a perfect meal.

Date: Friday, 29 Jul '16 **Time:** 7pm – 9.30pm

Fees: Member \$45, Public Officer \$50,

Member's Guest \$55 **Register By:** 22 Jul '16

Macarons in chocolate ganache

This dessert tastes absolutely divine and would look perfect on any holiday tables.

Date: Saturday, 13 Aug '16 **Time:** 2pm – 5pm

Fees: Member \$60, Public Officer \$65, Member's Guest \$70 (Each participant will

take home 12 macarons) **Register By:** 5 Aug '16





French Cuisine

Learn to layer flavours and savour every bite with this exquisite cuisine.

Starter: French onion soup

This soup is a hearty classic that you would easily find in a French home kitchen.

Main: Duck confit in potatoes sautéed in duck fat

Bring your cooking of duck to another level by picking up this confit technique.



Dessert: Chocolate Lava Cake (Moelleux au chocolat)

Learn to make this spectacular hot chocolate dessert that combines the elements of a flourless chocolate cake and a soufflé.

Date: Saturday, 27 Aug '16 **Time:** 2pm – 5pm

Fees: Member \$60, Public Officer \$65,

Member's Guest \$70 **Register By:** 19 Aug '16

For the above courses:

Venue: CSC @ Tessensohn

Contact: Gek Cheng at 63915624 or

kuagekcheng@csc.sg

KEEPING HEALTHY WITH NATURAL FOOD

Learn the importance of slow and wholesome food. Join instructor Bibiana as she shares her dynamic knowledge of flavours and nutrition in the wonderful world of plant-based food. Bibiana is a graduate of Matthew Kenney Culinary and has taught at many corporations.

Raw Cheese (with sampling)

Be inspired to experiment and learn to enjoy cheese without the worry of lactose, allergens, or negative impact to environment or animals. Students will learn to make quick cheeses, ferment and age their own cheeses, as well as how to apply to a variety of plant-based dishes.

Date: Saturday, 20 Aug '16 **Time:** 10am – 12pm

Fees: Member \$50, Public Officer \$60, Member's Guest \$80

Venue: CSC @ Tessensohn

Contact: Hai Ming at 63915607 or onnhaiming@csc.sg

Register By: 13 Aug '16





Art of Raw Chocolate (with sampling)

Chocolate lovers rejoice! Learn how to create your own raw chocolate and how to work with its components to prepare beautiful recipes. This course will teach you the difference between the various forms of cacao, preferred sweeteners, how to incorporate other superfoods and how to stock a raw chocolate pantry.

Date: Sunday, 28 Aug '16 Time: 10am – 12pm

Fees: Member \$50, Public Officer \$60, Member's Guest \$80

Venue: CSC @ Tessensohn

Contact: Hai Ming at 63915607 or onnhaiming@csc.sg

Register By: 21 Aug '16



2016 TEFAL/CSC DINE AWAY WORKSHOPS

Let Chef Lisa take you on a culinary journey that will last till the end of the year.



Workshop Entrées

Cooking with Tefal

Impress your loved ones with your knowledge of these traditional dishes.

Mo Lor Su Yue Piah Chloasma Brewed Special Or Luak (Oyster omelette)

Date: Sunday, 3 Jul '16 Time: 2pm – 5pm Register By: 29 Jun '16



Cooking Colours

Brighten up your cooking skills by learning to cook these dishes.

Rainbow Crepe Cake Darkie Soup Tau Su Loofah

Date: Sunday, 28 Aug '16 **Time:** 2pm – 5pm **Register By:** 22 Aug '16



Food Adventures

Bring your family and friends on an adventure that will bring such satisfaction to their stomachs.

Yolky Crab Fried Rice Traditional Kai Chye Piah Crystal Peach Gum Dessert

Date: Friday, 9 Sep '16 **Time:** 7pm – 9.30pm **Register By:** 2 Sep '16



Street Treats

Curious about the food that you have been eating at hawker centres? Try your hand at cooking them. You might just be good at doing them.

Sup Soto Tanghoon Crystal Agar Agar Laut Gado Gado

Date: Sunday, 16 Oct '16 **Time:** 2pm – 5pm **Register By:** 10 Oct '16



Confinement Flavours

There's no better way to show how much you care for your loved one by cooking these dishes for her during her confinement period.

Trotters Ginger Vinaigrette Lactating Red Date Brewed Tea

Date: Saturday, 5 Nov '16 **Time:** 2pm – 5pm **Register By:** 28 Oct '16



Gourmet Sensation

Throw a party that no one will forget by cooking up a sensation with these X'mas delights.

X'mas All Spiced Frosted Fruit Cake X'mas Spam Galette X'mas Wonder Punch

Date: Saturday, 3 Dec '16 **Time:** 2pm – 5pm **Register By:** 28 Nov '16

For all the above courses:

Fees: Member \$18,

Public Officer \$22, Member's Guest \$25

Venue: CSC @ Tessensohn
Contact: Gek Cheng at 63915624

or kuagekcheng@csc.sg

In Collaboration Partners:









HANDS ON BAKING WITH CHEF AMY

Learn to bake these irresistible treats and share them with the ones that you love.



A Love for Tarts

Lava Cheese Tart and Egg Tart

Get into the craze by learning to make lava cheese tarts. Not your regular tart but one with a molten center



that has a touch of saltiness. Of course, you can't forget the all-time favourite egg tart. This has a tender crust which gives way to a shiny wobbly egg custard.

Date: Sunday, 24 Jul '16

Fees: Member \$55, Public Officer \$65,

Member's Guest \$70 **Register By:** 18 Jul '16

Basic Cake Making Series

Your tea break will be incomplete without these cakes to tantalise your taste buds.

Swiss Roll without emulsifier

Conventional Vanilla Swiss Roll and Meringue based Chocolate Swiss Roll A familiar bakery



product. The swiss roll is a unique cake that is all rolled up in its light-as-air sponge.

Learn to make the original vanilla roll and a variation that uses meringue as its base and chocolate to flavour it, making the cake even more fluffy.

Chiffon Cakes

Pandan Chiffon Cake and Orange Chiffon Cake

A favourite among birthday parties. The chiffon cake is light and airy and children would be quick to devour it. You will learn to make 2 flavours to cater to different tastes.

Tea Cakes

Financier and Wholemeal Carrot Cupcake with Cheese Frosting

The Financier is a "gold bar" cake of French origin. This oh-so-good cake is made with bountiful almonds and brown butter. The Wholemeal Carrot Cupcake is a hit across all ages as it is moist and tender and yet it is high in fibre.

Dates: 3 Sundays, 7 to 21 Aug '16 **Fees:** Member \$140, Public Officer \$150, Member's Guest \$155 (Fees are for 3

workshops)

Register By: 1 Aug '16

Asian Soft Bread

This type of bread is fluffy and chewy, often filled and topped with extra ingredients. Discover the secret of its pillow-like softness that won't go sticky on your palates and learn infinite tips in creating this soft bread.

In this 3 hour workshop, you will learn to:

- Make 3 different styles of breads: chocolate fondant bun, cinnamon roll & plaited bread
- Prepare 2 different soft bread dough: cocoa bread dough & original rapid dough
- Understand the difference between the 2 dough, the ingredients & principles to a successful dough

Date: Sunday, 4 Sep '16

Fees: Member \$55, Public Officer \$60,

Member's Guest \$65 **Register By:** 29 Aug '16

For the above courses:

Time: 2pm – 5pm

Venue: CSC @ Tessensohn

Contact: Gek Cheng at 63915624 or

kuagekcheng@csc.sg



GARDEN IN A BOTTLE: LET'S CREATE AND BOND

What better way to spend this September holiday than bonding with your family or friends at our love-for-nature event! Learn to create a garden within a bottle and have fun knowing your fellow members in this workshop. We are only able to take in 15 pairs due to limited space. So do register quickly!

Date: Sunday, 4 Sep '16 **Time:** 10am – 12pm

Fees: Member \$40, Public Officer \$45,

Member's Guest \$50

(For 1 pair to 1 terrarium: Member \$60, Public Officer \$70, Member's Guest \$80)

Venue: CSC @ Tessensohn **Contact:** Hai Ming at 63915607 or

onnhaiming@csc.sg **Register By:** 28 Aug '16



GARDENIA AND ANIMAL RESORT TOUR

Spend the day on an informative tour. You will visit an animal resort and get close with beautiful animals. This will be followed by a trip to Kin Yan Agrotech where you will see how wheatgrass and other crops are produced. You will opd off your to

are produced. You will end off your tour at Gardenia Factory where you will see how breads are made.

Date: Wednesday, 7 Sept '16 **Time:** 9.15am – 4.30pm

Fees: Member \$20, Public Officer \$25, Member's Guest \$30 (Inclusive of tour and

animal feed at resort) **Venue:** Assembly at 9am at CSC @ Tessensohn lobby

Contact: Hai Ming at 63915607 or

onnhaiming@csc.sg **Register By:** 31 Aug '16





FUN TENNIS

Come and pick up some tennis basics and have fun on the court with your family and friends! In this course, you will build on your tennis foundation and learn the important skills of footwork, coordination, court sense and even tactics.

Programmes Time		Days*	Price						
Beginners									
Adult @ Tessensohn	10.00am – 11.30am		Members: \$150	0					
Junior @ Tessensohn	4pm – 5.30pm	6 Saturdays, 6 Aug – 10 Sept '16	Public Officers: \$160 Member's Guest: \$165						
Adult @ Bukit Batok	4pm – 5.30pm	- 07/dg 103cpt 10	Members duest. \$105	J					
	Interr	nediate							
Adult @ Tessensohn	8.30am – 10am Or 5.30pm – 7pm	6 Saturdays, 6 Aug – 10 Sept '16	Members: \$175 Public Officers: \$185 Member's Guest: \$190	5					
Adult @ Bukit Batok	5.30pm – 7pm	C. Curadaya 7 Ayar 11 Carat/1C							
Junior @ Bukit Batok	10am – 11.30am	6 Sundays, 7 Aug – 11 Sept '16							
	Adv	anced							
Junior @ Tessensohn	4pm – 5.30pm 6 Sundays, 7 Aug – 11 Sept '16		Members: \$200	0					
Adult @ Bukit Batok	5.30pm – 7pm	6 Saturdays, 6 Aug – 10 Sept '16	Public Officers: \$210 Member's Guest: \$215						

*No lesson on eve or Public Holidays

Private group classes are available with a minimum of 4 pax. Kindly consult coach on date and timings.

Contact: Hai Ming at 63915607 or onnhaiming@csc.sg

Register By: 13 July '16

HORSE BACK RIDING CLASS

In five weekly lessons, you will learn the proper technique to ride a horse, check your



equipment before mounting, maintain a good riding posture, as well as steer your horse in the right direction.

Lessons are conducted in a group of 5. Riders are advised to wear riding gear, long slacks, and proper covered boots with a small heel.

Date: 5 Tuesdays, 30 Aug – 27 Sep '16 OR 5 Wednesdays, 31 Aug – 28 Sep '16

Time: 7.15pm – 8.00pm

Fees: Member \$220, Public Officer \$230, Member's Guest \$240 (Participant should

not exceed weight of 75 kg. Fee include rental of helmets.) Venue: 100 Turf Club Road, #01-02,

Management Office

Contact: Serene at 63915620 or

serenecho@csc.sg Register By: 20 Aug '16

HORSE STABLE **MANAGEMENT**

Curious about how a horse is stabled and interested to visit a stable? This is an opportunity you or your child



should not miss! Besides getting first-hand information on how the stables are cleaned and the type of equipment used, you or your child will get a hands-on experience throughout the learning process. You or your child will also get to ride on a horse or pony, accompanied by a handler.

Since participants will be mounting the pony/horse, the minimum age limit is 3 years old and each participant should not exceed 70kg in weight.

Date: Saturday, 3 Sep '16 **Time:** 10am – 12pm

Fees: Member \$30, Member's Child \$30, Public Officer \$35, Member's Guest \$40 Venue: Gallop Stable @ Horsecity, 100 Turf Club Road Singapore 287992 Contact: Serene at 63915620 or

serenecho@csc.sq Register By: 23 Aug '16

PUB TOUR

Embark on a learning trail to know more about Singapore's sustainable water supply management. Hear the history of water sites in Singapore and visit the NEWater Visitor Centre. You will also learn to build your own mini rain garden and understand how they help to improve water quality, besides finding out the benefits of the miracle Lingzhi herb on this fun journey.

Date: Saturday, 3 Sept '16 **Time:** 9am – 4.30pm

Fees: Member \$17, Public Officer \$22.

Member's Guest \$25 Venue: Meet 8.45am at CSC @ Tessensohn lobby Contact: Hai Ming at 63915607 or

onnhaiming@csc.sq

Register By: 27 Aug '16





PADI OPEN WATER DIVING COURSE

Ever dreamt of exploring face to face with underwater wildlife found on coral reefs? The PADI Open Water Diving Course would be a good place to start. The course, conducted by Gill Divers, is the most basic certification you can get as an independent recreational diver and it is recognised worldwide.



Course Includes:

- Knowledge Development to understand basic principles of scuba diving
- How to plan dives within accepted safety limits using the Recreational Dive Planner

- How to assemble and take care of your equipment
- Confined Water Dives to learn fundamental skills
- Open Water Dives to review your skills and explore!
- PADI Open Water Diving Certification (International License)
- ADA Learning Portal Access (Online Theory)
- 1 Classroom Theory Session
- 1 Pool Session
- 1 Full-Board Weekend Trip to Bintan
- 2-Way Sea-Transfer From Singapore To Bintan
- 2-Way Land-Transfer From Bintan (Ferry Terminal To Resort
- Equipment Rental, Weights & Tanks
- Equipment Purchase Discounts
- Up To 4 Guided Dives

Theory Date: Any Tuesday in Jul/Aug **Theory Time:** 6.30pm - 10.30pm

(estimated)

Theory Venue: Gill Divers

Pool Date: Any Sunday in Jul/Aug

Pool Time: 9am - 4pm

Pool Venue: Swimming Pool @ Outram

Secondary School

Trip Date: Any Saturday to Sunday

in Jul/Aug **Trip Time:** 6.30am

Trip Departure Point: Tanah Merah

Ferry Terminal

Venue: Bintan Island, Indonesia

For details & itinerary:

Fees: Member \$600, Public Officer \$620,

Member's Guest \$650

Contact: Vanessa at 6391 5641 or

vanessachoo@csc.sg

Register By: 1 week before theory date

BASIC CROCHETING WORKSHOP

If you are totally new to crochet, the wide range of hooks, yarns and patterns can seem overwhelming. Join this class for an introduction and start on your new project.

At the end of the class, you will leave the workshop with a crochet piece made by you and a new crochet hook.



BASIC KNITTING WORKSHOP

Interested to find out more about the beautiful patterns on those knitted scarves or blankets? Join us in this beginner knitting class and learn to create these simple stitches.

At the end of the class, student will go home with a new pair of knitting needles and a knitted piece made by you.

For either courses:

Date: 1 Sat in the month of July or August

Time: 10.30am – 12pm

Fees: Member \$70, Public Officer \$80, Member's Guest \$90 (For 2 person)

Venue: Irving Place

Contact: Vanessa at 63915641 or

vanessachoo@csc.sg **Register By:** 1 week before

appointment date

EXPLORE ROBOTICS WITH ARDUINO

You will be introduced to hardware components necessary to make the robot and how to program the Arduino microcomputer board.

The course material includes all components to build the basic robot, CD loaded with necessary software and printed course notes. Participants must come equipped with a Mac or Windows laptop. Moderate mechanical skill with hand tools like screwdrivers, pliers, cutters, etc. is expected.

Date: 3 Tuesdays, 16 – 30 Aug '16

Time: 7pm – 9pm

Fees: Member \$220, Public Officer \$230,

Member's Guest \$250 **Venue:** CSC @ Tessensohn **Register By:** 9 Aug '16

For details:

Contact: Hai Ming at 63915607 or onnhaiming@csc.sg



WAKEBOARDING

Have a fantastic day out at sea with friends and family in this 4-hour water adventure. Choose to go wave riding on the kneeboard or take up the challenge of riding in the boat's wake on the wakeboard. You will enjoy private use of speed boats as you cruise along the beautiful calm waters off Punggol. No prior experience with wake boarding is necessary.

Date: Saturday, 27 Aug '16 **Time:** 3pm – 7pm

Time: 3pm – 7pm **Fees:** Member \$80, Public Officer \$85,

Member's Guest \$90 (7 pax in a boat)

Venue: Marina Country Club **Contact:** Hai Ming at 63915607 or

onnhaiming@csc.sg **Register By:** 20 Aug '16



CHEK JAWA BOARDWALK EXPLORER TOUR

Join us for an adventurous tour to discover and learn about Chek Jawa's six ecosystems and the diverse array of animal species that inhabit these unique habitats. Not only you will get up close to nature, our experienced guide will also share with you on the physical features of the wetlands and interesting facts on some faunas and floras. Don't miss this!

Date: Sunday, 17 Jul or 31 Jul or 14 Aug

or 28 Aug '16

Time: 8.15am – 11.15am

Fees: Member \$16, Public Officer \$22,

Member's Guest \$25

Suitable for children aged 3 and above (Fee includes a licensed nature guide and land transport to and from Chek Jawa. Participants have to prepare \$6 for 2-way boat ride.)

Venue: Changi Point Ferry Terminal Contact: Serene Cho at 63915620 or

serenecho@csc.sa

Register By: 1 week before event date (Pre-registration is required. Limited seats per departure)



HUGGABLE CUDDLY CUSHION!

Fill your home with these soft, warm

and cuddly cushions made from scratch. Perfect as a housewarming gift or as a surprise birthday present, it's a gift from the heart. No one can resist them. Even all friends and loved ones will start asking you for one.

Date: Saturday, 17 Sep '16 Time: 2pm - 5pm

Fees: Member \$65, Public Officer \$68, Member's Guest \$70 (Fees include all

materials)

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sq Register By: 4 Sep '16

LEARN MAGIC WITH KYLE

Ever wondered how did a magician do that particular trick? Join Magician Kyle Ravin to learn a series of 10 tricks in a workshop that will stimulate your mind! For ages 7 and up, these tricks can be used to spice up business proposals or school projects.

Date: Saturday, 10 Sep '16 Time: 2pm - 5pm

Fees: Member \$65, Public Officer \$68,

Member's Guest \$70 (All materials and free magic wand provided)

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg Register By: 28 Aug '16

CREEPY BROWN TREK

This is not a trek for the squeamish. You will be transported into a world you barely knew existed as you weave through cemetery stones in Bukit Brown, which houses many famous pioneers such as Gan Eng Seng and Cheang Hong Lim. This is an experience that is both eerie and fascinating. Keep an eye out also for the variety of wildlife that have made a home in this little oasis of green.

Date: Saturday, 20 Aug '16 **Time:** 3.30 pm – 6.30 pm

Fees: Member \$15. Public Officer \$18.

Member's Guest \$20

Venue: Meet at Botanic Garden MRT Contact: Serene Cho at 63915620 or

serenecho@csc.sq Register By: 31 Jul '16



INLINE SKATING FOR BEGINNERS

Have fun learning how to inline skate with your friends and family. Improve your health, fitness, mental through this fun class.

Participants are recommended to arrive 15 minutes before lesson to gear up and are required to bring their own socks, water and insect repellent.

Weekday Group Class:

Date: 4 Thursdays, 4 – 25 Aug '16 **Time:** 6.30pm – 7.30pm **Venue:** Choa Chu Kang Park

Date: 4 Fridays, 5 – 26 Aug '16 **Time:** 6.30pm – 7.30pm or 8pm – 9pm

Venue: Pinnacle @ Duxton

Weekend Group Class

Date: 4 Saturdays, 6 – 27 Aug '16 **Time:** 3.30pm – 4.30pm or 8pm – 9pm Venue: East Coast Park Car Park F1

For the above classes:

Fees: Member's Child \$68, Public Officer's Child \$78. Member's Guest Child \$80 Fee excludes rental of skating gear, elbow, wrist and knee shields

Contact: Serene Cho at 63915620 or serenecho@csc.sq

Register By: 27 Jul '16

(The lessons are suitable for both adults and children aged 4 and above. Flexibility for parents to arrange class schedule with

the instructor)

DECOUPAGE BE INSPIRED!

Transform everyday objects into works of art that will amaze everyone. All the ingredients you need is an open mind,

an ability to follow steps and the heart to cook up your own creation. Join us in this workshop and discover about yourself!

Date: Saturday, 13 Aug '16

Time: 2pm – 5pm

Fees: Member \$45, Public Officer \$48, Member's Guest \$50 (Fees include all

materials)

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sq Register By: 31 Jul '16



KARAOKE SINGING CLASSES

Take your singing talent to the next level at our newly furbished training room! Learn to sing your vowels and discover more about phonetic dictions, tempos and breathing exercises. Ms Ivy Wee and Ms Teriesa Goh are qualified vocal instructors from Wu Jia Ban Vocal Training School and have a Certificate in Music and Vocal Music Theory.

English Karaoke Singing Class (Conducted by Ms Ivy Wee)

中文+福建歌唱班招生(吴美香老师指导)

吴美香老师拥有专业声乐教育证书,她有多年的教学经验,目前在 吴家班歌唱学院任职。她将教导学员如何应用歌唱的13 种基本功法 和技巧及汉语拼音和福建拼音来诠释不同曲风的歌曲。

课程内容:

学唱一首歌,歌唱基本功法练习以及一对一雕歌(学员可自由选择歌曲)

Date: 10 Wednesdays, 31 Aug – 9 Nov '16 (No lesson on 19 Oct '16)

Time: 7.30pm – 9.30pm

Fees: Member \$150, Public Officer \$180, Member's Guest \$185

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or serenecho@csc.sq

Register By: 21 Aug '16







HEALTH

LEARN-TO-SWIM WITH THE SWIM SOCIETY!

Back by popular demand! CSC is teaming up with Swim Society to run the next learn-to-swim programme. Join Marcus Cheah, ex-national swimmer and Founder of The Swim Society, as he helps you gain water confidence and learn swimming styles like butterfly stroke in no time. Swim with the gracefulness of a merman or m

Course Outline:

- One term: ten 30-minute sessions
- Minimum of 3 students for class to commence
- Proficiency assessment conducted prior to first session
- Taught at all levels: all four strokes and water safety
- Equipment provided; only goggles required for the lesson

Venue: CSC @ Tessensohn

Contact: Vanessa at 63915641 or vanessachoo@csc.sg for paym

Contact: Marcus at marcus@theswimsociety.com for schedule and time stock

Register By: 10 Sept '16

Visit www.theswimsociety.com/schedule for more information on schedule and terms and conditions.

Learn to swim	Dates	Time	Fees (Group Lessons)	Fees (Private Lessons)
		Sept 2016 Ter	m	
Kids Adults	10 lessons (once every week) • 19 Sept '16 to week of 28 Nov '16. • Mon/Sat	AM: 8 – 11 PM: 3 – 7 30 minutes per lesson. *Choose any preferred time from AM/PM time slot	Member: \$330, Public Officer: \$430, Member's Guest: \$450	45 minutes per lesson. Member: \$900, Public Officer: \$950, Member's Guest: \$970

TAHITI DANCE FITNESS

Are you looking for a fun way to lose weight or stay in shape? Come taste our delicious blend of vibrant traditional Tahiti dance with a modern fitness twist. Enjoy this all-in-1 mind and body dance fitness class that also includes relaxation and wellness tips.

Date: 8 Tuesdays, 2 Aug – 27 Sep '16

Time: 8pm – 9pm

Fees: Member \$85, Public Officer \$88,

Member's Guest \$90 **Venue:** CSC @ Bukit Batok

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg **Register By:** 24 Jul '16

MERIDIANS AND ACUPUNCTURE POINTS FOR HEALTH

Interested to know more about the meridians and their associated acupuncture points in your body? You would want to take this course. You will acquire useful and practical information on how acupuncture points work and what manual techniques are used to prevent sickness. You will also be learning about Dayan Qigong, which has been proven to be effective for health.

Lung Meridian

Date: Saturday, 6 Aug '16

Large Intestine Meridian

Date: Saturday, 13 Aug '16

Stomach Meridian

Date: Saturday, 20 Aug '16

Spleen Meridian

Date: Saturday, 17 Sept '16

For all the above courses:

Time: 10am – 1pm

Fees: Member \$125,

Public Officer \$135,

Member's Guest \$150

(Fees are for all 4 sessions)

Venue: CSC @ Tessensohn

Contact: Hai Ming at 63915607 or

onnhaiming@csc.sg **Register By:** 30 July '16

HEALTH

TENNIS BY SINGAPORE TENNIS SCHOOL (STS)

Try our new Cardio Tennis! Cardio Tennis is similar to interval training which are periods of high intensity followed by short periods of rest. It is a healthy workout that generates amazing results. Our instructors are all fully certified Australian tennis coaches and have extensive experience in cardio tennis. Regular tennis classes are also available.

Activity	Time	Date (Aug)*	Date (Sept)*					
Adult Programmes (Regular Tennis Classes)								
Beginner	8am - 9am	9am 4 Sundays, 4 Sur						
Intermediate	9am - 10am	7 - 28 Aug '16	4 – 25 Sept '16					
	Cardio Tenni	s Programme						
	10am – 11am	4 Sundays, 7 – 28 Aug '16	4 Sundays, 4 – 25 Sept '16					
Cardio	7am – 8am Or 8am – 9am	4 Tuesdays, 2 – 30 Aug '16	4 Tuesdays, 6 – 27 Sept '16					

*No lessons on Public Holidays

Fees: Member \$110, Public Officer \$115, Member's Guest \$120

(for 4 lessons)

Venue: CSC @ Tessensohn

Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg

Register By: 1 week before start of lesson

*Junior development programmes for children 17 years and below and lessons at CSC @ Changi are available, please contact Hai Ming for more details.

Private Lessons

Private lessons are available on request, consult coach for more details



PILOXING WITH CHARLOTTE

Join us for a non-stop cardio fusion of standing Pilates, boxing and dance that will push you beyond your limits for a sleek and sexy you! This programme uniquely blends the power, speed, and agility of boxing with exhilarating dance moves, targeted sculpting and flexibility of Pilates to burn maximum calories, build lean muscles and increase stamina.

Date: 4 Wednesdays, 3 - 24 Aug '16 or

7 – 28 Sep '16 Time: 8pm - 9pm

Fees: Member \$50, Public Officer \$55,

Member's Guest \$58 **Venue:** CSC @ Tessensohn

Contact: Serene Cho at 63915620 or

serenecho@csc.sq

Register By: 27 Jul '16 or 24 Aug '16



VERAFLOW FITNESS - DANCE, STRETCH & RELAX

Dance, stretch and feel energised in this class like none other you have ever experienced. You will leave feeling like you had a full body massage, your muscles strengthened yet relaxed. Be the first to try out this new workout with our instructor Charlotte, a certified VeraFlow instructor.

Date: 4 Wednesdays, 3 – 24 Aug '16 or

7 – 28 Sep'16 Time: 7pm – 8pm

Fees: Member \$50, Public Officer \$55,

Member's Guest \$58 **Venue:** CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sq

Register By: 27 Jul '16 or 24 Aug '16



Revel in this fun aerobic workout as you jam to the rhythm of the most popular K-pop tunes. These sessions will make you feel like a K-pop star!

Course Outline:

- Sweating it out to 14 K-pop songs in
- Executing simplified K-pop dance moves with a combination of cardio and body toning exercises
- Burning up to 500 calories

KPOP X FITNESS

Date: 8 Saturdays, 3 Sept – 22 Oct '16

Time: 12.10pm – 1pm

Fees: Member \$100, Public Officer \$110,

Member's Guest \$115 **Venue:** CSC @ Bukit Batok Contact: Vanessa at 6391 5641 or

vanessachoo@csc.sg Register By: 30 Aug '16





ZUMBA FITNESS @ CSC

Get fit in a fun way! Join us in this cardio dance program which incorporates basic Latin dance moves with resistance exercises. Burn calories through floor work, circuit training in some sessions and a good mixture of effective aerobic moves.

Zumba Dance @ CSC Bukit Batok

Tuesdays				Thursdays	Fridays				
	Instr	uctor: Haynia		Ir	nstructor: Suyi		Instructor: Wendy		
N ZU AFAR	No. of Classes	Date		No. of Classes	Date		No. of Classes	Date	
a Contraction	4	2 – 30 Aug '16 (No class on PH)		4	4 – 25 Aug '16	A SA	4	5 – 26 Aug '16	
	4	6 – 27 Sep '16		4	8 – 29 Sep '16	Sales Control	4	9 – 30 Sep '16	
Two a	7pm - 8pm				7pm - 8pm		7.30pm – 8.30pm		

Dance with Charlotte @ CSC Tessensohn

Learn from a living example of how Zumba can help with weight loss. Join Charlotte Mizuki as she shows you how she lost 18kg in a year! Charlotte is a qualified group aerobics instructor and Zumba fitness instructor.

		Tuesdays	Thursdays					
6		Instructor: Charlotte						
	No. of Classes	Date	No. of Classes	Date				
(IOX)	4	2 – 30 Aug '16 (No class on PH)	4	4 – 25 Aug '16				
	4	6 – 27 Sep '16	4	8 – 29 Sep '16				
	7	/pm - 8pm	7pm - 8pm					

For the above courses:

Fees: Member \$50, Public Officer \$55, Member's Guest \$58

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg

Register By: 24 Jul '16 or 28 Aug '16

AUTHENTIC TCM GUASHA: ACUPOINT WORKSHOP

Witness the instant results of TCM Guasa techniques in rejuvenating beauty and vitality. This workshop features an interesting "live" demo on the Guasa techniques for face and covers the essential acupoints of TCM.

Course Outline:

- Introductory of the unique prehistoric Chinese healing therapy since Tang Dynasty
- Guasa & Facial: The meridian line & acupoints
- Reflections of inner health & beauty from your skin
- Guasa traditional 4 step therapies & their benefits
- "Live" Demonstration on Guasa Facial Therapy
- DIY session: Attendees' participation on facial de-stress acupoint techniques

Date: Saturday, 13 Aug '16 **Time:** 10am – 12pm

Fees: Member \$10, Public Officer \$12, Member's Guest \$15

(Inclusive of lunch bento set) **Venue:** CSC @ Tessensohn

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sq

Register By: 6 Aug '16

SKIN & BODY BEAUTIFUL WORKSHOP

Join us for a session of fun-filled, beauty tip enriched workshop! Let TOUCHE® beauty expert Ms. Bernice Teo share with you essential beauty tips on glowing skin and body.

Course Outline:

Skin

- Do you know your skin type?
- Common Asian skin problems
- Skin myth & facts
- Best food for your skin
- Skin beauty regime

Body

- Common weight & unwanted fat problems
- Common Asian body shapes
- · Recommended diet for individual body shapes
- Slimming myths & facts
- Body slimming regime

Date: Saturday, 27 Aug '16 **Time:** 10am – 12pm

Fees: Member \$10, Public Officer \$12, Member's Guest \$15

(Inclusive of lunch bento set) **Venue:** CSC @ Tessensohn

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

Register By: 20 Aug '16



HEALTH

PARENT & BABIES / INFANTS SWIMMING CLASSES

There are benefits for babies and infants who partake in swimming during their formative years and these include building their physical and mental health, teaching them water safety and developing their learning skills. Let your child join our swimming classes to see the benefits.

We will provide reports to keep you informed of your child's progress and an internal certification will be issued when your child fulfils the requirements of the Swimming Programme after the whole term. Our coaches are accredited with the National Registry of Coaches and the Singapore Teachers Assoc (STA) / Singapore Sports Council / Austswim Australia and are specialised to work with babies and toddlers.

Parti	icipants	August Term	Time	Fees
		• 12 lessons per term	Choose any preferred	Member: \$230
Pai	rent &	Once a week on	time slot:	Public Officer: \$250
Ва	bies /	preferred weekday	• 9 am	Member's Guest: \$260
In	fants	morning	• 10 am	
(at	least 3	Ratio: 2 Instructors	• 11 am	
mon	ths old)	to 12 babies/parents	Each session is 30	
			mins long	

Terms and Conditions

- As babies / infant is sensitive towards weather and due to illness, we can arrange for makeups lesson but between 24hrs upon informing.
- There are No Swimming Lessons on Public Holidays and 5th week of the Month (as to cover for the makeup lesson).
- No makeup lesson will be provided if a student/parents misses his/her lesson without informing.
- In the event of any unforeseen circumstances i.e. haze, thunderstorms, HMFD, ARS, etc., we will have to follow the Singapore Sports Council's Guidelines.

Date: 12 weeks, 8 Aug '16 – 17 Oct '16

Venue: CSC @ Bukit Batok

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

Register By: 1 Aug '16



Take some time off to relax and rejuvenate your body. Join Yoga Master G in yoga sessions, which are slow-paced with some simple breathing exercises and meditation. Master G is a certified yoga instructor dedicated to working with children and adults and has conducted classes throughout Asia-Pacific.

Date: 8 Saturdays, 30 Jul - 17 Sep '16

Time: 6pm – 7pm Venue: CSC @ Changi Register By: 17 Jul'16

Date: 8 Tuesdays, 19 Jul – 13 Sep '16

Time: 7pm – 8pm Venue: CSC @ Changi Register By: 10 Jul'16



For the above classes:

Fees: Member \$100, Public Officer \$130, Member's Guest \$140 (For 8 lessons)

Contact: Serene Cho at 63915620 or serenecho@csc.sq

*Yoga mats will be provided

AWARENESS THROUGH MOVEMENT CLASSES

Awareness through Movement is a Feldenkrais Method created by Moshe Feldenkrais. It's about rediscovering our habits that we hold or do that prevents us from moving efficiently. Our certified instructor, Ms Agnes Yoong will help you to learn and explore new creative movement pattern by engaging your brain and body to improve your thinking, senses, changing habits and increase better functional movement.

Participants will need to bring a medium size towel. Dress comfortably.

Date: 10 Saturdays, 20 Aug – 22 Oct '16

Time: 10am – 11am

Fees: Member \$110, Public Officer \$115, Member's Guest \$120

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or serenecho@csc.sq

Register By: 7 Aug '16

BOOGIE BOUNCE PILATES

For those who prefer a less intense cardio session we have the perfect workout for you. Boogie Bounce Pilates comprise 20 mins of light cardio on a mini trampoline where you will bounce to the chart-topping music, followed by 40 mins of Pilates workout.

Time: 7pm - 8pm

BOOGIE BOUNCE XTREME FITNESS

Boogie to the beat of music in this cardio workout on a mini trampoline with a safety bar. Feel every muscle of your body working within intervals

of jumping, bouncing and stomping.

Time: 8pm - 9pm

For the above classes:

Date: 4 Mondays, 15 Aug – 5 Sep '16 or

19 Sep – 10 Oct '16 **Fees:** Member \$80, Public Officer \$85,

Member's Guest \$90 (For 4 lessons)

Venue: CSC @ Bukit Batok

Contact: Serene Cho at 63915620 or

serenecho@csc.sq

Register By: 31 Jul '16 or 4 Sep '16

respectively

HEALTH

EAT ACCORDING TO YOUR BODY TYPE

Different body types will contribute to different health issues, such as lethargy or weight problems. Follow the step-by-step assessment of your body type. Learn how to use daily food as remedy to complement your body type.

Date: Saturday, 23 Jul '16 **Time:** 10am – 12.30pm

Fees: Member \$38, Public Officer \$42,

Member's Guest \$45 **Venue:** CSC @ Tessensohn **Register By:** 18 Jul '16



STRONGER KNEES AND JOINTS

Learn the important four areas to have better knee and joint functions. Participants will learn the meridian exercise and therapy techniques, daily routines and food remedy for stronger knee and better joint.

Date: 4 Fridays, 29 Jul – 19 Aug '16

Time: 7.30pm – 8.45pm

Fees: Member \$70, Public Officer \$75,

Member's Guest \$80 Venue: CSC @ Tessensohn Register By: 22 Jul '16



LOHAS MERIDIAN SELF-THERAPY PROGRAM (LOHAS-MSP)

Re-energise your health to the next level with six comprehensive and practical sessions to relieve and resolve your nagging health issues, such as headache, insomnia, weight and digestion issues, and many more. (Be our graduate and attend a lifetime refresher training for free.)

Date: 6 Saturdays, 30 Jul – 10 Sep '16

(Except 13 Aug '16)

Time: 2.30pm – 5.30pm

Fees: Member \$310, Public Officer \$320,

Member's Guest \$325

Venue: Success Trees Training Room,

12 Arumugam Road, #02-11 **Register By:** 22 Jul '16

For the above courses: Contact: Gek Cheng at 63915624 or

kuagekcheng@csc.sg



CODING FUN WITH DRONES PROGRAMME

Encourage your child to be part of the Smart Nation! This workshop will take your child on an exciting and fun journey of Coding Drones.

This workshop is suitable for children aged 9 to 12 years old.

Course Outline:

- Coding basics
- Controlling drones and coding flight path
- Conditionals and Programme flow
- · Fun Flying Challengers

Requirements:

Students are required to bring their iPad devices:

- Supports iPad Mini (all), iPad Air (all) and iPad 3 & 4
- Requires iOS 8 or later
- Download FreeFlight 3 for free at Apple App Store

Date: Thursday and Friday, 8 and 9 Sept '16

Time: 9am – 12.30pm

Fees: Member's Child \$120,

Public Officer's Child \$130,

Member's Guest's Child \$140

Venue: CSC @ Tessensohn

Contact: Vanessa at 63915641

or vanessachoo@csc.sg

Register By: 1 Sept '16

TENNIS CAMP BY STS

Have you ever thought of improving child's ability in the shortest time possible? Sign him up in our next tennis camp. Through a deep immersion of learning and practice, this camp will help your child reach up to the next stage in their tennis development. They will receive good coaching from top Australian tennis pros.

Date: Tuesday and Thursday, 6 and 8 Sept '16

Time: 9am – 12pm (Each day includes 30mins of supervised free time in the swimming pool to help cool off for the day)

Fees: Member's Child \$120, Public Officer's Child \$130, Member's Guest's Child \$140 Venue: CSC @ Tessensohn

Contact: Hai Ming at 63915607 or

onnhaiming@csc.sg **Register By:** 1 week before

each session

tennis

JUDO FOR CHILDREN

Learning Judo will help your kid to improve his hand-eye coordination and motor skills. In this class, your child will learn how to break a fall and prevent injuries caused by accidental falling. The class is conducted by a professional trainer.

Children beginner Class

(7 - 12 years old)

Date: 4 Sundays, 7 – 28 Aug '16 **Time:** 9.30am – 10.15am

Date: 4 Sundays, 4 – 25 Sept '16 **Time:** 9.30am – 10.15am

For the above classes:

Fees: Member's Child \$100, Public Officer's Child \$110, Member's Guest's Child \$120 Venue: CSC @ Tessensohn Contact: Vanessa at 6391 5641 or

vanessachoo@csc.sg





FROZEN FEVER

This is the perfect holiday camp for any child obsessed with the Frozen movie. Your child will build special Frozen characters and objects with bricks. They will also learn engineering and experience exciting challenges in this fun-filled Frozen spectacular.

Date: Saturday, 16 July '16 **Time:** 9.30am – 12.30pm Fees: Member's Child \$80, Public Officer's Child \$85. (For children aged 5 – 10 years old) Member's Guest's Child \$90 **Register By:** 9 July '16





DESPICABLE BRICKS MINION

Who doesn't love those little yellow guys from the Minion movies? Your child will get to create dynamic minion-inspired inventions, machines and more - all made out of bricks!

Date: Saturday, 20 Aug '16 **Time:** 9.30am – 12.30pm

Fees: Member's Child \$80, Public Officer's Child \$85,

Member's Guest's Child \$90 (For children aged 5 – 10 years old)

Register By: 12 Aug '16

GALAXY FAR AWAY CAMP

Join us on an adventurous journey through space! Your child will build motorised models representing spacecrafts from their favourite space movies. They will get to blast them into the atmosphere and guide them back safely.

Date: Tuesday, 6 Sept '16 **Time:** 9.30am – 4.30pm

Fees: Member's Child \$160, Public Officer's Child \$165,

Member's Guest's Child \$170 (For children aged 5 – 10 years old)

Register By: 30 Aug '16

For the above courses: Venue: CSC @ Tessensohn

Contact: Vanessa at 63915641 or vanessachoo@csc.sq

TASTY FUNZ WORKSHOPS

Let your child embark on a fun journey with food that are good to look at as much as they are good to eat. You might be tempted to make them all by yourself!

'Potted Flowers Surprises' Fondant Cupcake Decorating

Finding the perfect gift for your loved ones on special occasions? Why not let your child create their own lovely edible flowers pots that he can help you give away in this fun workshop? Make your loved ones and friends feel special with these sweet surprises!

*Cupcakes will be provided.

Date: Thursday, 8 Sept '16 **Time:** 10am – 12pm

Fees: Member's Child \$50, Public Officer's Child, \$55.

Member's Guest's Child \$60 (For children aged 7 to 14 years old)

Venue: CSC @ Tessensohn

Contact: Hai Ming at 63915607 or onnhaiming@csc.sg

Register By: 1 Sept '16

Cartoonised Snow Skin Mooncake Making

Celebrate this Mid-Autumn Festival with great fun making your very own cute cartooned and traditional snow skin mooncakes that you can be proud of. There is nothing better than sharing your irresistible creations with your loved ones on this special occasion.



Bonding Workshop for 1 Parent + 1 Child

Date: Sunday, 11 Sept '16 **Time:** 10am – 12pm

Fees: Member \$65, Public Officer, \$70, Member's Child \$75 (Fee for 1 parent and 1 child pair, child aged 4 to 14 years old,

additional child at \$40) Venue: CSC @ Tessensohn

Contact: Hai Ming at 63915607 or onnhaiming@csc.sg

Register By: 4 Sept '16

WING CHUN FOR **CHILDREN**

Want your child to develop social skills, discipline, mental strength and self-esteem? Let him learn Wing Chun martial arts. Through play and interactive drills, your child will be learning basic co-ordination skills to Wing Chun Forms, stamina training and techniques.

Date: Monday, 5 Sept '16 Time: 9am - 12pm

Fees: Member's Child \$50, Public Officer's Child \$60, Member's Guest's Child \$70 (For children aged

8 – 14 years)

Venue: CSC @ Tessensohn Contact: Hai Ming at 63915607 or

onnhaiming@csc.sg Register By: 29 Aug '16

NINJA MATH: MULTIPLY FUN

Let your child have fun while doing their multiplication easily. In this workshop, your child will learn the concepts of multiplication and their multiplication tables with the use of games, graphics and visual aids. These activities will help to cultivate your child's interest in learning maths.

*Pre-requisite: Students should be able to do addition and subtraction.

Date: Tuesday and Wednesday, 6 and

7 Sept '16

Time: 10am – 1pm

Fees: Member' Child \$80, Public Officer's Child \$90. Member's Guest's Child \$100

Venue: CSC @ Tessensohn Contact: Hai Ming at 63915607 or

onnhaiming@csc.sg Register By: 30 Aug '16

NINJA GADGETS ENGINEERING

Is your child an Ninja enthusiast? He will jump into this exciting workshop where he will learn to use LEGO parts and motors to design and construct modern Ninja weapons and use current Engineering knowledge and techniques to make them function.

Date: Saturday, 10 Sept '16 **Time:** 9am – 12pm Fees: Member's Child \$50, Public Officer's Child \$55. Member's Guest's Child \$60 (For children aged 5 – 10 years old)

Venue: CSC @ Tessensohn Contact: Vanessa at 6391 5641 or

vanessachoo@csc.sq Register By: 2 Sept '16





KIDS CAN BAKE

Spend quality time with your child by learning to bake together with them. You might just discover something more about them. These courses are for children aged 3 to 11 years of age. (1 parent & 1 child pair)

Marshmallow Land Mini Cake

Date: Sunday, 3 Jul '16 Time: 4pm – 6pm Register By: 27 Jun '16

M & M Brownie Trifles

Date: Saturday, 16 Jul '16 Time: 4pm – 6pm Register By: 8 Jul '16

Egg Tarts

Date: Saturday, 6 Aug '16 **Time:** 10.30am – 12.30pm **Register By:** 1 Aug '16

Pandan Kaya Swiss Roll

Date: Sunday, 21 Aug '16 Time: 4pm – 6pm Register By: 15 Aug '16





For the above courses:

Fees: Member \$65, Public Officer \$75, Member's Guest \$78 (1 Parent & 1 Child)

Fees for additional child:

Member \$35, Public Officer \$38, Member's Guest \$40

VICTIDE 3 GUEST 740

Venue: City Square Mall #07-08 **Contact:** Gek Cheng at

63915624 or

kuagekcheng@csc.sg









ZOO SLOTH SCIENCE: THE KIDNAP OF BABY SLOTH



The Horrible Weasel Gang has just kidnapped Baby Sloth!

Detective Bunny has quickly gathered a team to solve the case. Your child will be helping Detective Bunny to rescue Baby Sloth, while learning Science concepts, solving IQ challenges and doing hands-on activities in this amazingly fun workshop.

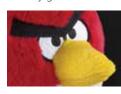
Date: Saturday, 3 Sept '16 Time: 9am – 11.45am Fees: Member's Child \$50, Public Officer's Child \$55, Member's Guest's Child \$60 (for children aged 5 to 10 years old) Venue: CSC @ Tessensohn Contact: Vanessa at 6391 5641

or vanessachoo@csc.sg **Register By:** 26 Aug '16

ANGRY MECHANICAL DESIGNER

Did your children enjoy the Angry Birds movie? They will definitely love this workshop! Not only will they get to create

3D models like the Angry Shooter and the Angry Catapult, they will learn to inject movements and forces in their LEGO projects.



Date: Friday, 9 Sept '16 **Time:** 9am – 12pm

Fees: Member's Child \$50, Public Officer's Child \$55, Member's Guest's Child \$60 (For children aged 5 – 10 years old).

Venue: CSC @ Tessensohn **Contact:** Vanessa at 6391 5641 or

vanessachoo@csc.sg **Register By:** 1 Sept '16

MONEY MANAGEMENT WORKSHOP FOR KIDS

Impart the principle of giving in order to receive to your child and help him appreciate what he gets at home. Through the use of interactive games, your child will learn the value of money and how it works in this workshop designed to equip children with financial intelligence.

Date: Saturday, 20 Aug '16 Time: 9.30am – 11.30am Fees: Member Child \$35, Public Officer Child \$38, Member's Guest's Child \$40 (For children aged 7 to 12 years old)

Venue: CSC @ Tessensohn **Contact:** Serene Cho at 6391 5620 or serenecho@csc.sq

Register By: 7 Aug '16

3D DOODLING ART IN MOTION!

Looking for interesting activities to occupy you and your young ones during the weekends? Join us for a workshop where you can sketch your favourite superheroes, princesses or anything you can dream of with our special 3D pens. A little imagination is all you need.

Date: Saturday, 13 Aug'16 **Time:** 10am – 1pm

Fees: Member's Child \$45, Public Officer's Child \$48, Member's Guest's Child \$50 (For children aged 6 to 12

years old)

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg **Register By:** 31 Jul'16



STRING ART UNLEASH YOUR CREATIVITY!

Create unique and personalised conversational art pieces with simple pins, nails and strings. Be amazed with what a little effort and a lot of imagination can create. You'll have a gorgeous new craft piece that will be the envy of your friends.

Children Class

Date: Saturday, 10 Sep '16 **Time:** 10am – 1pm

Fees: Member's Child \$35, Public Officer's Child \$38, Member's

Guest's Child \$40 (for children aged 7 - 12 old)

(Fee includes all materials) **Venue:** CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Register By: 31 Jul '16

Adult Class

Date: Saturday, 10 Sep '16

Time: 2pm – 5pm

Fees: Member \$45, Public Officer \$48, Guest \$50

(Fee includes all materials) **Venue:** CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or serenecho@csc.sq

Register By: 31 Jul '16



LEARN TO PLAY VIOLIN

Playing the violin is fun and enjoyable. This string instrument is portable and produces a beautiful sound. Learn from Leong Gah Chiong on how to handle the violin, bowing techniques, postures and note reading. Mr Leong has been teaching since 1998 and has a Diploma in Teaching (Violin) from Trinity College London.

Violin Course (Beginners) @ Tessensohn

Date: 10 Mondays, 5 Sep – 14 Nov '16 (except 12 Sep '16) **Time:** 7pm – 8pm

Fees: Member \$155, Public Officer \$165,

Member's Guest \$170

(Fee includes materials and instrument is provided).

Venue: CSC @ Tessensohn **Register By:** 31 Aug '16

Violin Course (Advance) @ Tessensohn

Date: 10 Mondays, 5 Sep to 14 Nov '16

(except 12 Sep '16) **Time:** 7pm – 8pm

Fees: Member \$185, Public Officer \$195,

Member's Guest \$200

(Fee includes materials and instrument is provided).

Venue: CSC @ Tessensohn **Register By:** 31 Aug '16

Violin Course (Beginners) @ Bukit Batok

Date: 10 Wednesdays, 31 Aug – 2 Nov '16

Time: 7.30pm – 8.30pm

Fees: Member \$155, Public Officer \$165,

Member's Guest \$170

(Fee includes materials and instrument is provided)

Venue: CSC @ Bukit Batok Register By: 24 Aug '16

For the above courses:

Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

LEARN TO PLAY UKULELE

Learn a new instrument. Be introduced to the ukulele, a small Hawaiian guitar-like instrument originating from the 19th century.

Our instructor, Mr Fahmy, has been playing and performing more than 20 years. He has also been a music instructor for more than 10 years.

Beginners Level @ Tessensohn

Date: 6 Mondays, 18 Jul – 22 Aug '16

Time: 7pm – 8.30pm

Fees: Member \$100, Public Officer \$110, Member's Guest \$113 (Students have to

purchase their own ukulele) **Venue:** CSC @ Tessensohn

Contact: Gek Cheng at 63915624 or

kuagekcheng@csc.sg **Register By:** 11 Jul '16

10, to

PLAY THE KEYBOARD

Add colours to your music with the keyboard. In this course, you will be taught the basic of note and chords reading. Learn to play a wide array of songs ranging from classical, pop and rock from Titus Chia, who has been teaching piano, keyboard and organ for the past 5 years.

Keyboard Course (Beginners)

Date: 10 Wednesdays, 14 Sep – 16 Nov '16 Time: 7pm – 8pm Fees: Member \$165, Public Officer \$175, Member's Guest \$180 (Fee includes materials

provided)

and instrument is

Venue: CSC @ Tessensohn

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

Register By: 7 Sep '16



BASIC FRENCH

Learn Basic French through reading, listening, speaking and writing from our instructor, who has a Bachelor (Hons) and a Master degree (Hons) in French.

The course lays a strong foundation for the International DELF Diploma awarded by the French Ministry of Education. The Preparatory courses for the DELF exams are conducted at CSC.

Trial/Lesson 1 @ Tessensohn

This trial is for those who want to know more about the language before registering for the course.

Date: Wednesday, 17 Aug '16 **Time:** 7.15pm – 8.45pm

Fees: Members \$5, Public Officer \$8, Member's Guest \$10

Register By: 10 Aug '16

French Beginner Course Lesson 2-7 @ Tessensohn

Date: 6 Wednesdays, 24 Aug - 28 Sept '16

Time: 7.15pm – 9.15pm

Fees: Members \$160, Public Officer \$170, Member's Guest \$180

Register By: 17 Aug '16





For the above courses:

Venue: CSC @ Tessensohn

Contact: Hai Ming at 63915607 or onnhaiming@csc.sg

SOCIAL MEDIA COURSE

Social media are useful tools that allow users to create, share and connect with people around them. However, there are also risks involved. Join this workshop to understand more and learn how to use these tools.

Participant must be able to:

- Operate a computer, keyboard and mouse
- Read, write, speak and understand English (Lower Secondary level)

Date: Saturday, 27 Aug or 3 Sept '16

Time: 9am – 6pm

Fees: Member \$100, Public Officer \$110,

Member's Guest \$120

(SDF Grant or SkillsFuture Credit not

permissible)

Venue: Orchard Plaza

Contact: Vanessa at 63915641 or

vanessachoo@csc.sg

Register By: 1 week before class







LANGUAGE & CULTURE WORKSHOP

These courses are carried out by experts from each native country and are ideal for those who want to learn another language in the shortest period of time.



Japanese Language Course

Date: 6 Thursdays, 4 Aug – 8 Sept '16

Register By: 28 July '16

Thai Language Course

Date: 6 Wednesdays, 17 Aug – 21 Sept '16 **Register By:** 11 Aug '16

Korean Language Course

Date: 6 Fridays, 2 Sept – 7 Oct '16

Register By: 26 Aug '16

For all the above courses:

Time: 7.30pm - 9pm

Fees: Member \$140, Public Officer \$150,

Member's Guest \$160 **Venue:** CSC @ Tessensohn **Contact:** Hai Ming at 63915607 or

onnhaiming@csc.sg

BASIC MALAY LANGUAGE COURSE

Want to converse in the Malay Language with your neighbours? Learn the basics of the language from instructor Ms Sharifah Narimah. Emphasis will be given to simple Malay grammar, conversation and vocabulary building.

Date: 8 Thursdays, 28 July – 15 Sept '16

Time: 7pm - 9.30pm

Fees: Member \$160, Public Officer \$170, Member's Guest \$180 (Fees exclude additional \$12 of teaching materials to be paid directly

to instructor)

Venue: CSC @ Tessensohn **Contact:** Hai Ming at 63915607 or

onnhaiming@csc.sg **Register By:** 21 July '16



MICROSOFT EXCEL 2013

This 2-day hands-on course will not only get you familiar and proficient in creating and modifying Excel charts, it will also teach you how to get the most out of your charts.

Not only that; through the use of Excel form controls, you can control what your chart will display instantly. It is as easy as selecting your need criteria.

These time saving techniques not only gives you great dynamic charts that you need to achieve a great responsive chart presentation, it will make you more productive and effective when you use charts in Microsoft Excel 2013.

Date: Thursday to Friday, 14 – 15 July or 15 – 16 Aug '16

Time: 9am - 5pm

Fees: Member \$320, Public Officer \$340, Member's Guest \$360

(You can use SkillsFuture Credit) Minimum Class Size: 6 pax



EFFECTIVE BUSINESS WRITING

Each day, your career success depends on what you write and how you write it. Effective Business Writing gives you the tips, rules, and guidelines you need to make each of your emails, letters, reports and other business documents readable, clear and effective.

- Apply the principles of business writing and produce effective documents.
- Avoid common language errors to ensure clarity and professionalism.



- Adopt the right attitude and words to convey your message effectively.
- Use the necessary tools to check the correctness of your writing.

Date: Thursday to Friday, 21-22 July '16

Time: 9am - 5pm

Fees: Member \$425, Public Officer \$450,

Member's Guest \$480

(You can use SkillsFuture Credit) Minimum Class Size: 6 pax

PHOTOSHOP CS6 FUNDAMENTALS

This 3-day hands-on and fun filled foundation building course is the first of a series of 3 modules. It will enable you to understand and correct some of the most common problems in digital photographs with emphasis on concepts explained in layman terms to enhance understanding.

This course is designed for end-users with little or no knowledge in digital editing or Adobe Photoshop, and with a well balance of content (syllabus).

Upon completion of this Photoshop course, you will have a good understanding and foundation of the essential principles and concepts of Photoshop CS6 in handling photos. This is not so much of a tips and tricks course but a foundation building Photoshop training.

Date: Wednesday to Friday, 20 – 22 July '16

Time: 9am - 5pm

Fees: Member \$425, Public Officer \$450,

Member's Guest \$490

(You can use SkillsFuture Credit) Minimum Class Size: 6 pax

PHOTOSHOP CS6 INTERMEDIATE

Move a level up in your Photoshop CS6 image editing skills!



Join us for this 3-day course to learn to use the new as well as enhanced features to refine your images. Here are some highlights of what you will learn:

- Retouch images
- Apply the new amazing blur gallery
- Fix distortion and perspective issues with the improved and enhanced Crop tools
- Generate 3D text
- Optimize your images for the web
- Sharpen and remove noise in images

The hands-on exercises will definitely ensure that you thoroughly enjoy and enhance your image editing skills!

Date: Monday to Wednesday, 1 – 3 Aug '16

Time: 9am – 5pm

Fees: Member \$425, Public Officer \$450,

Member's Guest \$490

(You can use SkillsFuture Credit) Minimum Class Size: 6 pax

For the above classes:

Venue: 1 Coleman Street Contact: Vanessa at 63915641 or vanessachoo@csc.sq Register By: 1 week before class

HOW TO HAVE A BETTER RELATIONSHIP THROUGH EMOTIONAL FREEDOM TECHNIQUE (EFT)

Emotional Freedom Techniques (EFT) help in releasing emotional stress to improve an individual's overall well-being. Join instructor Ms Anisa Hasson as she uses her vast experience in managing interpersonal relations and specialisation in topics relating to business and professional management teach and help you in this lively and insightful workshop.



Course Outline:

- Understand and discover your thoughts and emotions
- Help individuals set an intention by creating experience and manifest
- Introducing Emotional Freedom Techniques (EFT)
- Ignite "Feel Good" emotion of oneself with a heart of gratitude.

Date: Saturday, 20 Aug '16 **Time:** 2pm – 4pm

Fees: Member \$10, Public Officer \$12, Member's Guest \$15 (Fees include a

welcome pack)

Venue: CSC @ Bukit Batok **Contact:** Vanessa at 6391 5641 or

vanessachoo@csc.sg **Register By:** 10 Aug '16

MONEY HABITUDES WORKSHOP

Money will never be enough. Join us in this interactive session as we build awareness on our attitudes towards money, how to manage it within our means and areas to improve on.

Date: Saturday, 30 Jul '16 **Time:** 9.30am – 11.30am

Fees: Member \$8, Public Officer \$10,

Member's Guest \$12 **Venue:** The Odeon Katong

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg **Register By:** 17 Jul'16



KEYS TO BUILDING A SUCCESSFUL MARRIAGE

Learn the keys to building a successful marriage. In this experiential workshop, which is based on PREP 8.0, participants will rediscover the joy of being together, discover each other's personality, improve communication and renew the commitment in their relationship.

Date: Saturday, 30 Jul '16 **Time:** 10am – 12pm

Fees: Member \$66, Public Officer \$68, Member's Guest \$70 (Fee per couple. Includes basic personality profiling tool)

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg **Register By:** 17 Jul '16

BASIC HAIR CUTTING WORKSHOP

Would you like to know about hair cutting or update yourself on hair fashion? This workshop is for you. Through theory and practical lessons, you will learn the basic techniques of hair cutting, how to analyse different hair types and hairstyles to match individual facial features. Participants will work in groups to get a hands-on experience with 1 basic hair cutting style.

Date: Saturday, 3 Sep '16 **Time:** 9.30am – 11.30am

Fees: Member \$30, Public Officer \$35,

Member's Guest \$40 **Venue:** CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg **Register By:** 28 Aug '16





PARENTING WORKSHOP: HOW TO COMMUNICATE WITH TEENS EFFECTIVELY

Good communication is an important parenting skill. In this interactive workshop, you will be equipped with useful information and techniques on how to communicate effectively especially with your teenager. Learn how you can bridge the communication gaps and strengthen parent-child relationship.

Date: Saturday, 3 Sep '16 **Time:** 10am – 12pm

Fees: Member \$45, Public Officer \$47,

Member's Guest \$49 **Venue:** CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg **Register By:** 21 Aug '16

CHINESE CALLIGRAPHY CLASS



Chinese calligraphy (brush calligraphy) is an art unique to Asian cultures. Come and share this appreciation with a keen learner of the art - Wong Joon Tai. You will learn the philosophy and practice of Chinese calligraphy and see demonstrations on Chinese calligraphy writing in this informative workshop.

Date: 10 Thursdays, 8 Sept – 10 Nov '16

Time: 7pm – 8.30pm

Fees: Member \$155, Public Officer \$165, Member's Guest \$175, (Fees exclude \$25 materials cost to be paid to Instructor)

Venue: CSC @ Tessensohn Contact: Vanessa at 6391 5641 or

vanessachoo@csc.sg **Register By:** 1 Sept '16

TRAVEL PHOTOGRAPHY: BETTER PHOTOGRAPHY WITH YOUR DSLR

Taking great pictures during your travel does not come naturally. It requires detailed preparation and planning. This workshop will introduce you to the challenges of travel photography. You will learn how to prepare for a photo trip and deal with different scenes.

Content Outline:

- Travel photography the challenges
- Camera equipment and accessories
- Trip planning
- Supporting hardware
- Coping with different scenes and situations
- Image portfolio of travelling photography

Date: Thursday and Saturday, 4 and 6 Aug '16

Time: 7pm – 9.30pm

Fees: Member \$75, Public Officer \$85, Member's Guest \$90

Venue: CSC @ Tessensohn (For first session, 2nd session will be at an outdoor venue to be

confirmed during 1st session)

Contact: Hai Ming at 63915607 or onnhaiming@csc.sg

Register By: 28 July '16



INTRODUCING DIGITAL PHOTOGRAPHY: A HANDS-ON APPROACH TO TAKING PICTURES

Have you just started dabbling in digital photography and want to focus on understanding the basics? This workshop will help provide a systematic workflow to approach different photographic scenes so as to help build competence and you will be introduced to practical techniques in sharp focus, exposure control and composition. All participants are encouraged to bring their cameras. Brief notes will be given.

Course Outline:

1. Digital Camera and Controls

- Basic Camera Controls
- Compact cameras
- Digital SLR
- Accessories and their uses

2. Focus Control

- Camera focusing mechanisms
- Focusing modes
- Focusing techniques

3. Exposure Control

- Automatic Mode
- Semi-automatic Modes
- Manual Mode

4. Basics of Good Photography

- Understanding a digital image
- Key factors of good photography

5. Photographic Scenes

- People and Sports
- Indoors
- Nature
- Travel

6. Photography Workflow

- Identify a Scene
- Compose an Image
- Camera Settings
- Evaluation

Date: Thursday and Saturday,

11 and 13 Aug '16 **Time:** 7pm – 9.30pm

Fees: Member \$75, Public Officer \$85,

Member's Guest \$90

Venue: CSC @ Tessensohn

(for first session, 2nd session will be an outdoor venue to be confirmed during

the 1st session)

Contact: Hai Ming at 63915607 or

onnhaiming@csc.sg Register By: 4 Aug '16





ANGLER COURSE

Calling rugged hard-core anglers out there! Join us as you learn the skills of hunting bigger fish. The course will be carried out on our academy fishing vacht in the middle of the sea. It will be a test of your endurance to learn something new in the most unusual classroom environment.

As lessons are conducted mostly outdoors, please wear clothing such as long sleeved t-shirt, cap, face mask, etc. to protect you from the sun.

Course Outline:

- Novice Angler's course handbook and starter kit
- Fishing onboard MFFA fishing yacht
- Fishing equipment and accessories
- Bait for fishing
- Mineral water on board
- Fresh catch of your own from the sea to bring back
- MFFA certification upon completion of the course

Things to Bring:

- Packed lunch
- Sun block
- Sunglasses
- Plastic bags to bring your catch back
- Raincoat (in case of rain)
- Seasick pills

Date: Saturday, 13 Aug '16

Time: 8am - 5pm

Fees: Member \$200, Public Officer \$210, Member's Guest \$230

Venue: Southern Islands, Singapore (Place of Embarkation: Republic of Singapore Yacht Club)

Contact: Hai Ming at 63915607 or

onnhaiming@csc.sg Register By: 1 Aug '16

TRAVEL

4D CAMERON & IPOH SPECIAL

	CSC Member (per pax)	Public Officer (per pax)	Member's Guest (per pax)
Adult (Twin/ Triple)	S\$385/Nett	S\$390/Nett	S\$395/Nett
Adult (Single)	S\$509/Nett	S\$514/Nett	S\$519/Nett
*Child (with Extra Bed)	S\$330/Nett	S\$335/Nett	S\$340/Nett
Child (no bed)	S\$269/Nett	S\$274/Nett	S\$279/Nett

*Child: 3 - 11 yrs old

**Infant: 2 years & below – FOC (no seat)

Have a break from the hassle and bustle with this trip to Cameron Highlands and Ipoh. Visit the Boh Tea Centre and organic vegetable

and fruit farms in Cameron. Be amazed by the beautiful speleothems of

Temperung Cave and the carp-shaped Kek Look Tong

in Ipoh. Take a historical trip to the Kellie's Castle and the Ipoh Old Railway Station.

Date: Saturday to Tuesday, 3 – 6 Sep '16

Time: Assemble at 6.15am at designated pick up point

Register By: First-come, first-served basis Tour By: iSmart Leisure Services Pte Ltd

For details and itinerary:

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

2D1N BENTONG

Stay - GY HAPPY FARM	Adult (Twin/ Triple)	*Child w Bed		
CSC Member (per pax)	S\$ 158.00	S\$ 128.00		
Public Officer/	S\$ 165.00/	S\$ 135.00/		
Member's Guest (per pax)	\$170.00	\$140.00		

*Child Age: 4 – 11 years old

**Infant: below 3 years old – FOC with no seats in coach.

Take a 2-day fun-filled trip to Bentong where we will head to the Chamang Water Fall for a cool retreat. The next day will be spent mountain climbing and visiting goat, prawn, fish, vegetable and durian farms. You will also have the chance to visit Tao Fu Bok factory and buy Bentong's famous We Dong Ginger before heading back to Singapore.

Date: Saturday to Sunday,

6 – 7 Aug '16

Time: Assemble at 6.30am at

CSC @ Tessensohn **Register By:** First-come,

first-served basis

Tour By: Amazing Explorer Pte Ltd

For details and itinerary: Contact: Gek Cheng @ 63915624 or kuagekcheng@csc.sg



3D TANJONG PINANG WITH DURIAN FEAST TOUR

Hotel Hermes Resort Bintan	Twin / Triple	Single	*Child With Bed	*Child With No Bed	
CSC Member	S\$ 275.00	S\$ 375.00	S\$ 245.00	S\$ 185.00	
Public Officer/ Member's Guest	S\$ 290.00	S\$ 390.00	S\$ 255.00	S\$ 195.00	

Infant: Below 3 years old need to pay for the ferry & taxes S\$ 55.00/pax

*Child Age: 4 – 11 years old

Spend the weekend before National Day at Tanjong Pinang. Enjoy a relaxing massage and Indonesian food and shop at Chinatown for dried seafood. Go snorkelling at an island and end off your trip with a durian feast.

Date: Saturday to Monday, 6 – 8 Aug '16

Time: Assemble at 7.30am at Tanah Merah Ferry Terminal

Register By: First-come, first-served basis Tour By: Amazing Explorer Pte Ltd

For details & itinerary:

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



1 DAY DURIAN TOUR

	Adult	Child
CSC Member	S\$75	S\$65
Public Officer / Member's Guest	S\$85	S\$75

Spend the day eating as much durian as you like as you head down to the durian plantation at the Tankat or Pagor. Your trip will not be complete without an enjoyable time spent shopping. Lunch and dinner will also be provided during this tour.

Date: Saturday, 23 Jul '16 Time: Assemble at 6.45am at CSC @ Tessensohn

Register By: 16 July '16

Tour By: Amazing Explorer Pte Ltd

For details and itinerary:

Contact: Kua Gek Cheng @ 6391 5624 or kuagekcheng@csc.sg

CSC @ TESSENSOHN

ACTIVITY	DATE	TIME	INSTRUCTOR	MEMBER	FEES: PUBLIC OFFICER	GUEST	GROUP SIZE	REGISTER BY	CONTACT
AQUA AEROBICS (TUE PM)	12 Tuesdays, 4 Oct – 20 Dec '16 (No lesson on PH)	6.30pm – 7.30pm	Ms Antonia	\$80	\$90	\$105	18 persons (max)	25 Sep'16	Vanessa at 6391 5641
AQUA AEROBICS (SAT)	12 Saturdays, 17 Sep -10 Dec'16 (No lesson on PH)	8am – 9am or 9am – 10am	Ms Anthea	\$80	\$90	\$105	18 persons (max)	10 Sep '16	Vanessa at 6391 5641
AQUA AEROBICS (SUN)	12 Sundays, 18 Sep – 4 Dec'16 (No lesson on PH)	9am – 10am	Ms Vikki	\$80	\$90	\$105	18 persons (max)	8 Sep '16	Vanessa at 6391 5641
AQUA AEROBICS (WED)	12 Wednesdays, 13 Jul – 28 Sep '16 (No lesson on PH)	6.15pm – 7.15pm or 7.15pm – 8.15pm	Ms Vikki	\$80	\$90	\$105	18 persons (max)	7 Jul '16	Vanessa at 6391 5641
BEGINNERS BALLROOM WALTZ	10 Tuesdays, 27 Sep – 29 Nov'16	8pm – 9pm	Mr Wu	\$70	\$75	\$80	12 persons (min)	20 Sep '16	Gek Cheng at 6391 5624
BEGINNERS SALSA & BACHATA DANCE	10 Fridays, 30 Sep – 2 Dec '16	8pm – 9pm	MrWu	\$70	\$75	\$80	12 persons (min)	23 Sep '16	Gek Cheng at 6391 5624
BALLROOM TECHNIQUE - WALTZ	10 Sundays, 25 Sep – 27 Nov'16	2pm – 3pm	Jacie	\$70	\$75	\$80	12 persons (min)	19 Sep '16	Gek Cheng at 6391 5624
BALLROOM PASO DOBLE - LATIN AMERICAN DANCE	10 Sundays, 25 Sep – 27 Nov'16	3pm – 4pm	Jacie	\$70	\$75	\$80	12 persons (min)	19 Sep '16	Gek Cheng at 6391 5624
BALLROOM TANGO VS AMERICAN SMOOTH TANGO	10 Sundays, 25 Sep – 27 Nov'16	4pm – 5pm	Jacie	\$70	\$75	\$80	12 persons (min)	19 Sep '16	Gek Cheng at 6391 5624
DEEP AQUA AEROBICS (TUE AM)	10 Tuesdays, 30 Aug –1 Nov '16 (No Lesson on PH)	8am – 9am	Ms Vikki	\$85	\$95	\$110	18 persons (max)	20 Aug '16	Vanessa at 6391 5641
DEEP AQUA AEROBICS (THU)	10 Thursdays, 1 Sep – 3 Nov '16 (No lesson on PH)	6.30pm – 7.30pm	Ms Anthea	\$85	\$95	\$110	18 persons (max)	24 Aug '16	Vanessa at 6391 5641
DEEP AQUA AEROBICS (FRI)	10 Fridays, 29 Jul – 30 Sep'16 (No lesson on PH)	7pm – 8pm or 8pm – 9pm	Ms Vikki	\$85	\$95	\$110	18 persons (max)	10 Jul '16	Vanessa at 6391 5641
PILATES BY MABELINE	10 Mondays, 22 Aug – 31 Oct'16 (No lesson on PH)	7pm – 8pm	Ms Mabeline	\$85	\$95	\$100	12 persons (min)	8 Aug '16	Serene Cho at 6391 5620

CSC @ TESSENSOHN

ACTIVITY	DATE	TIME	INSTRUCTOR	MEMBER	FEES: PUBLIC OFFICER	GUEST	GROUP SIZE	REGISTER BY	CONTACT
SWIMMING LESSONS AT TESSENSOHN (CHILDREN)	4 Lessons Jul / Aug '16 Choice of Sunday	Depending on swimming level & age (Instructors will advise)	Mr Kurusamy / Seng Yung / Derick/ Chang	Child \$60	Child \$70	Child \$80	15 persons	15 July/ 15 Aug'16	Vanessa at 6391 5641
SWIMMING FOR LADIES (BEGINNER)	10 Mondays, 18 Jul – 26 Sep '16	7pm – 8pm	Ms Thipa	\$160	\$180	\$190	12 persons	10 July '16	Vanessa at 6391 5641
SWIMMING FOR LADIES (INTERMEDIATE)	10 Mondays, 18 Jul – 26 Sep'16	8pm – 9pm	Ms Thipa	\$160	\$180	\$190	12 persons	10 July '16	Vanessa at 6391 5641
TRADITIONAL TAEKWON-DO FOR ADULTS (MON)- JUL / AUG / SEP'16	11 Mondays, 4 Jul – 26 Sep '16 (No lessons on eve and PH)	8.30pm – 10.30pm	Singapore TaeKwon-Do Academy	\$60	\$70	\$80	10 persons (min)	27 Jun '16	Hai Ming at 6391 5607
TRADITIONAL TAEKWON-DO (SAT) – JUL /	13 Saturdays, 2 Jul – 24 Sep '16 (No lessons on	3pm – 4.30pm (Beginner & Coloured Belt)	Singapore TaeKwon-Do Academy	\$60	\$70	\$80	10 persons (min)		Hai Ming at 6391 5607
AUG / SEP'16	eve and PH)	or 4.30pm-6pm (Red & Black Belt only)			rent and c rent and 2				
WING CHUN KUNG FU, "CHI SAU" THUR – AUG	4 Thursdays, 4 – 25 Aug '16 (No lesson on PH)	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 persons (min)	28 Jul '16	Hai Ming at 6391 5607
WING CHUN KUNG FU, "CHI SAU" (ADULT BEGINNER) – AUG	4 Saturdays, 6 - 27 Aug '16 (No lesson on PH)	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 persons (min)	30 Jul '16	Hai Ming at 6391 5607
WING CHUN KUNG FU, "CHI SAU" (CHILDREN 6 – 12 YEARS) – AUG	4 Saturdays, 6 - 27 Aug '16 (No lesson on PH)	10.30am – 11.30am	Sifu Ken Lau	Child \$90	Child \$95	Child \$100	10 persons (min)	30 Jul '16	Hai Ming at 6391 5607
WING CHUN KUNG FU, "CHI SAU" (ADULT INTERMEDIATE) – AUG	4 Saturdays, 6 - 27 Aug '16 (No lesson on PH)	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 persons (min)	30 Jul '16	Hai Ming at 6391 5607
WING CHUN KUNG FU, "CHI SAU" THUR – SEP	5 Thursdays, 1 – 28 Sep '16 (No lesson on PH)	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 persons (min)	25 Aug '16	Hai Ming at 6391 5607
WING CHUN KUNG FU, "CHI SAU" (ADULT BEGINNER) – SEP	4 Saturdays, 3 – 24 Sep '16 (No lesson on PH)	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 persons (min)	27 Aug '16	Hai Ming at 6391 5607

CSC @ TESSENSOHN

ACTIVITY	DATE	TIME	INSTRUCTOR	MEMBER	FEES: PUBLIC OFFICER	GUEST	GROUP SIZE	REGISTER BY	CONTACT
WING CHUN KUNG FU, "CHI SAU" (CHILDREN 6-12 YEARS) - SEP	4 Saturdays, 3 – 24 Sep '16 (No lesson on PH)	10.30am – 11.30am	Sifu Ken Lau	Child \$90	Child \$95	Child \$100	10 persons (min)	27 Aug'16	Hai Ming at 6391 5607
WING CHUN KUNG FU, "CHI SAU" (ADULT INTERMEDIATE) - SEP	4 Saturdays, 3 – 24 Sep '16 (No lesson on PH)	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 persons (min)	27 Aug'16	Hai Ming at 6391 5607
YOGA BY HUAY LIN	10 Fridays, 5 Aug –7 Oct '16	7.30pm – 8.30pm	Ms Huay Lin	\$75	\$80	\$85	10 persons (max)	22 Jul'16	Serene Cho at 6391 5620

CSC @ BUKIT BATOK

ACTIVITY	DATE	TIME	INSTRUCTOR		FEES:		GROUP SIZE	REGISTER	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST		ВҮ	
DEEP AQUA AEROBICS (SAT)	10 Saturdays, 23 Jul – 24 Sep '16 (No lesson on PH)	8.30am – 9.30am	Ms Jasmine	\$85	\$95	\$110	18 persons (max)	15 Jul '16	Vanessa at 6391 5641
DEEP AQUA AEROBICS (TUE)	10 Tuesdays, 19 Jul – 20 Sep '16 (No lesson on PH)	7pm – 8pm	Ms Anthea	\$85	\$95	\$110	18 persons (max)	13 Jul'16	Vanessa at 6391 5641
AIKIDO (CHILDREN)	12 Sundays, 31 Jul – 16 Oct '16 (No lesson on PH)	10am – 11am	Mr Steven Goh	Child \$120	Child \$130	Child \$135	20 persons	24 Jul '16	Hai Ming at 6391 5607
AIKIDO (ADULT)	12 Sundays, 31 Jul – 16 Oct'16 (No lesson on PH)	11am – 12pm	Mr Steven Goh	\$120	\$130	\$135	20 persons	24 Jul '16	Hai Ming at 6391 5607
TRADITIONAL TAEKWON-DO – JUL / AUG / SEP '16	13 Saturdays , 2 Jul – 24 Sep'16 (No lessons on eve and PH)	3pm – 4.30pm	Singapore TaeKwon-Do Academy	\$60 \$100 pa \$150 pai	\$70 rent and c rent and 2	\$80 hild pair children	10 persons (min)	26 Mar '16	Hai Ming at 6391 5607
SWIMMING LESSONS (CHILDREN)	4 Lessons Jul / Aug 16 Choice of Sunday	Depending on swimming level & age (Instructors will advise)	Mr Silas / Yusman / Ishaak / Paul / Vishnu	Child \$60	Child \$70	Child \$80	15 persons	15 Jul / Augʻ16	Vanessa at 6391 5641
SWIMMING FOR LADIES	10 Fridays, 5 Aug – 7 Oct '16 (No lesson on PH)	7.30pm – 8.30pm	Ms Thipa	\$160	\$180	\$185	15 persons	25 Jul'16	Vanessa at 6391 5641

CSC @ BUKIT BATOK

ACTIVITY	DATE	TIME	INSTRUCTOR		FEES:		GROUP SIZE	REGISTER	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST		ВҮ	
PILATES BY AGNES YOONG	10 Saturdays, 20 Aug – 22 Oct'16	11am – 12pm	Ms Agnes Yoong	\$85	\$95	\$100	12 persons (min)	6 Aug'16	Serene Cho at 6391 5620
YOGA CLASS BY G YOGA	8 Fridays, 12 Aug - 30 Sep '16	7pm - 8pm	Master G	\$100	\$130	\$140	12 persons (min)	31 Jul'16	Serene Cho at 6391 5620

CSC @ CHANGI

ACTIVITY	DATE	TIME	INSTRUCTOR	MEMBER	FEES: PUBLIC OFFICER	GUEST	GROUP SIZE	REGISTER BY	CONTACT
SWIMMING LESSONS (CHILDREN)	4 Lessons Jul / Aug '16 Choice of Saturday / Sunday	Depending on swimming level & age (Instructor will advise)	Mr Chang Mun Chung	Child \$60	Child \$70	Child \$80	15 persons	15 Jul / 15 Augʻ16	Vanessa at 6391 5641

Name (*Mr/Mrs/Mdm/Miss):	CSC Membership No./NRIC No:
Membership Type: *Ordinary/Supplementary/Retiree/Life/Associate	Gender: *Male/Female
Address:	Singapore ()
Contact No:Email:	Marital Status: *Single/Married (*delete where appropriate)
I would like to participate in:	(activity & date) formembers including myself.
Indicate name and membership number if more than one member:	and () guests.
Indicate name(s) of guest(s):	

For more than one activity, please attach sheets separately.

For swimming lessons, please contact the clubhouse at 6391 5605. For badminton section, please contact the sports section at 6391 5619.

IMPORTANT NOTES

- Registration of activities is based on a first-come-first-served basis.

 All guests must be accompanied by members.

 All fees paid are non-refundable unless the activity is cancelled by the Club. Please contact us if you do not hear from us one week before the activity.

 Applications must be accompanied by full payment. Please send separate cheques for the different activities.

 Crossed cheques are to be made payable to "Civil Service Club" unless otherwise stated.

 Unless otherwise stated, cheques should be sent to: Social Manager, Civil Service Club, 60 Tessensohn Road, Singapore 217664

 The Civil Service Club and its management will be least full vide activities and the service club, and the payable to "Civil Service Club," the service Club, and the payable to "Civil Service Club," the service Club, and the payable to "Civil Service Club," the service Club, and the payable to "Civil Service Club," the service Club, and the payable to "Civil Service Club," the service Club, and the payable to "Civil Service Club," the service Club, the service Club, and the payable to "Civil Service Club," the service Club, t

- The Civil Service Club and its management will be kept fully indemnified against all claims, loss or damage whatsoever to participants arising from any cause in connection with activities organised or participation therein.

SINGAPORE MANAGEMENT UNIVERSITY

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Civil Service Club 31 AUGUST 2016 ORDINARY MEMBERSHIP PROMOTION

(For Public Officers)

Receive a \$10 CSC voucher when you apply online!

(See details below)

Fitbit Blaze Fitness Tracker and Watch RRP \$318



5-Year Ordinary Membership \$360*

Claude Bernard Gents Or Ladies Watch Worth RRP \$299

Promo code: CB53007-L CB53007-G*





2 Nights Stay at Changi Resort (Single Suite – Off Peak)*** RRP \$296

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Exclusive
24" Pure
Polycarbonate
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with Luggage Tag
RRP \$80
Promo code:

Picture for illustration

1-Year Ordinary Membership \$72*

Toiletries Bag Worth \$21 Picture for illustration purpose only, While stocks last. 3-Year Ordinary Membership \$216*

Huawei TalkBand B2 RRP \$239 Promo code:



Promo code: CRN2N**

1 Night Stay

1 Night Stay at Changi Resort (Single Suite – Off Peak)* RRP \$148 Fitbit Charge HR RRP \$218 Promo code: FITBIT**



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*Not applicable for public officers who sign up via monthly salary deduction of membership fees. Terms and conditions apply.

**While stocks last.

***Chalet rooms apply to off-peak period from Monday to Thursday. Upgrade to peak period available but subject to availability.

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