



# fusion

ONE MEMBERSHIP, THREE CLUBHOUSES, THREE DISTINCT EXPERIENCES

MARCH-APRIL 2017 ISSUE

## TEAM UP WITH US!

Find out more on page 04.

05

Mother's Day Lunch

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Disney Christmas Party 2016

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CNY Bazaar



# ORGANISE A FREE CORPORATE COHESION PROGRAMME

WITH CSC TODAY!

## 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 50 pax to start an activity.

CSC is proud to present complimentary half-day (2pm – 5pm) Corporate Entourage Programmes on the following dates:

CLUBHOUSE	ACTIVITIES
Tessensohn	Meridian Massage Essential Oils Piloxing Chair Yoga
Bukit Batok	Zumba Muay Thai
Changi	Bowling / Wellness Workshop

### AVAILABLE DATES

- |                      |                      |                      |
|----------------------|----------------------|----------------------|
| • 28 March, 2 – 5 pm | • 29 March, 2 – 5 pm | • 31 March, 2 – 5 pm |
| • 26 April, 2 – 5 pm | • 27 April, 2 – 5 pm | • 28 April, 2 – 5 pm |
| • 24 May, 2 – 5 pm   | • 30 May, 2 – 5 pm   | • 26 May, 2 – 5 pm   |

If your group has less than 50 pax, kindly contact us for more info.  
For further enquiries, email Kallista at [marcomms@csc.sg](mailto:marcomms@csc.sg) or call **6514 675**

#### Terms & Conditions:

- Applicable to public sector organisations. Non-public sector organisations are welcome to email to [events@csc.sg](mailto: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  
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**Corporate Services**

**Membership Matters**

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membership@csc.sg

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(Samantha Fok)

**Social Activities**

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(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>



Civil Service Club



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



# Dear members,

## Financial Year (FY16/17)

**Financial Performance** – We have another month before we close FY16/17. I am happy to announce that it has been another good year for the Club. We have exceeded expectations and chalked up net and cash surpluses. These will increase our reserves which can be used for future upgrading of the Club and enhance the value of our membership. We are also pleased to announce that all the KPIs set for this FY have also been achieved.

**CAPEX** – The CAPEX we budgeted has been fully expended, except for the installation of solar panels at CSC @ Tessensohn. Instead, we will use the budget allocated for this project to improve the façade of CSC @ Bukit Batok. This is in line with our members' feedback that the façades of our older Clubhouses are due for rejuvenation. Within this past financial year, the staycation experience at CSC @ Changi has been enhanced with the building of linkways to the villas, shelters to the BBQ pavilions and aluminium claddings to shield the chalet corridor from rain. The upgrading of the auditorium and function rooms at CSC @ Tessensohn has been very well received by our members, public service agencies and corporates, with the clubhouse registering an increase of about 30% in the bookings of these facilities.

**Information Technology** – Our IT system has been fortified against cyber and data attacks by internalising our IT processes and installing disaster replication servers. The E-Membership application has been operationalised to enable public officers to sign up, pay online and receive their new membership card within a week of their application.

**Sporting Activities** – Besides the STAR games that were organised for the Public Service in this FY, we have also partnered a few big sporting events such as OCBC Cycle and OSIM Sundown Marathon to include a public service category in their events and offered discounts to public officers participating in these events. We have also introduced new sporting activities at our Clubhouses such as beach volleyball and captain's ball.



**Perfect Games Bowlers** – This FY, we had 8 bowlers scoring perfect games: 5 bowlers at Westwood Bowl, 2 bowlers at Planet Bowl and 1 bowler at Resort Bowl. This is the first time that we have had 8 bowlers achieving the dream score of 300 points. Each bowling centre offers \$10,000 for anyone achieving the perfect score. If there are more than one, then the prize money will be shared equally among the bowlers in the centre. Congratulations to all the 8 master bowlers. Please refer to page 18 for the details.

It has indeed been a fulfilling FY. We have had more public officers participating in our STAR games and healthy lifestyle activities, more members and their guests supporting the social activities. Through the in-house survey, members are satisfied with the services and experiences that they have had when visiting the Club.

## Expectations of the Club In FY 17/18

**CAPEX** – The Club has planned for a sustainable budget for FY 17/18 with a cash surplus that is equal or better than FY16/17. We will continue to invest in the key attractions of the Club and improve the brand of Civil Service Club. The Club will upgrade the façade of CSC @ Tessensohn so that we have 3 Clubhouses that are modern and attractive. The swimming pool changing rooms at CSC @ Bukit Batok will be renovated to provide better ambience and experience for the swimmers. Both CSC @ Tessensohn and Bukit Batok will be repainted to give them a refreshed look in tandem with the upgrading works. The zoning of the facilities in CSC @ Bukit Batok into Members and Entertainment zone will take into effect in this FY. The bar lounge at Level 3 will be converted to a modern indoor children's playground and party room for members' usage. The current karaoke area, indoor children's playground and the party room at B1 will be renovated to provide a bar lounge, a KTV room and a games room that offers electronic darts and billiards. If the price is right, we will install

the solar panel system at Tessensohn to reduce our electrical consumption. At CSC @ Changi, the booking system will also be tweaked to provide more options for members to use their complimentary coupons and book the BBQ pavilions. The renovation and upgrading works will cause some inconvenience to our members. I seek members' understanding when these works commence.

After all the above renovations and upgrading works, the Club plans to engage an external research company to conduct a survey to gauge the experiences of our members and their future needs, to have a better sense of how to attract more public officers to be members of the Club and to conduct a mystery shopping of the services provided by the Club.

**Sports Activities** – We will continue to partner major event organisers to enable our members and public officers to participate in these events under the Public Service category and to continue enjoying the discount offered by the Club. We will explore new sporting activities to provide more options for members and public officers to keep them physically fit and healthy. As a heads-up, some of the major events on the horizon which will have a Public Service categories include: PS Sports and Family Day (13 May '17), Run By the Bay (1 Oct '17), City 60 Bike-Run Challenge (Oct/Nov) and OCBC Cycle (17 – 19 Nov '17). So keep these days free if you wish to participate in these events.

**Social Activities** – For Social, we will continue to source for new activities and improve the way popular activities are conducted. We will look at more creative ways of organising our activities and improving our service offerings.

## Looking Ahead: The upcoming Two Months

### Renovation & Upgrading



**CSC @ Bukit Batok** – The façade and entrance walkway upgrading will

“

I would like to wish all Our Members Good Health and Happy Easter! To all the Mothers, a Happy Mother's Day!



**Charlie Ng**  
General Manager, CSC

commence from 6 Mar '17 to mid-Jun '17. The project will begin with the upgrading of the walkway next to the main entrance of the Clubhouse. The walkway will be converted to a mobility friendly walkway with shelters, lightings and safety features. This work will take about 8 weeks to complete and the existing walkway will be hoarded up. Once completed, the side entrance walkway will be upgraded with a shelter built over the open staircase linking B2 to B1. The lighting along the walkway will be enhanced and a shelter built to bridge the gap between the LTA linkway with the Club's side entrance enabling seamless weather-proof access from public transport. Concurrently, the Clubhouse signage will be refreshed. Please refer to page 29 for a designer impression.



**CSC @ Changi** – The aluminium cladding work to shield the corridor of the chalet during heavy rain has already commenced and will be completed by mid-Mar '17. There will be minimal disturbance to chalet guests as most of the works are done off site.

A permanent shelter will also be built over the existing handicap carpark lot and its adjacent lot. This shelter will enable chalet guests to unload their personal belongings for their stay without worrying about getting wet during inclement weather. Please refer to page 24 for a designer impression.

### Social Activities

**Wine & Dine** – The Wine & Dine will be held at Tessensohn's Qian Xi Restaurant on 7 Apr '17. This event is very competitively priced and well supported by members and their guests. For details please refer to page 05.

**Movies** – For movie goers, don't miss out on the two blockbusters that we have organised for you at Lido Cinema, namely

Beauty and the Beast on 23 Mar '17 and Fast & Furious 8, an action-packed movie, on 20 Apr '17. Please refer to page 09 for details.

**In-House Movies** – The Club also organises free in-house movies at CSC @ Tessensohn's auditorium for members to enjoy. The upcoming movies will be How To Train Your Dragon on 24 Mar '17 and Guardian of the Galaxy on 28 Apr '17. For details please refer to page 08.

### Sports Activities

**Swimming Meet** – The PS Swimming Meet, which is held alongside the CSC Children's Meet will be held on 22 Apr '17. Parents who wish to sign their children up for this meet, please check out the details on page 25.

### Did you know?



**Clubhouse CNY Decoration Competition** – CSC @ Tessensohn has emerged as the winner for the CNY festive decoration competition. They won with their blend of creativity and resourcefulness in their designs. Congratulations to Andrew Wong and his staff!



**Café at Tessensohn** – The poolside café, Hot & Co. has opened for business effective 18 Feb '17. It serves halal food and provides buffet catering. So far, members' response has been exceedingly positive with many members commenting that they found the food tasty, with a good menu selection and competitive pricing. Do check it out!

**Pondok Gurame** – The Chinese Restaurant, Contempo, at CSC @ Changi has decided to

terminate its business effective 28 Feb '17. In its place, we have secured the services of a Halal-certified Indonesian Restaurant, Pondok Gurame to take over the space vacated by Contempo. Pondok Gurame was formerly located at East Coast Park, beside the former Big Splash. They serve delicious Indonesian cuisine and are able to dish out a good variety of vegetarian food too. They plan to open for business between 15 Mar '17 and 30 Mar '17. Do check out the microsite of CSC @ Changi or our CSC Apps on the finalised date of operation.



**Mr Loh Khum Year**



**Mr Neo Kian Hong**

### Changing of the Guards

The Club bids farewell to our Chairman, Mr. Loh Khum Year, PS, MTI who will be handing over his chairmanship of the Executive Committee and Vice President of the Club to Mr. Neo Kian Hong, PS (ED), MOE with effect from 1 Apr '17. On behalf of the Management, I would like to say a big thank you to him for his guidance and assistance to the Club.

The Club warmly welcomes Mr. Neo Kian Hong to the Civil Service Club. He is no stranger to the operation of social clubs. As the former CDF of the SAF, he was also the President of Temasek Club, Chevron Club, Sembawang Country Club and NSRCC Club. We look forward to his guidance in moving the Club to the next lap.

The Club extends a big thank you to our Honorary Treasurer, Mr Lau Chee Chong for his excellent past 12 years of service to the Club as he hands over his appointment to Mr. Wee Tee Heng with effect from 1 Apr '17. Mr. Lau has retired from the Civil Service and will be dedicating his time in the community doing social work.

I would like to wish all our members good health and happy Easter! To all the Mothers, a Happy Mother's Day!

# TEAM UP WITH US

At CSC, we're all about building bonds.

Beyond being a great place for family and friends to relax and have fun, we design team-building activities for private companies and government agencies that are customised to your precise needs. With three clubhouses packed with facilities from rock-climbing walls and swimming pools to fitness and function rooms, we have everything you need for a successful event.

FROM PLANNING TO EXECUTION, WE DO IT ALL.



### ORGANISE

Organise and execute the event on site.

Take care of logistics.

### LOGISTIC



### DEVELOP

Develop a comprehensive team-building package designed to meet your objectives.



## AND WE OFFER A WIDE RANGE OF EVENTS THAT CATER TO DIFFERENT INTERESTS:



- LEGO challenges
- Hands-on cooking class or cooking demonstrations
- Enrichment workshops
  - Fitness classes
  - Nature walks
  - Water-telematches



Contact Samantha at 6391 5613 or [samanthachin@csc.sg](mailto:samanthachin@csc.sg) to kick off your next team-building experience!

## what's happening



## WINE & DINE

@ CSC

It is going to be a night of delicious indulgence and sheer fun. Your loved ones, friends and you will be tempted with an appetising 8-course spread that will feature mouthwatering dishes like the 5 Kind Cold Dish Combination, Seafood Fish Maw Soup, Crispy Roasted Chicken, Creamy Butter Prawn, Steamed Sea Bass with Bean Crumb, Braised Mushroom with

Broccoli, Fried Rice with Dried Scallop in Lotus Leaf and Longan Bean Curd Jelly. Your meal will not be complete without our special selection of 5 bottles of wine to liven up your enjoyment. We have also prepared some entertainment, games and a lucky draw for a fun-filled event. So join us and make it a night to remember!

**Date:** Friday, 7 Apr '17

**Time:** 7pm – 9.30pm

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

**Venue:** Qian Xi (Farrer Park) Restaurant, CSC @ Tessensohn

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

**Register By:** 27 Mar '17



# Mother's Day Lunch



Every mother receives a goodie bag!

Pamper your mom just before the lunch date.

Celebrate the special bond you have with your mother and appreciate her unconditional love by pampering her with a wonderful Asian lunch this Mother's Day at CSC. She will be first treated to the 5 Kind Cold Dish Combination. This is followed by the nutritious Double Boiled Chicken Soup with Mushroom & Fish Maw and other delectable dishes like Yam Ring, Fried Prawn with Salted Egg Yolk, Nonya Style Steamed Sea Bass, Fried Mixed Vegetable and Fried Ee Fu Noodle. She will eventually end off her meal with a refreshing and healthy Lemon Grass Jelly. So make a date with your mother and thank her for all that she has done.

**Date:** Sunday, 14 May '17

**Time:** 12pm – 3pm

**Fees:** Member \$338, Public Officer \$368, Member's Guest \$378 (Fees per table)

**Venue:** QianXi (Farrer Park) Restaurant, CSC @ Tessensohn

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

**Register By:** 2 May '17

### Free Silky Strawberry Hand Treatment by TOUCHE® Elite

Enjoy a free Silky Strawberry Hand Treatment, which includes a nourishing, vitamin E-enriched hand paraffin treatment. Silky Strawberry Hand Treatment eases tired hands, moisturizes the skin and relieves mild joint ache effectively. You can get a soft and silky touch too!



**Time:** 11am – 2pm

**Register By:** 2 May '17

\*Pre-registration is required, for mothers only. Please email mother's name and contact to kuagekcheng@csc.sg. Availability is based on first-come first-served basis.

\*Picture is for illustration purpose only

### Free 10 mins Head & Shoulder Massage by Atos Wellness

Head and shoulder massages soothe away tensions in your upper body, break down knots and improve your flexibility.

**Time:** 11am – 2pm

**Register By:** 2 May '17

\*Pre-registration is required, for mothers only. Please email mother's name and contact to kuagekcheng@csc.sg. Availability is based on first-come first-served basis.



# FITNESS X3 CHALLENGE

Have 3 times the fun by challenging yourself with 3 energetic aerobic workouts at one go! Join us for a 3-in1 combo which includes Boogie Bounce Xtreme, Bbarreless and Zumba Fitness. Sign up for all 3 fitness sessions and receive a goodie bag which includes a Sanciband Resistance Band worth \$12.



**Fees (3-in-1 Combo):**  
Member \$50,  
Member's Guest \$58

**Fees (Zumba Fitness Only):**  
Member \$10,  
Member's Guest \$18 (75-minute session starts at 11.30am)

**For the above challenge:**  
**Date:** Monday, 1 May '17  
**Time:** 9.30am – 12.45pm  
**Venue:** CSC @ Tessensohn  
**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg  
**Register By:** 25 Apr '17

## Smile Arts DENTAL STUDIO

Comprehensive Care You Can Trust

### SmileArts

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



### DENTAL PACKAGES

#### CLEAN SMILE PACKAGE \$100

- Inclusive of:
- \* Dental Examination
  - \* Full Scaling & Polishing
  - \* Fluoride Therapy

#### HEALTHY SMILE PACKAGE \$175

- Inclusive of:
- \* Dental Examination with Digital Photography
  - \* Digital Dental X-ray
  - \* Detection Of Decays with Advanced Laser Technology
  - \* Full Scaling & Polishing
  - \* Fluoride Therapy
  - \* Antiseptic Mouthwash (if applicable)

#### KID SMILE PACKAGE \$75

- (for children between 6 to 12 yrs old)
- Inclusive of:
- \* Dental Examination
  - \* Full Scaling & Polishing
  - \* Fluoride Therapy (if applicable)

#### SURGI-SMILE PACKAGE \$880

- (Medisave Claimable)
- Inclusive of:
- \* Dental Examination
  - \* Digital Dental X-Ray
  - \* Surgical Removal Of Wisdom Tooth
  - \* Medication
  - \* Review

#### SMILE IMPLANT PACKAGE \$2750

- (After Medisave Deductions)
- Inclusive of:
- \* Dental Examination
  - \* Digital Dental X-ray
  - \* German Implant System
  - \* Medications
  - \* Review
  - \* Implant Crown

#### WHITE SMILE PACKAGE \$300

- Inclusive of:
- \* Dental Examination
  - \* 10 packets of whitening gels

#### PG CARD HOLDER PACKAGE

- \* Dental Examination
- \* Detection Of Decays With Advanced Laser Technology
- \* Scaling & Polishing
- \* Fluoride Therapy

#### FULLY CLAIMABLE WITH CHAS PG CARD

#### BLUE CARD HOLDER PACKAGE

- \* Dental Examination
- \* Detection Of Decays With Advanced Laser Technology
- \* Scaling & Polishing
- \* Fluoride Therapy

#### WITH GOVERNMENT SUBSIDY YOU PAY : \$ 15.50

#### INVISALIGN - INVISIBLE BRACES PACKAGE \$8500

Inclusive of examination, digital xrays & retainers

#### LASER DENTISTRY

With dental Laser, you can now expect:

- \* No Drilling
- \* Painless Ulcers Treatment
- \* Rapid Healing following Laser Treatment



#### CENTER FOR BIOMIMETIC DENTISTRY

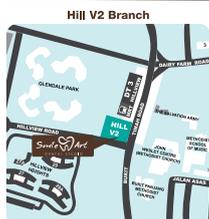
#### MERCURY FREE PRACTICE

Old grey / silver mercury fillings are replaced with aesthetic tooth coloured materials that are not only good looking but protects your teeth, last well and longer. Give us a call or email us for more details about direct / lab-based inlays and onlays.

\*Any other procedures/materials if needed, will advised and charge separately.



Call us for an appointment!



**Marine Parade Branch Tel: 6348 0824**  
Blk 81 Marine Parade Central  
#01-632 S440081  
email: smilearts@gmail.com  
Mon - Fri: 9am-7pm | Sat: 9am-5pm

**Tiong Bahru Branch Tel: 62711236**  
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Singapore 161011  
email: smileartstiongbahru@gmail.com  
Mon - Fri: 9am - 9pm | Sat & Sun: 9am - 5pm

**Buangkok Branch Tel: 6752 1008**  
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(Next to Buangkok MRT station)  
email: smileartsbk@gmail.com  
Mon - Fri: 9am - 9pm | Sat: 9am - 5pm

**HillV2 Branch Tel: 6354 0111**  
4 Hillview Rise #02-15 HillV2 S667979  
email: smileartshillview@gmail.com  
Mon,Tue,Thurs: 9am - 9pm  
Wed, Fri, Sat: 9am - 6pm  
Sun: 9am-6pm (Appointment bookings & purchases only)



Scan this QR Code to visit our website  
[www.smilearts.com.sg](http://www.smilearts.com.sg)

# FAMILY AND DOGGIE

## CARNIVAL

### AT CSC @ CHANGI

Spend a special day with your family and your beloved furry friend. Enjoy a beautiful family walk on the boardwalk from 9am to 11am followed by a lively doggie carnival at 11am.

Admission is free!

#### Carnival Highlights:

- Dog adoption drive
- Performances
- Pet talks by vets
- Stage games

Booths selling pet related items like accessories and food

- Normal food and drink booths
- Fashion dog parade plus Best dress dog competition

Date: Sunday, 11 June '17  
Time: 9am - 5pm  
Fees: FREE for all  
Venue: CSC @ Changi  
Contact: Hai Ming at 6391 5607  
or onnhaiming@csc.sg

Co-Organised by SOSD





# CSC IN-HOUSE MOVIE SCREENINGS

Come and join us in our newly renovated auditorium at the Tessensohn Clubhouse for our FREE in-house movie screening! We will be playing different blockbusters monthly. Be sure to go to [www.csc.sg/events](http://www.csc.sg/events) for updated dates and movie titles to be played. Now you can catch your favourite movies in a high-quality space with top-notch acoustics and great seating.

### How to Train your Dragon

**Date:** Friday, 24 Mar '17

**Time:** 7pm

### Guardian of the Galaxy

**Date:** Friday, 28 Apr '17

**Time:** 7pm

### James Cameron's Avatar

**Date:** Friday, 26 May '17

**Time:** 7pm

### For all the above screenings:

**Venue:** CSC @ Tessensohn Auditorium

Please refer to [www.csc.sg/events](http://www.csc.sg/events) for the latest updates.



# SHITORYU KARATE-DO

ENROLL NOW FOR NEW BEGINNERS' CLASSES

COMMENCING WEDNESDAY, 8<sup>TH</sup> MARCH 2017



## SKA DOJO

Civil Service Club @ Tessensohn, 4<sup>th</sup> Level

*A Way To Keep Fit*



*An Art*



*A Sport*

<b>Children Classes</b>	Saturday & Sunday	10.00am – 11.30am
<b>Adult Classes</b>	Monday & Wednesday	7.30pm – 9.00pm
<b>Senior Classes (50+)</b>	Monday & Wednesday	10.00am – 11.30am

<b>Children Fees</b>	\$60 (Monthly)	\$150 (Quarterly)
<b>Adult Fees</b>	\$80 (Monthly)	\$210 (Quarterly)
<b>Senior Fees</b>	\$60 (Monthly)	\$150 (Quarterly)

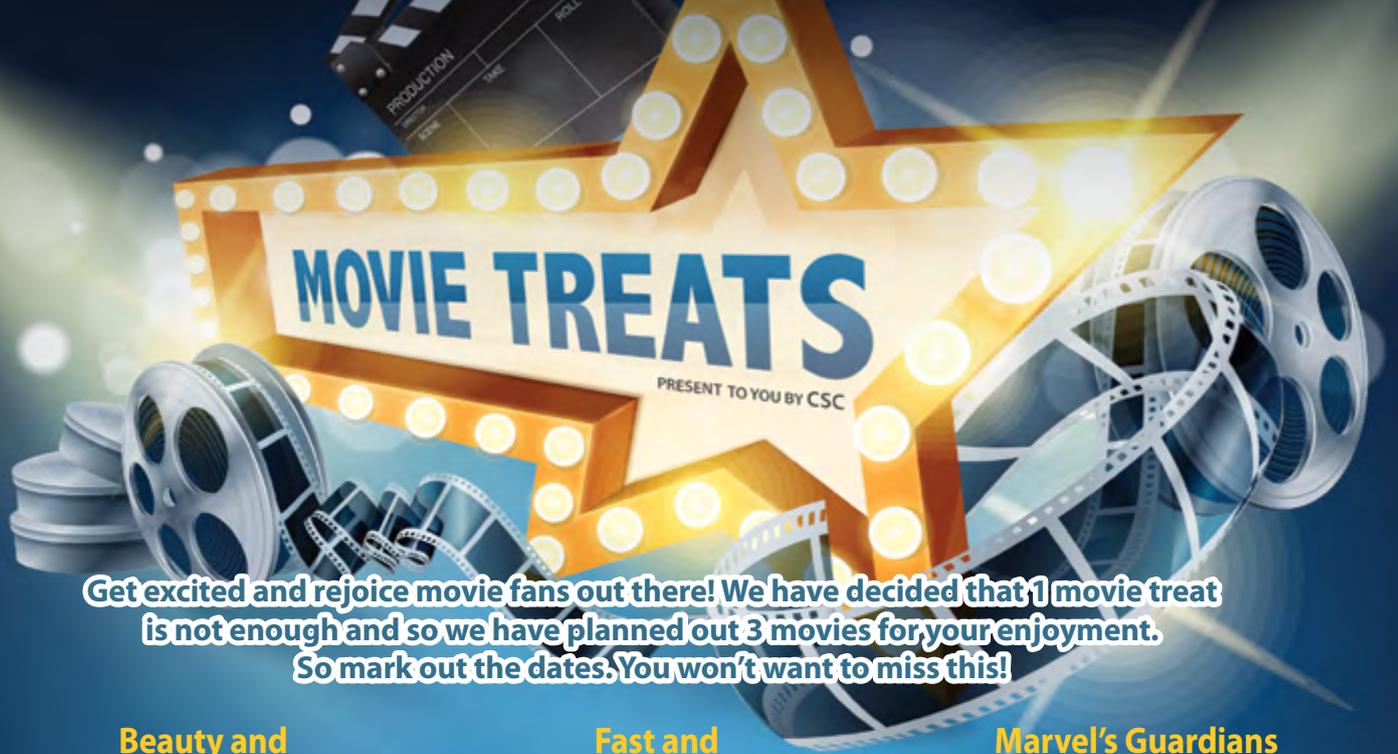


*A Means Of Self Defence*

**Free access to Khus Fitness Gym, 2<sup>nd</sup> Level**

Civil Service Club @ Tessensohn, 2<sup>nd</sup> Level  
No 60, Tessensohn Road, Singapore 217664

**Email:** skasingapore1964@gmail.com **Website:** www.ska.org.sg **Telephone:** (65) 62995740



**Get excited and rejoice movie fans out there! We have decided that 1 movie treat is not enough and so we have planned out 3 movies for your enjoyment. So mark out the dates. You won't want to miss this!**

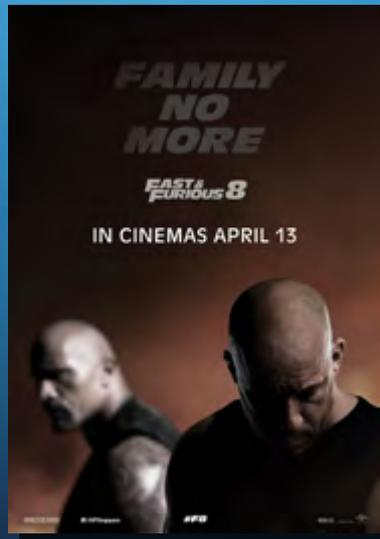
### Beauty and the Beast



Belle (Emma Watson), a bright, beautiful and independent young woman, is taken prisoner by a beast (Dan Stevens) in its castle. Despite her fears, she befriends the castle's enchanted staff and learns to look beyond the beast's hideous exterior, allowing her to recognize the kind heart and soul of the true prince that hides on the inside.

**23 March '17**  
**Time: 6.30pm (TBC)**  
**Shaw Lido**  
**Register By: 9 Mar '17**

### Fast and Furious 8



Now that Dom and Letty are on their honeymoon and Brian and Mia have retired from the game and the rest of the crew has been exonerated the globetrotting team has found a semblance of a normal life. But when a mysterious woman seduces Dom into the world of crime he can't seem to escape and a betrayal of those closest to him, they will face trials that will test them as never before.

**20 Apr '17**  
**Time: 6.30pm (TBC)**  
**Shaw Lido**  
**Register By: 6 Apr '17**

### Marvel's Guardians of the Galaxy 2



Set two months after the first film, the Guardians of the Galaxy travel throughout the cosmos and struggle to keep their new-found family together, while helping Peter Quill learn more about his true parentage.

**4 May '17**  
**Time: 6.30pm (TBC)**  
**Shaw Lido**  
**Register By: 20 Apr '17**

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

#### FEES:

- **CSC Main Card Holder \$10 for 2 movie tickets, \$20 for 4 movie tickets**
- **Public Officer/Guest \$8.50 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 \$8.50 each.
- Supplementary, Public Officers and Guest may purchase the tickets at \$8.50 each.

#### 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.

# Disney Christmas Party 2016



It was a magical dream coming to life on 10 December 2016 for over 100 children who came for the CSC Disney Christmas Party. Stepping into Tessensohn Clubhouse's function room, they were immediately transported to a land filled with memorable Disney characters and everything fun and delicious. The young ones and the young-at-hearts were greeted by Mickey and Minnie Mouse, Cinderella and Prince Charming as they arrived. Santa Claus also made a special appearance to add on to the festivity. There was an air of excitement as there were many things to do! They could jump about in the bouncy castle, build their favourite character with LEGO, pick as many irresistible candy and take photos, among others.



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Merry Christmas!



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The excitement took on another level as the children were held spellbound by the magician's magic tricks, some joining in to be his assistant. They also had the opportunity to sing along and played games with Emcee Vivian and took part in the best dressed Disney character contest.

The special day ended with a lucky draw where Melody Tan won tickets to a theatre show. The children did not leave empty-handed and were each given a present, adding on the wonderful memories of a magical afternoon spent.



09



- 01 Waiting in anticipation for our special guests to arrive.
- 02 Sliding down with glee in our bouncy castle
- 03 Enjoying an exciting game with Emcee Vivian
- 04 Looking and waiting with anticipation for our candy floss
- 05 Totally engrossed in building our Lego character.

- 06 "Ma, look at the colourful picture on my arm."
- 07 A ravishing princess receiving her prize from CSC General Manager Mr Charlie Ng
- 08 Mr Charlie Ng handing out a prize to a fearsome pirate
- 09 Our young guests in a memorable moment with magical friends



# HATS OFF TO A NEW YEAR!

It was a full house at the CSC Dinner & Dance 2016 and countdown party. Excited chatter and laughter echoed through the ballroom at Fairmount Hotel as members arrived with family, friends and colleagues in tow on the evening of 31 December 2016.



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True to the theme of a Mad Hatter's Party, many showed up in an array of colourful hats. To make sure no one was left out, the club included a booth with creative, funky hats for loan as part of the pre-event segment, which also featured glitter and airbrush tattoos, mobile phone art, a digital photo booth and a candylicious buffet worthy of Wonderland.

For long-time member Isabelle Liu, the event marked her sixth time counting down to the New Year with CSC.

"Every year the programme is so entertaining. I booked two tables for friends and family!" she said.

Benedict Goh, another long-time member and retired school principal, agrees: "CSC's countdown event is more luxurious than those at other places. People are enjoying themselves and the show!"

And what a show it was. The event kicked off with the Public Service Star Games Awards, where the top four



“

"This is our first time celebrating the New Year at a CSC event. We're here with friends and family. Everyone here's so lively and having fun!"

- Ryan Lopez & Shona Peh

- 01 Getting their groove on across the stage
- 02 All decked out for the colourful evening
- 03 Quick-change artists dazzling the crowd with a series of colourful costume changes

- 04 Belly dancers lighting up the evening
- 05 All smiles from a lucky draw winner
- 06 A magical balancing act
- 07 Dancing the night away

## event highlights

finalists from Divisions I and II picked up trophies with the Ministry of Education snagging their fifth consecutive win. Then a fire hula hoop performer, belly dancers, costume change performers and a singer all took turns to strut their stuff on stage, while escape artist Iron Will amused the crowd as he found his way out of handcuffs, a straitjacket, a box and became a human blockhead.

The audience also became part of the act as they eagerly volunteered for the emcee's stage games. Marvin Abao, winner of the horse racing game, said, "I'm happy I won prizes for my table!"

The event is a great way to celebrate the New Year together with my friends."

Waltzing away with the Best Dressed titles for the evening were ballroom dancing couple, Goh Fang Min and Tony Teow. "We enjoy dressing up for parties. Our secret? Just have fun and let loose on stage!" they gushed.

And they weren't the only ones with dancing on their minds. Once dessert had been served, couples both young and young-at-heart hit the dance floor and boogied till midnight.

When the last moments of 2016 arrived, a live broadcast of the National Countdown flashed on the LED screen. As the clock struck 12, the crowd joined in and greeted the new year with loud cheers and a shower of confetti and balloons.

But the event wasn't over yet. Carolyn Chai got an auspicious start to 2017 in the grand lucky draw, snagging the top prize of two return air tickets to Los Angeles sponsored by Qian Xi Restaurant. Still, prize or not, everyone got the chance to party away the first night of 2017 surrounded by friends.



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# Getting THE CHINESE NEW YEAR BUZZ



Members and the public alike headed down to CSC @ Tessensohn on 14 January to usher in the Spring Festival at the Chinese New Year (CNY) Bazaar.

With more than 30 stalls at the Diamond Ballroom offering a wide spread ranging from CNY goodies to coffee machines and Tupperware, to terrariums and beauty accessories, there were loads of tempting deals all around. As visitors shopped to their heart's content at the bazaar and tucked into free muah chee, they were entertained with renditions of Lunar New Year favourites and martial arts demonstrations featuring Wing Chun and Taekwondo.



As the excitement went on at the bazaar, other areas of CSC were also abuzz with activity. Chef Lisa's cooking demonstration proved to be a hit, drawing huge crowds as she revealed the secrets behind her three tasty festive dishes – crystal peach gum niangao, salt baked duck and pen cai. Among them was Mrs Wong, who was attending her first CSC cooking class, "I'm hoping to learn some new dishes for CNY. The pen cai dish looks interesting."

The day also featured an array of activities including a Fengshui talk, a Chinese lantern-making workshop, a movie screening of King of Mahjong, aura readings and complimentary calligraphy for shoppers. Said 12-year-old Cheryl Tan who was at the lantern making class with her family, "We're doing it for fun. It adds to the festive mood." For others, like Linsell Lim, coming to the bazaar is a yearly affair, "I've been coming for more than five years already."



## event highlights



I enjoy it. This year I learnt something new from the Fengshui talk, and also got some love letters and pineapple tarts for the New Year."

Contributing to the festive atmosphere were the energetic performances of the Lion dance troupe as they made their way around the Club, culminating in the cai qing ceremony where they showcased their nimble moves.

With hourly lucky draws and a sure-win lucky dip, visitors stood a chance to walk away with attractive prizes that included OTO massagers, headphones and festive

goodies with a minimum spend of \$20 at the bazaar. But the most anticipated draw of all was definitely the Members' Festive Draw, which saw all three Civil Service Clubs packed to the brim, with cash prizes ranging from \$888 to the top prize of \$8,888 up for grabs. Nge Su Yong's lucky star was certainly shining on her as she walked away with not one, but three of the 10 prizes in the draw. "I'm so happy to win three prizes. This is the first time I won after joining the lucky draw for four years. It's a wonderful ang pow for the new year."



- 01 Papercutting workshop in session
- 02 Chef Lisa with her festive dishes
- 03 Showing off their Chinese New Year decorations
- 04 A golden shower to welcome the Year of the Rooster

- 05 Stocking up for CNY at our bazaar
- 06 Getting a complimentary calligraphy
- 07 Grabbing deals at our CNY Bazaar
- 08 One of our lucky draw winners!

# CHEERS TO THE YEAR OF THE ROOSTER



01

Chinese New Year is always a time for celebration. So, on the evening of 3 February, we welcomed the Year of the Rooster CSC-style. Qian Xi Restaurant at our Tessensohn clubhouse was packed to the brim in a sea of red as families and friends gathered to mark renri, or the birthday of mankind.

The event kicked off with a rousing chorus of "Huat ah!" as everyone tossed their highest in the lohei. Among the crowd was CSC member Soobramanee Taiwania who was here with friends. "I've come every year for at least the past five years with my Chinese friends. We've known each other for decades. Every year, they invite me to join them for the CNY dinner and I come with my husband. I get to experience a different culture," she said.



And she wasn't the only repeat guest. Another CSC member, Irene Wee, is a regular at the Club's various celebrations. "My family have been joining in the Chinese New Year, Mother's Day and Father's Day events for the last few years. It's very fun. We enjoy it!" Added Victoria Woo, who was there with four generations of her family, "It's good to celebrate together as one big family and the food is good."



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Guests tucked into sumptuous spread with delights such as crab meat fish maw soup, crispy roasted chicken, fried prawn with pumpkin sauce and nonya-style sea bass, while up on stage, the lively emcee rolled out an exciting programme against a colourful light screen. From stage games to song items by CSC Singing Star winners and management to a Chinese-themed magic show with never-ending handkerchiefs, rope tricks and more, the activities added to a vibrant time.

red packets and wishing everyone a prosperous year ahead. Another highlight was the birthday celebration where all guests born on 3 February were invited on stage to cut their own cake as everyone wished them a very happy birthday.

The evening drew to a close with a lucky draw featuring the top prize of a \$250 Qian Xi voucher, which was snagged by Zachery Tay. "I've been coming for a few years and had won small prizes before. But this is the first time I won first prize. I didn't expect to win. I'll probably bring my grandma and family here for a meal. She likes the food here."

One big hit with the kids was the rooster mascot which made its way around the hall, distributing



05



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- 01 Winning the top prize in the luck draw
- 02 Tossing their best for a prosperous year
- 03 Getting ready for the rooster race

- 04 Our young guest joining in the fun on stage
- 05 Gamedly dressing up for our stage game
- 06 Kids and adults clamouring to greet our rooster mascot



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Produced by Feld Entertainment

**Join your lovable Disney friends for a dazzling adventure of magical fun this school holiday!**

**15-19 March 2017**

**CSC members enjoy 15% off Cat 1 (\$65 per ticket) and 10% off Cat 2 (\$45 per ticket) tickets. Just quote or key in the promo code when booking: CSC17DOI (Valid till 5 Mar '17)**

So start booking from 1 Feb '17 (Wednesday) from an unforgettable moment!

For more details, visit:  
[www.sportshub.com.sg/sportshubtix/Pages/Disney-On-Ice-2017.aspx](http://www.sportshub.com.sg/sportshubtix/Pages/Disney-On-Ice-2017.aspx)

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event highlights

# Heartiest Congratulations

## Perfect Game Qualifiers 2016



Award Presentation by GM, Mr Charlie Ng on Sunday, 12 Feb 2017

- 01 Samuel Joo, Resort Bowl \$10,000
- 02 Nicholas Lum, Planet Bowl \$5,000
- 03 Nicholas Sit, Planet Bowl \$5,000
- 04 Ng Kai Xiang, Westwood Bowl \$2,000
- 05 Alan Ding, Westwood Bowl \$2,000
- 06 Derek Chan, Westwood Bowl \$2,000
- 07 Nikhil N. Gangaram, Westwood Bowl \$2,000
- 08 Logeswaran Elangovan, Westwood Bowl \$2,000

## PRIZED AROMAS FOR WINNERS OF CSC SURVEY 2016



Many of you responded to our recent CSC Member Experience Survey 2016. It was encouraging to see that your experiences have been positive and you were happy with our facilities. We also appreciate your honest thoughts on how we can improve.

To show our gratitude, we chose 4 individuals from the survey to win a Nescafe Dolce Gusto Coffee Machine each. 3 of them managed to make their way down to our Corporate Office in Tessensohn Clubhouse to receive their

special prize from our Finance & Investment Manager, Ms Shirley Tay. We hope our winners will enjoy the wonderful aromas from their machine as much as we enjoy receiving your feedback on our services.



# MINISTRY OF EDUCATION AND REPUBLIC POLYTECHNIC ARE CHAMPIONS



## IN THE PUBLIC SERVICE STAR GAMES 2016

At the Civil Service Club's Annual Dinner and Dance 2016 held at the Fairmont Hotel on 31 December 2016, Guest-of-Honour and CSC Vice-President, Mr Loh Khum Yean presented awards to the top four organisations of Division I and II in the Public Service STAR Games 2016. Aimed at promoting a healthy lifestyle among public officers, the Games was keenly competed by close to 40 government agencies.

Ministry of Education (MOE) showed that it was a deserving overall Division I winner.

The agency took part in 19 of the 21 competitive events and captured 7 championship trophies, including putting up a tough fight to win their first squash title in 2016. However, winning is not the Ministry's primary focus. "Our key objective is to have fun together at the games and simply do our best. Winning is just a bonus", shared Mr Tay Lay Hian, Chairman, MOE Sports and Games Committee. In fact, many participants had appreciated the 'Gotong Royong' spirit of bonding and playing alongside their teammates.



A similar spirit also flowed among the Republic Polytechnic (RP) staff, who participated in 8 events and bagged 2nd Runner-Up in the CSC Run by the Bay 2016 and Beach Captain's Ball Tournament. "Focusing on building a One-RP team spirit rather than striving to win puts less pressure on staff as they enjoyed the sport more", commented Mr Andrew Lim, Manager of RP's Office of Human Resource. They were encouraged to participate even if they had little or no experience. The result showed as Republic Polytechnic took the Division II crown for a fourth consecutive year!



### TOP FOUR AGENCY IN DIVISION I

- Champion: Ministry of Education
- 2nd Position: Ministry of Defence
- 3rd Position: Ministry of Home Affairs
- 4th Position: Ministry of Health

### TOP FOUR AGENCY IN DIVISION II

- Champion: Republic Polytechnic
- 2nd Position: JTC Corporation
- 3rd Position: Central Provident Fund Board
- 4th Position: Ministry of Manpower

# PASSION FOR RUNNING

Richard Goh, an avid cyclist and runner, is a regular member of the Civil Service Club (CSC) Running and Cycling clubs. His weekends are often spent with fellow running or cycling members or at the Changi Clubhouse entertaining friends with his personal anecdotes. Hence, he can be described in a phrase – a fun loving person who will go the extra mile for his friends.



Richard's passion for running continues...

Richard may look like your average guy but there is a inner burning desire to test his limits. In 1991, he completed the Singapore Mobil Marathon, which was equivalent to the Standard Chartered Singapore Marathon, in a personal best of 2 hrs 52 mins 32 secs. He eventually became a Singapore national marathon runner from 1992 to 1993 and represented Singapore at the Kuala Lumpur Marathon in 1992. Today, despite his age, Richard still puts in a running and cycling schedule that a man half his age will find hard to keep up with.

When asked how he got started on running, his response was simple: to prepare for National Service like any young man. This reflects his practical approach to life. However, running soon grew on him and his passion continues to burn strong up to this day.

For readers keen on starting to run or even run a marathon one day, Richard shares some tips on running and preparing for a marathon.

### RICHARD'S TIPS FOR STARTING OUT ON RUNNING:

1. Understand the profile of your foot and get a suitable pair of shoes. *(Note: When shopping for a pair of running shoes, note that there are sports shops that provide potential buyers with the necessary analysis of foot profile or pronation.)*
2. Know your running style with the help of a photo or video showing your foot landing pattern e.g. heels striking or mid foot landing.

Keeping the two tips in mind will go a long way towards receiving a better experience, according to Richard.

He also prepares to achieve a timing of sub three hours in a marathon by

running at least 16km on alternate days and doing a long slow run for at least two hours on Sundays. This cycle is repeated for at least six months prior to the day of marathon. However, Richard reiterated that this is his own personal training plan. Each runner should adopt a plan that best suits him or her.

Finally, Richard wishes more Fusion readers would join the running club. He felt that the club is actually meant for all CSC members, regardless of their running capability. It is a good platform for those wanting to start running or even clock a better running time.

To learn more about the CSC Running Club, contact the Club Chairman, Mr Abraham Chan at 9663 7837 or email Civil Service Club, sports@csc.sg.

## CSC Running Club Charity event 18 - 19 Mar '17

**What?** The CSC Running club will be organising a run cum charity event on 18 – 19 Mar '17.

**Where?** At Tanjung Balai/Karimun Islands, Indonesia.

**How?** The CSC Running Club members will organised a 5 km run for a secondary school on 18 Mar. In addition, we will be supporting a food ration distribution to the needy in the local village.

**Cost.** \$150 inclusive of ferry, one night hotel accommodation, transport and one lunch, dinner and breakfast.

Assemble at Harbour Front on 18 Mar '17 at 7am and return on 19 Mar '17 at 2pm.

Please Call or SMS CSC Running Club, Vice-Chairman, Mr Paul Chan, Mobile: 9145 7388, by 4 Mar 2017.

### CSC Running Club (Changi)

Date	Running Venue and Activity for 2017	Meeting Point
January 7	CSC Changi Clubhouse	CSC Changi Clubhouse
January 21	CSC Changi Clubhouse	CSC Changi Clubhouse
February 4	CSC Changi Clubhouse	CSC Changi Clubhouse
February 18	CSC Changi Clubhouse	CSC Changi Clubhouse
March 4	Keppel Bay Promenade/Labrador Park	Keppel Bay Promenade
March 18	Tg Balai Indonesia	TBA
April 1	CSC Changi Clubhouse	CSC Changi Clubhouse
April 15	Upper Pierce Reservoir	Upper Pierce Reservoir
May 6	Johor Bahru, Sutera Mall	TBA
May 20	CSC Changi Clubhouse	CSC Changi Clubhouse
June 3	CSC Changi Clubhouse	CSC Changi Clubhouse
June 17	Marina Barrage	Marina Barrage
July 1	CSC Changi Clubhouse	CSC Changi Clubhouse
July 15	KTM Green Corridor	Alexandra Village
August 5	Annual gathering at CSC Changi Club	CSC Changi Clubhouse
August 19	Pulau Ubin	CSC Changi Clubhouse
September 2	CSC Changi Clubhouse	CSC Changi Clubhouse
September 16	Punggol Waterways	Lorong Halus
October 7	CSC Changi Clubhouse	CSC Changi Clubhouse
October 21	Bishan Garden	Bishan Garden
November 4	CSC Changi Clubhouse	CSC Changi Clubhouse
November 18	Sentosa	Seah Imm Food Centre
December 2	CSC Changi Clubhouse	CSC Changi Clubhouse
December 16	CSC Changi Clubhouse	CSC Changi Clubhouse

**Note:**

Event location may change and will be informed prior to date via email  
Distance (can be 2, 4, 6km..etc) varies depending on location  
Join us for a run, brisk walk and making friends



**COMING!**

# PUBLIC SERVICE SPORTS AND FAMILY DAY

GARDENS BY THE BAY (BAY EAST) | SATURDAY, 13 MAY '17 | 8AM - 1PM



It is the Civil Service Club's greatest sporting event of the year! Open to all public officers, CSC members and their family members, the Public Service Sports and Family Day will be packed with many sporting and family activities for all ages. Start off your morning on a 5km walk with your family at Gardens by the Bay, followed by dragon boating and kayaking. Your children will enjoy our many inflatable bouncers and games.

Public officers can team up with their colleagues for the tele-match competition or dragon boat race. Families can look forward to the amazing race, game booths

and much more! To top it all, everyone will receive fun packs, goodies and a chance to win the top prize of \$500 at our lucky draw. Participation is free.

**For more information on the activities and registration, please visit [www.csc.sg/sportsday](http://www.csc.sg/sportsday) after 15 Mar '17.**

**Don't miss out on this exciting annual event brought to you by the Civil Service Club!**

## SPORTS NEWS

### MINISTRY OF DEFENCE SCORES ANOTHER MIXED NETBALL CHAMPIONSHIP WIN

11 FEBRUARY 2017

25 teams from 12 government organisations fought it out at the MOE (Evans Road) Sport Hall on 11 February 2017 for the championship title tournament of the Public Service Mixed Netball Carnival. Male and female participants played alongside each other in this exciting event. With the common goal to defend last year's

title, the team from Ministry of Defence (MINDEF) gave their all. Their effort, coupled with their composure and great teamwork, paid off as they held on to the Championship trophy. It helped that they had a renowned coach to assist them in their training. "The coach strengthened our foundational skills and advised us on court strategies," explained MINDEF Team Captain Tay Enting. This gave the members the confidence to take them to the top while having fun on the court.

Guest-of-Honour and CSC Honorary Treasurer Mr Lau Chee Chong presented prizes to the winning teams.

#### RESULTS

Champion:	Ministry of Defence
1st Runner-Up:	Ministry of the Environment and Water Resources
2nd Runner-Up:	Ministry of Education
3rd Runner-Up:	Land Transport Authority





## ACTIVE MOBILITY BILL

In our last newsletter, we highlighted that public focus has shifted from inconsiderate and reckless cycling to those using personal mobility devices (PMD) like electric bikes and scooters. Parliament passed the Active Mobility Bill in January this year to regulate the use of bicycles and PMDs on public roads and paths. With the enforcement of the new law later in the year, bicycles and PMDs can share public paths with pedestrians.

While the new rules passed are aimed mainly at PMDs, bicycles are also included in these rules.

### NEW RULES TO LOOK OUT FOR:

1. Spaces where devices may be used
2. Stipulated standards eg. maximum weight, maximum width and maximum speed.
3. Expected behaviour when riding on paths
4. Code of conduct when riding on paths
5. Riding on roads.

### CODE OF CONDUCT

Here are a few best practices we can adopt to make our public spaces safer and more pleasant for all:

1. Keep to designated paths and cycle with caution within speed limit.
2. Keep to the left and give way to pedestrians when using shared paths.
3. Walk bike at bus stops, bridges, zebra crossings and other designated areas.
4. In case of an accident, offer help and exchange particulars.
5. Use hand signals to warn motorists and others of intended moves.
6. Use bicycle bell freely to warn people.



Let us be thankful for now that we are not facing more stringent controls and hope that these few new rules will improve the situation. The law is necessary to promote safety but is only successful with enforcement and public cooperation to ensure peace of mind. Thus, as cyclists, let us play our part to create a more considerate and safe culture for all.

## ANNUAL GENERAL MEETING

Our Annual General Meeting (AGM) will be held on Saturday, 11 March 2017. It will be an opportunity for members to share their thoughts on managing the club and recommend new initiatives. It will also be a good time to get together with fellow members.



### AGM

**Date:** Saturday, 11 Mar '17

**Time:** 10.30am

**Venue:** CSC @ Changi

Some Management Committee (MC) members will be stepping down to make way for new blood with new ideas to take the club into the next phase. The incumbent Chairman Robert Tan, who founded the club about six years ago, has decided to make way for a new leader to take the helm. We thank him for establishing the club with fellow founding members Paul Chan, Richard Goh and Hannah Chua. Also worthy of mention are our long time supporters: Cephas Koo, Tan Lian Seng, Sandra Loke, Eu Pui Leong, Li Fang, Lim Tian Heng and Oei Su Cheok. They have kept the club going with an array of cycling trips around the Island and overseas.

Join us as we thank the MC for their hard work and elect a new management team to carry on the good work in the new term. You can also step forward and stand for election to serve on the Committee.

Attendance will be for members whose subscriptions are up-to-date. Thus, remember to renew your membership before the AGM. Alternatively, you can pay on the day of the meeting.

In appreciation of your support, the club will be hosting lunch after the AGM and give away free gifts and attractive lucky draw prizes to those in attendance. We look forward to seeing you at the meeting.

## CSC NEW YEAR ROUND ISLAND CYCLING 2017

CSC Cyclists welcomed the New Year with a new resolution -doing what they love best. Instead of making promises, like partaking in wholesome recreation, keeping fit and fostering camaraderie among club members, they started the year with a memorable Round Island Ride on 1st January 2017. It was an unusual way to fulfil a resolution and to begin the year. For some, the experience was worth every moment of the arduous journey.

### Here is an account from our new member, Kevan Lee:

Cycling one round around this sunny island has always been



on my bucket list. So when Mr Poh asked me to join his CSC cycling group for a cycling trip around Singapore, I jumped on this opportunity. With my foldie and my helmet (which I haven't used for 6 years), I embarked on this challenge at 6.40am. It was a very humbling experience to meet cyclists of different age groups and to have a taste of the strong cycling culture in Singapore. There were many groups hitting the road other than us. I am very thankful that everyone waited for me and made me feel welcome from

start to finish. I am also grateful to Mr Poh for inviting me. Now it's time to nurse my legs so that I can climb to the 4th floor on Tuesday for my lessons.

**ROUND ISLAND CYCLING 2017 ITINERARY**



Lorong Halus Wetlands → Punggol Jetty → Seletar Links → Yishun Dam → Mandai Road → Kranji (Pit stop at Kranji Industrial Park canteen) → Karanji Dam → Neo Teow Road → Lim Chu Kang Road → Jalan Baha → Jalan Boon Lay (Toilet break at Shell petrol station) → Jalan Buroh → Jurong Pier Road → West Coast High Way → Keppel Road → Anson/Robinson Road → Marina Bay Sand → Gardens by the Bay (toilet break) → East Coast Park → Changi Coast Road → Loyang Ave → Pasir Ris Drive 3 / Farmway → Lorong Halus Wetlands



**WULING & SUN MOON LAKE RIDE**

by Oei Su Cheok

Team A, which consisted of 10 riders, took the challenge of scaling Wuling's Eastern side, a steeper route compared to the Western side, in November 2016. Wuling is the highest mountain pass in Taiwan. It links the East and West of Taiwan over a central ridge, which runs North-south of the island.



The view from the Tarako Gorge was, to say the least, gorgeous! As we rode through, we had a sense of mobility compared to other tourists. At the same time, we marvelled at the will of the Taiwanese in creating this impressive mountain road. Sadly, some of the most beautiful parts of the scenery were in places too dangerous to stop, with the



By Day 3, the weather turned for the worst. Dark clouds gathered with no clear sky in sight. We were disappointed by the view from the upper reaches and were starting to regret taking this journey. However, we pushed on with minimal warm clothing, which was just a rain jacket with an unflattering poncho. Weaving through the pine forest road in the misty 10°C rain, we passed gurgling mountain streams and a beautiful cold scenery. However, the moments could not be captured as our handphone cameras were wrapped up to protect against the rain. It was sad as the landscape, besides the challenge, was the reason that we took the trip. But at least we were in Wuling.

Fortunately, the gloom lasted only for a day. It was a day of sunshine when Team A joined the 13 Team B riders, who had enjoyed a more leisurely route. With a mind to beat tourists to the key attractions like Sun Moon Lake and Wenwu Temple, we got Jerry, our ride leader and professional tour guide, to just give us a quick introduction of the sites.

Taiwan is a cycling nation, as seen by many bike trails throughout the country.

risk of being hit by rock-falls from cliffs. Thus, we could only capture them in memory.

Riding into Day 2, the gradual climb turned into hair-pin road bends. As we approached the steepest parts, we had no choice but to put our entire body weight on the pedals to push ourselves along.

The trails led us through richly cultivated lands and beautiful mountain ridges. Our ride from Sun Moon Lake to Taipei brought us through the North-western part of Taiwan which has a significant Hakka community. We were introduced to the lifestyle and challenges of this community, motivating us to learn more about their culture.

We had ridden a total of 380km in six days. The bike tour has been enriching as we immersed ourselves in Taiwan's countryside and learnt a little more about this island and about our cycling members. We couldn't have gone through it without our ride leaders and support team, who planned and led us through safely and in good time. It was with a saddened heart as we bade farewell to Taipei. But we are already looking forward to the next trip. So join us! Be part of the cycling club for more future exciting trips.



# Changi Clubhouse IMPROVEMENT WORKS AHEAD

Say goodbye to getting wet at your visit to the Changi Clubhouse. We are adding aluminium cladding to shield our chalet's corridors from the rain.

We are also building a permanent shelter over the handicap carpark lot and its adjacent lot. These are some of the changes you can look forward to as we strive to give you a more positive experience.



Aluminium cladding will be added to shield the chalet's corridors

Shelter over the handicap carpark lot and the adjacent lot



# CSC Swimming Meet 2017

Calling out the next up-and-coming Tao Li or Joseph Schooling! If you are between 7 and 14 years old, sign up for the CSC Swimming Meet 2017. Go head to head with other swimmers to earn bragging rights as our next best swimmer.

			BREASTSTROKE
NO	EVENT	CATEGORIES	
B1	50 Meters	Girls	7 – 9 years old
B2	50 Meters	Girls	10 -12 years old
B3	50 Meters	Girls	13 – 14 years old
B4	50 Meters	Boys	7 – 9 years old
B5	50 Meters	Boys	10 -12 years old
B6	50 Meters	Boys	13 – 14 years old
			FREESTYLE
NO	EVENT	CATEGORIES	
F1	50 Meters	Girls	7 – 9 years old
F2	50 Meters	Girls	10 -12 years old
F3	50 Meters	Girls	13 – 14 years old
F4	50 Meters	Boys	7 – 9 years old
F5	50 Meters	Boys	10 -12 years old
F6	50 Meters	Boys	13 – 14 years old

## Rules and Regulations:

- Participants must report at 7am at Tessensohn Clubhouse Pool on 22 Apr '17.
- Participants are to bring along their Student EZ-Link card for identification purposes.
- Trophies will be awarded only to the top 3 of each event.
- Minimum 5 participants for each event.
- Participants are to obey all the rules and regulations set by the Organiser.

**Date:** Saturday, 22 Apr '17

**Time:** 7am – 10am

**Fees:** Member's Child \$8, Public Officer's Child \$10, Members' Guest's Child \$12. (To register, fill in and submit the application form with indemnity which can be found in this month's newsletter)

**Venue:** CSC @ Tessensohn

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

**Register By:** 8 Apr '17



## APPLICATION FORM

I wish to register my child for the following swimming event/s:

**Breaststroke Events:** B1 B2 B3 B4 B5 B6 (Please **Circle** only one event for Breaststroke Events)

**Freestyle Events:** F1 F2 F3 F4 F5 F6 (Please **Circle** only one event for Freestyle Events)

Name of Child: \_\_\_\_\_ Gender: \*Male/Female

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Name of Parent: \_\_\_\_\_ (\*Member/Public Officer/Guest) NRIC/Membership No: \_\_\_\_\_

Address: \_\_\_\_\_ S (\_\_\_\_\_)

Contact: \_\_\_\_\_ Email Address: \_\_\_\_\_

### Indemnity

I agree that I will not hold the Civil Service Club (CSC) and their appointed staff or officials responsible for any mishaps, injuries or loss of life that may occur in the course of, or as a result of participating in the above activity; and I will indemnify the CSC and their staff or officials against any actions, proceedings, liabilities, claims, damages and expenses by any party howsoever arising out of or in connection with the above activity.

\_\_\_\_\_  
Name & Signature of Parent of Participant

\_\_\_\_\_  
Date

\*Delete as appropriate.



# CNY DECORATIONS CHALLENGE



Tessensohn Clubhouse

CSC @ Tessensohn has edged out from the tough fight brought on by Changi and Bukit Batok clubhouses to win the CSC Chinese New Year Decorations Challenge.

The team was able to pull their minds together to come up with the most ingenious way in making use of recycled items to transform the spaces around the Clubhouse into the most vibrant and exciting festive landscape. It helped that every staff at the Tessensohn Clubhouse contributed creative ideas to best interpret one of the most important and celebrated Chinese festivals.



Changi Clubhouse



Bukit Batok Clubhouse





# Book Your Retreat Venue @ CSC Changi



Enjoy 15% off our Retreat Package in the month of March and April.

Standard Room (About 40-50 pax, depending on setting)		Half Day (Off-Peak)	Half Day (Peak)	Full Day (Off-Peak)	Full Day (Peak)	Logistics
Ministries/ Stat Boards	Packaged Price	\$447	\$475	\$587	\$643	Tables/Chairs, 2 Flip Charts, Projector, 2 Complimentary Parking Coupons
	Discount	15%	15%	15%	15%	
	Price after less	\$379.95	\$403.75	\$498.95	\$546.55	
Corporates	Packaged Price	\$503	\$542.20	\$699	\$777.40	
	Discount	15%	15%	15%	15%	
	Price after less	\$427.55	\$460.87	\$594.15	\$660.79	

Large Room (About 80-100 pax, depending on setting)		Half Day (Off-Peak)	Half Day (Peak)	Full Day (Off-Peak)	Full Day (Peak)	Logistics
Ministries/ Stat Boards	Packaged Price	\$774	\$830	\$1,054	\$1,166	Tables/Chairs, 2 Flip Charts, Projector, 4 Complimentary Parking Coupons
	Discount	15%	15%	15%	15%	
	Price after less	\$657.90	\$705.50	\$895.90	\$991.10	
Corporates	Packaged Price	\$886	\$964.40	\$1,278	\$1,434.80	
	Discount	15%	15%	15%	15%	
	Price after less	\$753.10	\$819.74	\$1,086	\$1,219.58	

For more info:  
 Email: Trystan – [Trystanshim@csc.sg](mailto:Trystanshim@csc.sg)  
 Contact: 6709 4713  
 Email: May – [Chiamaychen@csc.sg](mailto:Chiamaychen@csc.sg)  
 Contact: 6709 4712

**50%**  
 off the lower rate,  
 when you book 2 nights for the  
 Deluxe Suite or the Superior Suite

**BACK BY POPULAR DEMAND**

- Valid for stay between 1 Mar – 30 June 2017
- During Off Peak, Peak and Super Peak Period
- Not valid with other promotions or Voucher Redemption



## Introducing The New Family Suite Plus

Featuring:

- About 86sqm
- 2 Bedrooms  
 - King Size Bed  
 - 2 Single Beds  
 + Pull out Bed
- Dining Area
- Living Room with Sofa Bed



	Members	Public Officers	Public
Off Peak Price	\$244	\$305	\$366
Peak	\$298	\$364	\$439
Super Peak	\$351	\$444	\$526



## clubhouse



The most ideal location that provides for your recreational and sporting needs at a great value. It now comes with even more new and enhanced facilities; and yet still affordable as a training and meeting space.



Auditorium



Cooking & Baking Studio



Dance Studio



Function Room



Function Room

# ONE STOP SOLUTION!

CSC @ Tessensohn provides a one-stop solution for all your interests and requirements. Choose from a wide range of high-quality spaces, both indoor and outdoor, to suit the various specific needs you might have.

Talk to us about your needs. Our staff will be more than happy to assist you.

**Contact us for a no-obligation viewing of our facilities:**  
**Jacqueline Tang at 6391 5605 or [jacquelinetang@csc.sg](mailto:jacquelinetang@csc.sg) / Shamira at 6391 5623 or [shamirajohari@csc.sg](mailto:shamirajohari@csc.sg)**

PS: In accordance with MOF guidelines, Public Service Organisations do not need to go through the procurement route when engaging Civil Service Club to provide services and rental of facilities. You may access the data from the Government Intranet under MOF Procurement Portal and Vital Travel Portal.



Alfresco By the Pool



Pool Terrace



Bowling



Rock Climbing



Futsal

## New F&B Outlets

# @ PLANET BOWL & POOL CAFE

Come in WE'RE OPEN



Our recent refurbished Pool Café is now HALAL certified! Now everyone can enjoy our irresistible mix of international and local delicacies. So come on down with your family and friends for great food and unforgettable times.

Be spoilt for choice at your next corporate and personal events with Hot & Co.'s wide selection of tantalising buffet catering menus. All at a great price!



Just minutes' walk from a shopping mall and MRT station, CSC @ Bukit Batok is the perfect accessible spot for any occasion. Situated on a lush hilltop, you and your guests can look forward to a memorable experience.

## IMPROVEMENT WORKS AT *Bukit Batok Clubhouse*

We have heard you and have set out to do a facelift on the Bukit Batok Clubhouse. You can look forward to better pathways and shelters, besides the bright and beautiful entrance signage. So keep a lookout in the 2nd quarter of 2017 for the wonderful changes as we look forward to giving you a more positive experience.

1

New vibrant main entrance signage welcoming all to the Clubhouse.



2

Handicap/pram accessible pathway at main entrance with new railings and shelters for greater mobility.



3

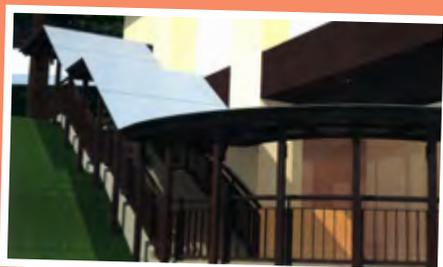
Block B B2 side gate entrance to ensure everyone is covered all the way to our building.



New and striking Block B B2 side entrance signage that can be seen from main road and handrails with LED lights to lead everyone to the Clubhouse.

4

Block B B2 staircase shelters allow better alternative pedestrian access to the staircase and to the block.



## ARTS

### FUN BLOCK PRINTING ON A COTTON TOTE BAG WORKSHOP

Be amazed by what you can do with common items found around your home. Transform everyday objects into simple tools that create interesting patterns in this creative workshop. You'll get to print your best design on a cotton tote bag!

**Date:** Saturday, 13 May '17

**Time:** 2pm – 5pm

**Fees:** Member \$65, Public Officer \$75, Member's Guest \$85 (Fees inclusive of all materials)

**Venue:** CSC @ Tessensohn

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

**Register By:** 7 May '17



Creative block printing with everyday objects



Create patterns using rolling pins and a variety of add ons.



Transform plain styrofoam into beautiful artwork for printing



... and finally, not forgetting the humble vegetable

### PAPER MARBLING WORKSHOP

Create unique, beautiful patterns that transform into abstract art. Learn techniques for making basic marbling patterns and applying them on paper in this artistic workshop. You will then produce a front cover of A5 sized note book with your marbled paper.

**Date:** Saturday, 6 May '17

**Time:** 2pm – 5pm

**Fees:** Member \$65, Public Officer \$75, Member's Guest \$85 (Fees inclusive of all materials)

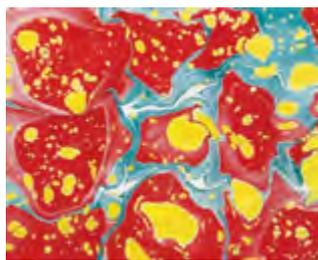
**Venue:** CSC @ Tessensohn

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

**Register By:** 1 May '17



Peacock marbling pattern



Stone pattern



Creating patterns in the tray using a rake



Notebook marbled cover

## BEAUTY



### HANDS ON GROOMING FOR BASIC SKINCARE AND MAKEUP

Create a radiant and younger you! Learn from beauty consultant Winnie Tay on how to achieve and maintain that wonderful skin with a basic skincare regime. You will also pick up easy makeup techniques for a long lasting look.

**Date:** Saturday, 13 May '17

**Time:** 10am – 12pm

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

**Venue:** CSC @ Tessensohn

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

**Register By:** 6 May '17



## FINANCE

### PLAN YOUR WILL & LASTING POWER OF ATTORNEY (LPA) TALKS

Take charge of your future by investing in your well-being now! Join Mr Kenneth Low, an Associate Financial Consultant and certified Associate Estate Planning Practitioner heading a team of Estate Planners, as he provides you with unique tips and practical ideas on finance through the following talks.



#### Plan Your Will

Avoid potential family conflicts and costly mistakes by equipping yourself with the essential knowledge on getting your estate in order in this informative talk. Don't leave this world without doing it!

**Date:** Saturday, 8 Apr '17  
**Register By:** 1 Apr '17



#### Lasting Power of Attorney (LPA) Talk

Losing mental capacity can happen to anyone. So it is important to decide for yourself who you can trust to handle your affairs while you can. Join us and find out more about the LPA and the process involved in making it.

**Date:** Saturday, 29 Apr '17  
**Register By:** 22 Apr '17

#### For the above courses:

**Time:** 11am – 12.30pm  
**Fees:** Member \$8, Public Officer \$10, Member's Guest \$12  
**Venue:** CSC @ Tessensohn  
**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg



## FOOD

### COOKING WITH CHEF MICHELE OW

See Chef Michele's desire in producing the perfect dish come to life as she combines the freshest ingredients, natural flavours and the right techniques in this series of experiential workshops. She comes with an 8-year F&B industry experience and an extensive culinary knowledge.



#### French Bistro Food

Transport your guests into a bistro by cooking these food from the confines of your kitchen.

#### Salad Nicoise

This traditional French dish makes a great meal on a hot and humid day.

#### Duck Confit

This classic delicacy is a main staple in the French diet and is full of flavour.

#### Potatoes Sautéed with Duck Fat

Your guests will be enjoying the earthy flavour of potatoes heightened by duck fat in this rustic French side dish.

**Date:** Friday, 31 Mar '17  
**Time:** 7.30pm – 10pm  
**Fees:** Member \$70, Public Officer \$75, Member's Guest \$80  
**Register By:** 24 Mar '17

#### Easter Macaron Class - (Egg Custard Filling)

Liven up the Easter festivity with this sweet and colourful dessert.

**Date:** Friday, 7 Apr '17  
**Time:** 7pm – 9.30pm  
**Fees:** Member \$65, Public Officer \$70, Member's Guest \$75  
**Register By:** 31 Mar '17

#### Italian Pasta With A Simple Dessert

Serve these pasta dishes as a first course or as main meal. Either way they are quick to whip up. End off your satisfying meal with a popular Italian dessert.

#### Handmade Pasta Fettuccine with Bolognaise

This classic meat-based dish is delicious and easy to cook, making it perfect for dinner.

#### Aglio Olio with Seared Scallop

This simple Italian pasta dish is basically cooked in garlic and olive oil, making it a wonderful treat for everyone.

#### Authentic Tiramisu

Tempt your guests with this coffee-flavoured Italian custard dessert. Be sure to prepare this ahead of time and allow the flavours to mingle for a great taste.

**Date:** Saturday, 22 Apr '17  
**Time:** 2pm – 5pm  
**Fees:** Member \$70, Public Officer \$75, Member's Guest \$80  
**Register By:** 13 Apr '17

#### For the above courses:

**Venue:** CSC @ Tessensohn  
**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg



FOOD

THE ROMAN FOOD NET WORKSHOPS WITH CHEF LISA 2017



Chef Lisa returns with a tantalising selection of colourful and delicious dishes that you can easily whip up from your own kitchen in this series of workshops.

**Workshop Entrées**

Add variety to your Lunar New Year gatherings with these Asian street food.

- Melaka Chendol Jell-O
- CNY Egg Shell Crisps
- HK Pork Rind Curry Fish Ball

**Date:** Saturday, 7 Jan '17

**Time:** 2pm – 5pm

**Register By:** 2 Jan '17

Learn to make these traditional Chinese dishes for your loved ones on any special occasions.

- Tai Yang Bing
- Savoury Yam Rice
- Pressure Hedgehog Fish Maw Brew

**Date:** Saturday, 25 Feb '17

**Time:** 2pm – 5pm

**Register By:** 17 Feb '17

Impress everyone by creating a chicken dish that is both sweet and savoury and desserts that are both tasty and colourful.

- Beetroot Watermelon Bread
- Violet Ongol-Ongol
- Mongolian Chicken

**Date:** Friday, 3 Mar '17

**Time:** 7pm – 9.30pm

**Register By:** 24 Feb '17

Make these homey dishes and warm the hearts and stomachs of your guests.

- Pandan Coconut Pan
- Taiwanese “Flies’ Heads”
- Collagen Stock

**Date:** Saturday, 8 Apr '17

**Time:** 2pm – 5pm

**Register By:** 1 Apr '17

Learn to make chicken rice and cookies with an added twist and your guests will be asking for more.

- Twisted Cookies – with Rolled-In Sugar
- Roman Tsuyu Chicken Rice Set
- Special Lime Chilli Dip

**Date:** Friday, 12 May '17

**Time:** 7pm – 9.30pm

**Register By:** 6 May '17

Create these hearty meals and fill up the stomachs of even the most hungry soul.

- HAF Classic Duck Confit
- Ciabatta Bread
- Golden Pumpkin Soup of the Day

**Date:** Saturday, 10 Jun '17

**Time:** 2pm – 5pm

**Register By:** 4 Jun '17

**For the above courses:**

**Fees:** Member \$18, Public Officer \$22, Member's Guest \$25

**Venue:** CSC @ Tessensohn

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



**In Collaboration Partners:**



**FOOD**



**BAKING BY CHEF AMY**

Learning to bake is a piece of cake and your loved ones will definitely enjoy the benefits of your baking skills.

Join Chef Amy as she shows you how you can be a better baker and impress everyone.

**Onde Onde Cake**

A popular pandan sponge cake layered with gula melaka filling and frosted with coconut whipped cream. Learn to bake a coconut sponge cake, prepare the filling and frost successfully.

**Date:** Sunday, 9 Apr '17

**Fees:** Member \$65, Public Officer \$70, Member's Guest \$75 (Each participants will get to bring home a 6" round cake)

**Register By:** 2 Apr '17

**Buttercream Roses**

Improve your piping skills in this hands-on class. Learn to frost a cake and pipe a decent rose buttercream. You will also receive a recipe for making Swiss meringue buttercream.

**Date:** Sunday, 7 May '17

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

**Register By:** 2 May '17

**Baking with Grains**

Create a healthy breakfast and tea-time for your family by learning to bake these hi-fibre breads in this session.

- Crusty Multigrain Rolls
- Oats & Wholemeal Dates Loaf

**Date:** Sunday, 21 May '17

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

**Register By:** 15 May '17

**For the above courses:**

**Time:** 2pm – 5pm

**Venue:** CSC @ Tessensohn

**Contact:** Gek Cheng at 6391 5624 or

kuagekcheng@csc.sg



**TEFAL FOO(D) DIARY WORKSHOPS WITH CHEF LISA 2017**

Journey with Chef Lisa as you discover new dishes and remember the treats you enjoyed during your growing up years. Pick up also new cooking skills along the way.



**Workshop Entrées**

Your Lunar New Year meals will be more unique by adding these specials into your repertoire of dishes.

- Tadpole Mango Pudding
- CNY White Bee Hoon Special
- Milk Honey Lian Guo

**Date:** Friday, 20 Jan '17

**Time:** 7pm – 9.30pm

**Register By:** 13 Jan '17

Widen your recipe repertoire and delight your guests with these favourite Malaysian and Indonesian delicacies.

- Cream Cheese Lapis
- KL Yau Cha Mein
- KL Bird Nest Bangdung

**Date:** Friday, 17 Feb '17

**Time:** 7pm – 9.30pm

**Register By:** 10 Feb '17

Create these delectable wonders that look and taste good for your dinner parties.

- Jell-O Wonders
- Sotong Otak-Otak
- Chai Buey Treasures

**Date:** Friday, 17 Mar '17

**Time:** 7pm – 9.30pm

**Register By:** 10 Mar '17

Pamper your loved ones by making one of the easiest Indo-Chinese chicken dishes and some retro sweets.

- Golden Dragon Chicken
- Old Day Candy Coconut
- Melaka Santan Egg Agar

**Date:** Saturday, 22 Apr '17

**Time:** 2pm – 5pm

**Register By:** 14 Apr '17

Bring back wholesome memories with these comfort food cooked right from your home.

- Home Creation Putu Piring
- Maccheroni

**Date:** Friday, 26 May '17

**Time:** 7pm – 9.30pm

**Register By:** 19 May '17

Add in some East Asian flavours to your meals by cooking these well-known dishes.

- Korean Egg Bbang
- Mock Harsma Snow Frog (Xueyan)
- Korean Samgyetang

**Date:** Saturday, 17 Jun '17

**Time:** 2pm – 5pm

**Register By:** 10 Jun '17

**For the above courses:**

**Fees:** Member \$18, Public Officer \$22, Member's Guest \$25

**Venue:** CSC @ Tessensohn

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



*In Collaboration Partners:*



FUN

YACHT FISHING TRIP

The Southern Islands' waters hold the largest reef eco-system in Singapore and a variety of fish species. Join us for an exciting fishing trip as you look to break your personal heaviest catch record. We require that you are able to tie your own fishing rigs. We are only able to take a maximum of 8 anglers so sign up now!

**Trip Includes:**

- Guidance from our friendly and experienced fishing master
- Mineral water on board
- Fresh catch of your own from the sea to bring back
- Ice for storage of catch



**Note:**

- \* 5 – 12 year olds must be accompanied by at least an adult who is also taking the course.
- \* No lunch is provided, please prepare lunch before leaving to the island.

**Date:** Sunday, 7 May '17

**Time:** 8am – 5pm

**Fees:** Member \$140, Public Officer \$145, Member's Guest \$150 (Min. age 5 years old)

**Venue:** Place of embarkation at Republic of Singapore Yacht Club

**For trip details and things to bring:**

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

**Register By:** 30 Apr '17



DE WILD FABER TREK

Go on a "wow" experience exploring the wild side of Mount Faber. We will trek through the forests of Faber in search of lost treasures in Singapore. We might get lost and find ourselves on top of Mount Faber. If all these sound intriguing, do join us!

**Date:** Saturday, 25 Mar '17

**Time:** 3.30pm – 6pm

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

**Venue:** Mount Faber

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

**Register By:** 20 Mar '17

BEGINNER ANGLER COURSE

Spend a day with your family on one of Singapore's best kept secrets while learning a new hobby. Join us at the scenic Lazarus Island and learn to handle a caught fish and use a fishing setup confidently.

**Course Includes:**

- Ferry transfer to and from Lazarus Island
- Beginner Angler's course handbook and starter kit
- Fishing equipment and accessories
- Light refreshments



**Note:**

- \* 5 – 12 year olds must be accompanied by at least an adult who is also taking the course.
- \* No lunch is provided, please prepare lunch before leaving to the island.

**Date:** Saturday, 15 Apr '17 and/or Sunday, 28 May '17

**Time:** 8.30am – 5.30pm (Ferry shall depart at 9am. Arrive 30 minutes before boat departure time. Please be punctual.)

**Fees:** Member \$85, Public Officer \$90, Member's Guest \$95 (Min. age 5 years old)

**Venue:** Place of embarkation is Marina South Pier. Course will be at Lazarus Island.

**For more details on course and things to bring:**

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

**Register By:** 1 week before course

THE CHEK JAWA ADVENTURE

Suitable for children aged 3 and above

Get up close with a wide variety of species residing in a unique habitat within urban Singapore. Join us as we discover Chek Jawa's six ecosystems and capture different creatures in action. It will be an informative adventure for you and your family.

**Date:** Sunday, 12 Mar '17 or 23 Apr '17

**Time:** 8.15am – 11.15am

**Fees:** Member \$16, Public Officer \$22, Member's Guest \$25 (Fees include a licensed nature guide and land transport to and fro Chek Jawa. Participants have to prepare \$6 for 2-way boat ride.)

**Venue:** Changi Point Ferry Terminal

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

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



FUN

**INLINE SKATING FOR BEGINNERS**



Suitable for both adults and children aged 4 and above

Gather your friends and family for a fun time in learning inline skating. This popular sport will improve your fitness and mental health as you bond together.



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

**Weekday Group Class:**

**Dates:** 4 Mondays, 3 – 24 Apr '17 or 8 – 29 May '17

**Time:** 6.30pm – 7.30pm

**Venue:** Sengkang Basketball Court

**Dates:** 4 Thursdays, 6 – 27 Apr '17 or 4 – 25 May '17

**Time:** 6.30pm – 7.30pm

**Venue:** Choa Chu Kang Park

**Dates:** 4 Fridays, 7 Apr – 5 May '17 (No lesson on PH) or 12 May – 2 Jun '17

**Time:** 6.30pm – 7.30pm or 8pm – 9pm

**Venue:** Pinnacle @ Duxton

**Weekend Group Class:**

**Dates:** 4 Saturdays, 1 – 22 Apr '17 or 6 – 27 May '17

**Time:** 3.30pm – 4.30pm or 5pm – 6pm

**Venue:** East Coast Park Car Park F1

**For the above classes:**

**Fees:** Member's Child \$85, Public Officer's Child \$90, Member's Guest Child \$95

Fee includes rental of skating gear, elbow, wrist and knee shields for first timer

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

**Register By:** 30 Mar '17 or 1 May '17  
Flexibility for participants to arrange the class schedule with the instructor.

**FLOWER ARRANGEMENT COURSES**

Get started on a journey of creativity and imagination in floral art as you pick up the basic skills and knowledge on flower arrangement in our hands-on workshops.

**Flower Arrangement - Table Centrepiece**

Learn the techniques in creating a centrepiece suitable for a meeting room or dining table. This arrangement features roses, gerberas and phoenix.



**Date:** Saturday, 22 April '17

**Fees:** Member \$40, Public Officer \$50, Member's Guest \$60

**Register By:** 17 April '17

**6-Stalk Roses Flower Hand Bouquet**

Perfect for Mother's Day! This unique bouquet combines 6 stalks of roses with baby's breath and cordyline leaves to make an ideal gift for someone's birthday or as a thoughtful greeting.



**Date:** Saturday, 6 May '17

**Fees:** Member \$25, Public Officer \$35, Member's Guest \$45

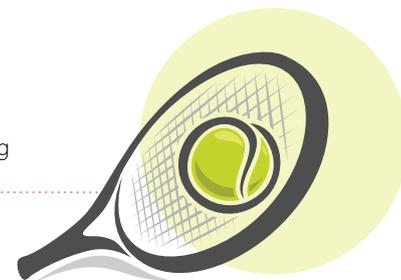
**Register By:** 1 May '17

**For the above courses:**

**Time:** 1pm – 3pm

**Venue:** Tanjong Pagar

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



**FUN TENNIS**

Enjoy a game of tennis with your family and friends while building up your foundation. In this fun course, you will be picking up basic tennis skills like footwork, coordination and even tactics.

Programmes	Time	Mar	Apr	Price
<b>Beginners</b>				
Adult @ Tessensohn	10am – 11.30am	6 Saturdays, 4 Mar – 8 Apr '17	6 Saturdays, 29 Apr – 3 June '17	Member: \$150 Public Officer: \$160 Member's Guest: \$165
Junior @ Tessensohn	3pm – 4.30pm			
Adult @ Bukit Batok	4pm – 5.30pm			
<b>Intermediate</b>				
Adult @ Tessensohn	1pm – 2.30pm	6 Saturdays, 4 Mar – 8 Apr '17	6 Saturdays, 29 Apr – 3 June '17	Member: \$175 Public Officer: \$185 Member's Guest: \$190
Adult @ Bukit Batok	5.30pm – 7pm	6 Sundays, 5 Mar – 9 Apr '17	6 Sundays, 30 Apr – 4 June '17	
Junior @ Bukit Batok	10am – 11.30am			
<b>Advanced</b>				
Adult @ Tessensohn	8.30am – 10am	6 Saturdays, 18 Feb – 15 Apr (No lessons on 11, 18 & 25 Mar)	6 Saturdays, 22 Apr – 27 May	Member: \$200 Public Officer: \$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 6391 5607 or onnhaiming@csc.sg  
**Register By:** 25 Jan '17

## FUN

INTRODUCTORY CUPS  
SPEED STACKING

Enhance your hand-eye coordination and your use of both sides of your brain by picking up the art of speed stacking. Join us in this fun sport and challenge yourself to stack plastic cups in sets of patterns in the fastest time possible.



**Date:** Saturday, 27 May '17

**Time:** 10am – 12pm

**Fees:** Member \$40, Public Officer \$50, Member's Guest \$55

**Venue:** CSC @ Tessensohn

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

**Register By:** 20 May '17

UPCYCLING DIY: TRANSFORM  
YOUR OLD T-SHIRT INTO A  
TOTE BAG

Give your old T-shirts a second life! Turn them into functional art that you can bring home. You will be given creative DIY tips and techniques to transform them into a useful tote bag. All materials will be provided. Participants to bring one old T-shirt.

**Date:** Saturday, 22 Apr '17

**Time:** 2pm – 5pm

**Fees:** Member \$40, Public Officer \$50, Member's Guest \$55

**Venue:** CSC @ Tessensohn

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

**Register By:** 16 Apr '17

## UPDATE YOUR PARTICULARS WITH US NOW!

*Dear Members,*

Due to limited internet access in the Public Sector, you may continue to be updated with our E-newsletter by providing us your personal email address.

Login to your membership account at <https://gateway.csc.sg/webclub/facilities/> to update your email address today!



## FUN

## FUN ARCHERY

Join a qualified coach from ACE Archery and be inspired to be like Robin Hood. Pick up basic shooting arrow skills and have fun in a friendly competition. This is open to most ages and many types of bows are provided.



**Date:** Saturday, 15 Apr or 13 May '17  
**Time:** 10am – 12pm  
**Fees:** Member \$30, Public Officer \$35, Member's Guest \$40  
**Venue:** CSC @ Tessensohn  
**Contact:** Hai Ming at 6391 5607 or onnhaiming@csc.sg  
**Register By:** 1 week before each session

## POLE DANCING CLASS

Join a class that's the first of its kind! Pole dancing provides an intense but fun workout on a vertical pole. You will be getting in shape while learning some beginner pole handling in a safe environment. The class takes up to 8 students only so sign up now!

**Dates:** 4 Thursdays, 6 – 27 April '17  
**Time:** 7.30pm – 8.30pm  
**Fees:** Member \$100, Public Officer \$110, Member's Guest \$120 (Min. 6 pax to start class. Max 8 pax)  
**Venue:** Waterloo Street  
**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg  
**Register By:** 1 April '17



## HEALTH

## HYDRORIDER AQUABIKE FITNESS (CIRCUIT TRAINING)

Take your bike session to a new challenging level without stressing out your joints and muscles. The Hydrorider AquaBike exercise routine allows you to pedal while immersed in the water, thus shaping your legs and improving your cardiovascular system.



Please bring your own aqua shoes.

Evening Full Sessions (Circuit Training)  
Time: 7.30pm – 8.30pm

No. of classes	Tuesdays (30 mins on water/bike, max 8 pax)	No. of classes	Thursdays (max 5 pax)
4	11 Apr – 2 May '17	4	6 – 27 April '17
4	9 – 30 May '17	4	4 – 25 May '17

## For the above courses:

**Fees:** Member \$100, Public Officer \$110, Member's Guest \$120  
**Venue:** CSC @ Tessensohn  
**Contact:** Vanessa Choo at 6391 5641 or vanessachoo@csc.sg  
**Register By:** 1 week before class

## PILOXING @ CSC BUKIT BATOK

Transform yourself into a sleek and powerful you! This non-stop cardio class blends the speed and agility of boxing with exhilarating dance moves and targeted sculpting of Pilates to burn maximum calories and build lean muscles. You'll be pushed past your limit but it's worth it!

**Dates:** 4 Thursdays, 6 – 27 Apr '17 or 4 – 25 May '17  
**Time:** 7pm – 8pm  
**Fees:** Member \$50, Public Officer \$55, Member's Guest \$58  
**Venue:** CSC @ Bukit Batok  
**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg  
**Register By:** 2 Apr '17 or 30 Apr '17



## HEALTH

## KPOP X FITNESS

Be like a K-pop star while getting into shape! In this fun aerobic workout, you will be moving to the most popular K-pop songs while burning up to 500 calories. So join us for an exhilarating time!



**Dates:** 8 Saturdays, 8 Apr – 27 May '17

**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:** 2 Apr '17

## K-KARDIO DANCE

Get into a heart-pumping session that helps in fat loss and tones muscles! The K-Kardio Dance combines a one hour non-stop aerobic regime with simple K-pop dance moves and K-pop music. The best part is no prior dance experience is required!



**Dates:** 8 Mondays, 27 Mar – 22 May '17 (no class on PH)

**Time:** 8pm – 9pm

**Fees:** Member \$100, Public Officer \$110, Member's Guest \$120

**Venue:** CSC @ Tessensohn

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

**Register By:** 20 Mar '17

## LEARNING ABOUT DEMENTIA

In Singapore, the prevalence rate of people with dementia aged 65 years and above is about 6.2%. Dementia is an illness which affects the brain, causing the brain cells to die at a faster rate than normal. This leads to failing memory, deterioration of intellectual function and personality changes. Is it normal to be forgetful as we grow old? How to reduce dementia risk? Experts from Alzheimer's Disease Association will share with you on dementia risk, identify its symptoms for timely diagnosis and early intervention, and what you can do to help elderly with Dementia.



**Date:** Saturday, 29 Apr '17

**Time:** 11am – 12:30pm

**Fees:** Member \$8, Public Officer \$10, Member's Guest \$12

**Venue:** CSC @ Tessensohn

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

**Register By:** 23 Apr '17

## POUND® FITNESS

Enjoy a unique but effective full-body workout that involves drumming. POUND® uses Ripstix®, lightly weighted drumsticks created for exercising, in an exciting cardio jam session that combines cardio, conditioning and strength training with Pilates-inspired movements. The class is run by the Grace Sagaya Team.

**Dates:** 4 Wednesdays, 5 Apr – 26 Apr '17 or 3 May – 31 May '17 (No lesson on PH)

**Venue:** CSC @ Bukit Batok

**Dates:** 4 Thursdays, 6 – 27 Apr '17 or 4 – 25 May '17

**Venue:** CSC @ Tessensohn

**For the above courses:**

**Time:** 7pm – 7.45pm

**Fees:** Member \$68, Public Officer \$75, Member's Guest \$80 (Ripstix® will be provided for the class)

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

**Register By:** 1 Apr '17 or 1 May '17



## MUAY THAI YOUR WAY TO FITNESS

Learn to defend yourself and improve your fitness by picking up Muay Thai, a traditional form of boxing. Join Thien Wen Han as he teaches you original Muay Thai techniques in this fun workshop.

**Adult Beginner Class**

**Dates:** 10 Saturdays, 13 May – 15 July '17 (Exclude PH)

**Time:** 11am – 12pm

**Adult Intermediate Class**

**Dates:** 10 Saturdays, 13 May – 15 July '17 (Exclude PH)

**Time:** 9am – 10am

**For the above courses:**

**Fees:** Member \$125,

Public Officer \$135,

Member's Guest \$145

**Venue:** CSC @ Bukit Batok

**Contact:** Vanessa at

6391 5641 or

vanessachoo@csc.sg

**Register By:** 9 May '17



## HEALTH

BOOGIE BOUNCE  
XTREME FITNESS

Get your muscles working while jumping, bouncing and stomping! In this cardio workout, you will be jamming on a mini trampoline to the beat of the music while holding on to a safety bar.

**Dates:** 8 Mondays, 13 Mar – 8 May '17  
or 8 Wednesdays, 5 Apr – 31 May '17  
(No lesson on PH)

**Time:** 8pm – 9pm

**Fees:** Member \$140, Public Officer \$150,  
Member's Guest \$160

**Venue:** CSC @ Bukit Batok

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

**Register By:** 6 Mar '17 for Mon class  
or 1 Apr '17 for Wed class

DANCE FITNESS BY  
FARHAN

Enjoy a calories burning workout while learning different genres of dance every week. This is not your usual Zumba class! Your dance movements are specially designed



by Instructor Farhan Hassan, an accomplished dance choreographer. So get in shape while having a blast!

**Dates:** 4 Tuesdays, 4 – 25 Apr '17

**Time:** 8pm – 9.30pm

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

**Venue:** CSC @ Tessensohn

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

**Register By:** 30 Mar '17

JUDO FOR  
CHILDREN

Your child can prevent injuries caused by accidental falling through learning Judo. This class will help him improve his hand-eye coordination and motor skills and is conducted by a professional trainer from THE DOJO.

**Children Beginner Class**

(7 – 12 years old)

**Dates:** 4 Sundays, 2 – 23 April '17

**Dates:** 4 Sundays, 7 – 28 May '17

**For the above classes:**

**Time:** 9.30am – 10.15am

**Fees:** Member \$100,  
Public Officer \$110,  
Member's Guest \$120

**Venue:** CSC @ Tessensohn

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

**Register By:** 1 week before class

DE-STRESS WITH  
ACUPRESSURE MASSAGE  
AND GUASHA

Lead a healthy lifestyle in the midst of a busy life by picking up essential strategies and skills. In this workshop, you will learn various types of acupressure massage and Guasha for effective stress management.

Coupled with aromatherapy, you can say goodbye to stress-induced health issues.

**Date:** Saturday, 8 Apr '17

**Time:** 10am – 1pm

**Fees:** Member \$40, Public Officer \$45,  
Member's Guest \$49

**Venue:** CSC @ Tessensohn

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

**Register By:** 3 Apr '17

WAYS TO DETOXYFY  
YOUR BODY

With our modern lifestyle and dietary habits, we need to keep our detox system in tip-top condition. Learn the self-healing art of meridian acupressure massage and Guasha to build up your immunity by detoxifying and to enhance your digestive system in this informative workshop. Take charge now of your overall well-being!



**Date:** Saturday, 13 May '17

**Time:** 10am – 1pm

**Fees:** Member \$40, Public Officer \$45,  
Member's Guest \$49

**Venue:** CSC @ Tessensohn

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

**Register By:** 7 May '17

NATURAL YOGURT  
MAKING CLASS

Yoghurt is known for promoting a healthy digestive tract, besides boosting our immune system. In this informative workshop, you will get hands-on experience in Low Fat and Greek Style yogurt making while learning to add flavour. You will also compare the difference between homemade and store bought yoghurt.

**Date:** Saturday, 8 Apr '17

**Time:** 2pm – 3.15pm

**Fees:** Member \$10, Public Officer \$15,  
Member's Guest \$18

**Venue:** CSC @ Tessensohn

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

**Register By:** 2 Apr '17



HEALTH



TENNIS BY SINGAPORE TENNIS SCHOOL (STS)

Have a unique tennis experience and play like a champion by learning from certified Australian tennis instructors. A wide range of programmes are offered for all ages and abilities.

Activity	Time	Date (Apr)*	Date (May)*
<b>Adult Programmes (regular tennis classes)</b>			
<b>Beginner</b>	8am – 9am	4 Sundays, 2 – 23 Apr '17	4 Sundays, 7 – 28 May '17
<b>Intermediate</b>	9am – 10am		
<b>Cardio Tennis Programme</b>			
<b>Cardio</b>	10am – 11am	4 Sundays, 2 – 23 Apr '17	4 Sundays, 7 – 28 May '17

\*No lessons on Public Holidays

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

**Fees:** Member \$110, Public Officer \$115, Member's Guest \$120 (Fees for 4 lessons)

**Venue:** CSC @ Tessensohn

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

**Register By:** 10 Days before start of lesson



MOVE BETTER, LIVE STRONGER

As we age, our muscles and bone lose their mass and density. Let our certified Strength & Conditioning coaches guide you through a series of breathing techniques and movements that will empower you and your family to move better and live stronger. So get your sneakers ready and join us for a fun-filled workshop!

**Date:** Thursday, 6 Apr '17 or Saturday, 6 May '17

**Time:** 7pm – 8pm (6 Apr) or 10am – 11am (6 May)

**Fees:** Member \$30, Public Officer \$40, Member's Guest \$45

**Venue:** CSC @ Tessensohn

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

**Register By:** 1 week before each session

ZUMBA FITNESS @ CSC

Take out the "work" out of workout! Zumba dance combines floor work with circuit training and aerobic moves. Once the Latin dance music takes over, you will soon forget that you are actually burning a lot of calories!

Zumba Dance @ CSC Bukit Batok

Let our experienced instructors take your fitness regime to the next level in this cardio dance programme which incorporates upbeat music with fun resistance exercises.

Tuesdays		Fridays	
Instructor: Haynia		Instructor: Wendy	
No. of Classes	Date	No. of Classes	Date
4	4 – 25 Apr '17	3*	7 – 28 Apr '17
4	9 – 30 May '17	4	5 – 26 May '17
<b>7pm – 8pm</b>		<b>7.30pm – 8.30pm</b>	

Dance with Charlotte @ CSC Tessensohn

Join qualified group aerobics and Zumba fitness instructor Charlotte Mizuki as she leads you in an intense rhythmic exercise that has helped her lose 18kg in 1 year.

Tuesdays	
No. of Classes	Date
4	4 – 25 Apr '17
4	9 – 30 May '17
<b>7pm – 8pm</b>	

For the above courses:

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

**\*Fees for April Friday Class:** Member \$37.50, Public Officer \$41.25, Member's Guest \$43.50

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

**Register By:** 1 Apr '17 or 6 May '17



Haynia



Wendy



Charlotte

## HEALTH

## AWARENESS THROUGH MOVEMENT CLASSES

Rediscover habits that prevent us from moving our bodies efficiently by learning this Feldenkrais Method created by Moshe Feldenkrais. Instead of relying on muscular effort which restricts our brain from working on our body's behalf, these classes will help you develop more sensory motor learning skills that lead to physical improvement and overall well-being.



Bring a medium size towel and dress comfortably.

**Dates:** 10 Saturdays, 22 Apr – 24 Jun '17

**Time:** 10am – 11am

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

**Venue:** CSC @ Tessensohn

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

**Register By:** 18 Apr '17

## TRADITIONAL CHINESE QIGONG FOR HEALTH

By Mdm Chan Siok Fong

Improve the quality of your health by picking up tips on life-long self-care. Learn from Instructor Mdm Chan Siok Fong about Traditional Chinese Qigong (TCQ), a form of Healthcare Qigong that uses breathing and mind-will to nurture vital healing qi.

**Course One:**

**Fluid Healthcare Mobile Qigong Regimen 1:** Harmonise your 'Yin-Yang' qi through focused breathing and fluid body movements to improve qi and blood circulation. This normalises your blood pressure and aids in digestion.

**Dates:** Thursday & Friday, 30 & 31 Mar '17

**Register By:** 23 Mar '17

**Course Two:**

**Comprehensive Healthcare Meditation:** Relieve tension pain with the use of breathing and mind-will and discover techniques to nurture your healing qi according to your individual physical needs.

**Dates:** Thursday & Friday, 20 & 21 April '17

**Register By:** 13 Apr '17

**For the above courses:**

**Time:** 7.30pm – 9.30pm

**Fees:** Member \$45, Public Officer \$55, Member's Guest \$60 (Fees per course)

**Venue:** CSC @ Tessensohn

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

## STRONGER KNEES AND JOINTS EXPRESS CLASS

Don't let knee pain hinder your daily life! You will learn a four-steps framework to improve your knee and joint functions in this experiential workshop. Pick up meridian flexercise, therapy techniques and practical food remedy tips for stronger joints.



**Dates:** 2 Fridays, 31 Mar – 7 Apr '17

**Time:** 7.15pm – 9.15pm

**Fees:** Member \$70, Public Officer \$75, Member's Guest \$80

**Venue:** CSC @ Tessensohn

**Register By:** 24 Mar '17



## LOHAS MERIDIAN SELF-THERAPY PROGRAM (LOHAS-MSP)

Re-energize your health to the next level! Relieve and resolve nagging health issues, such as headache, lethargic and digestion issue with these four comprehensive and practical sessions. (Be our graduate and attend lifetime refresher training and update for free.)

**Dates:** 4 Saturdays, 29 Apr – 27 May '17

**Time:** 2pm – 6pm

**Fees:** Member \$330, Public Officer \$350, Member's Guest \$370

**Venue:** Success Trees Training Room, 12 Arumugam Road, #02-11

**Register By:** 21 Apr '17

**For above courses:**

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

## POSTURE PERFECT FOR A HEALTHIER YOU

Your posture could be limiting you from being a ball of energy! This experiential workshop is for all ages, especially those who sit for more than 8 hours a day. Our certified Strength & Conditioning coaches will be showing you useful ways to maintain the integrity of your posture and movement.

**Date:** Saturday, 29 Apr '17 or Thursday, 25 May '17

**Time:** 10am – 11am (29 Apr) or 7pm – 8pm (25 May)

**Fees:** Member \$30, Public Officer \$40, Member's Guest \$45

**Venue:** CSC @ Tessensohn

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

**Register By:** 1 week before each session



## HEALTH

### BREATHE MEDITATION

The breath and the body are interconnected. Reduce your distractions and develop inner peace through breathe meditation. Join us to discover the purpose and benefits of this form of meditation. Learn how it is done and use it in your daily life.

**Dates:** 5 Saturdays, 1 Apr – 29 Apr '17  
**Time:** 10am – 11am  
**Venue:** CSC @ Tessensohn  
**Fees:** Member \$70, Public Officer \$80, Member's Guest \$85  
**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg  
**Register By:** 26 Mar '17



### LEARN-TO-SWIM WITH THE SWIM SOCIETY!

Become the swimmer you want to be in our first-ever learn-to-swim programme! Let Marcus Cheah, ex-national swimmer and Founder of The Swim Society, teach you different swimming styles and techniques. You will be gaining water confidence and swimming gracefully in no time!

**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



Learn to swim	Dates	Time	Fees (Group Lessons)	Fees (Private Lessons)
<b>APRIL 2017 Term</b>				
Kids	10 lessons (once every week) • 17 Apr '17 to week of 24 Jun '17. • Mon/Fri/Sat (Exclude PH)	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.
Adults				Member: \$900, Public Officer: \$950, Member's Guest: \$970

**Venue:** CSC @ Tessensohn  
**For payment, contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg  
**For schedule & time slot, contact:** Marcus at marcus@theswimsociety.com  
**Register By:** 12 April '17

Visit [www.theswimsociety.com/schedule](http://www.theswimsociety.com/schedule) for more information on the schedule and terms and conditions.

### BARREAMPED BOOTCAMP

This mixed levels class uses the foundation of BarreAmped combined with cardio intervals (1-2 minutes long). This program relies on high-intensity interval training, which has been proven to burn fat faster than sustained endurance training, making it suitable for ALL fitness levels. BarreAmped Bootcamp will shake up your workout! This class is the most fun & effective way to burn fat, lose weight and change your body.



**Date:** 4 Wednesdays, 3 May – 31 May '17  
**Time:** 8pm – 8.50pm  
**Fees:** Member \$156, Public Officer \$160, Member's Guest \$165  
**Venue:** CSC @ Tessensohn  
**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg  
**Register By:** 3 May '17

### CHILDREN'S MONTHLY SWIMMING LESSONS

Equip your child with the essential swimming skills that they can enjoy for a lifetime. These monthly lessons will give them the regular practice needed to develop and maintain what they have learnt. Join us and help boost your child's progress.

**Dates:** 4 Lessons each month (Choice of Saturday/ Sunday)  
**Time:** Please arrange a time with the instructor  
**Fees:** Member's Child \$70, Public Officer's Child \$80, Member's Guest's Child \$85  
**Venue:** CSC @ Tessensohn or CSC @ Bukit Batok  
**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg  
**Register By:** 1 week before class



@ Tessensohn



@ Bukit Batok

## KIDS

'HAPPY MOLANG & PIU PIU'  
EASTER BENTO ART

(Parent and Child Bonding)  
For children aged 6 to 14 years old

Soak in the Easter Fun with your child by making your very own Easter Character Bento at our Creative Bento Art Workshop. Kawaii chubby bunny Molang and her best friend Piu Piu feature in this edible masterpiece and will definitely put a smile on your faces.

**Date:** Saturday, 15 Apr '17  
**Time:** 2pm – 4pm  
**Fees:** Member \$70, Public Officer \$80, Member's Guest \$90  
(Fees are for 1 parent and child)  
**Venue:** CSC @ Tessensohn  
**Contact:** Hai Ming at 6391 5607 or onnhaiming@csc.sg  
**Register By:** 8 Apr '17

SOCIAL GRACES PROGRAMME  
FOR KIDS

For children aged 7 to 12 years old

Social graces help children establish their personal branding. This programme will guide your child through the appropriate behaviour in various social situations. He will be more confident and more aware of the social practices of different cultures.

**Date:** Saturday, 29 Apr '17  
**Time:** 10am – 1pm  
**Fees:** Member \$40, Public Officer \$50, Member's Guest \$55  
**Venue:** CSC @ Bukit Batok  
**Contact:** Serene Cho at 6391 5620  
or serenecho@csc.sg  
**Register By:** 23 Apr '17

S.M.A.R.T GOALS AND DREAMS  
PROGRAMME

For participants aged 11 to 21 years old

It is never too early to create S.M.A.R.T goals in life that are achievable and realistic. Through The Coaching Game, your child will explore and establish his dreams in an innovative and fun way. So let your child start his journey of discovery right now!

**Date:** Saturday, 8 Apr '17  
**Time:** 10am – 1pm  
**Fees:** Member \$40, Public Officer \$50, Member's Guest \$55  
**Venue:** CSC @ Tessensohn  
**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg  
**Register By:** 2 Apr '17

## KIDS CAN BAKE

(1 Parent & 1 Child Pair)  
For children aged 3 to 11 years old

Make a special date with your child during the weekend and join us to create these beautiful treats which are good to eat as they are great to give away as lovely gifts.

**Chicky Cake Pops**  
**Date:** Saturday, 11 Mar '17  
**Time:** 4pm – 6pm  
**Register By:** 3 Mar '17

**Little Piggy Cupcakes**  
**Date:** Sunday, 19 Mar '17  
**Time:** 10.30am – 12.30pm  
**Register By:** 12 Mar '17

**Mixed Berry Pie**  
**Date:** Sunday, 16 Apr '17  
**Time:** 1.30pm – 3.30pm  
**Register By:** 10 Apr '17

**Sunflower Cupcakes**  
**Date:** Saturday, 22 Apr '17  
**Time:** 10.30am – 12.30pm  
**Register By:** 13 Apr '17

**For the above courses:**  
**Fees:** Member \$65, Public Officer/Member's Guest \$75  
(Fees for 1 parent & child)  
**Fees for additional child:** Member \$35, Public Officer/  
Member's Guest \$40  
**Venue:** City Square Mall #07-08  
**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg



## LEGO® MINDSTORM NXT WORKSHOP

For children aged 7 to 12 years old

Introduce your LEGO® child enthusiast to the exciting world of robotics! The hottest selling LEGO® brand, Mindstorms software combines classic LEGO® building with the world of robotics in this fun and challenging camp. Your child will learn how to design and program his LEGO®bot to perform all kinds of tasks!

He will get to take home a polaroid photo at the end of the camp.

**Date:** Friday, 17 Mar '17  
**Time:** 9.30am – 12.30pm  
**Fees:** Member's Child \$70, Public Officer's Child \$80,  
Member's Guest's Child \$90  
**Venue:** CSC @ Tessensohn  
**Contact:** Vanessa at 6391 5641 or  
vanessachoo@csc.sg  
**Register By:** 10 March '17  
(Min 8 to start)

\* LEGO® is a Trademark of the  
LEGO® Company which is not  
affiliated with Brick4kidz™



## KIDS

## UNDERSTANDING THE UNIVERSE

For children aged 4 to 8 years old

Become scientists and discover the mysteries of our universe through clay! This NeuroCeramics® session will introduce your child to the solar system and the laws that govern them. He will create his own solar system clay mobile to bring home.



**Date:** Saturday, 22 Apr '17

**Time:** 10am – 12pm

**Fees:** Member's Child \$60, Public Officer's Child \$70, Member's Guest's Child \$80

The high quality birch clay will be fired in a state-of-the-art kiln and ready for collection in 3 weeks

**Venue:** CSC @ Tessensohn

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

**Register By:** 17 April '17

## PARENT &amp; CHILD EASTER DAY WORKSHOP

For children aged 4 to 8 years old

Spend your Easter holiday on a clay exploration with your child. You and your child will be introduced to the basics of working with clay and get to create a quirky Easter egg pen holder together. Your child will also embark on an Easter Clay Hunt by decoding clues. Each parent-child pair will create one ceramic easter egg pen holder.



**Date:** Saturday, 15 Apr '17

**Time:** 10am – 12pm

**Fees:** Member's Child \$50, Public Officer's Child \$60, Member's Guest's Child \$70

The high quality birch clay will be fired in a state-of-the-art kiln and ready for collection in 3 weeks

**Venue:** CSC @ Tessensohn

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

**Register By:** 8 Apr '17

## EXOTIC ANIMALS OF THE AMAZON RAINFOREST

For children aged 4 to 8 years old

Travel through the Amazon Rainforest and discover its exotic landscape and creepy crawlies! Your child will develop an understanding of the tropical rainforests' natural habitat through the exploration of clay. He'll be making his own exotic animal-like ice-cream bowls to bring home in this hands-on session.



**Date:** Saturday, 18 Mar '17

**Time:** 10am – 12pm

**Fees:** Member's Child \$50, Public Officer's Child \$60, Member's Guest's Child \$70

The high quality birch clay will be fired in a state-of-the-art kiln and ready for collection in 3 weeks

**Venue:** CSC @ Tessensohn

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

**Register By:** 13 Mar '17



## BOWLING FOR KIDS

For children aged 8 to 14 years old

Develop your child's appreciation for bowling in this hands-on workshop. He will pick up basic bowling techniques and tips such as selecting a suitable ball from our experienced Instructor, who has coaching qualifications from the Asian Bowling Federation.

**Dates:** Monday & Tuesday, 13 & 14 Mar '17

**Time:** 10am – 12pm

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

**Dates:** Tuesday & Wednesday, 14 & 15 Mar '17

**Time:** 10am – 12pm

**Venue:** Resort Bowl @ Changi

**Dates:** Thursday & Friday, 16 & 17 Mar '17

**Time:** 10am – 12pm

**Venue:** Planet Bowl @ CSC Tessensohn

**For the above courses:**

**Fees:** Member's Child \$65, Public Officer's Child \$70, Member's Guest's Child \$75 (Fees include use of house balls, lane fees and shoes rental.)

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

**Register By:** 5 Mar '17



## MUSIC

### KARAOKE ON-GOING SINGING CLASSES

Build up your confidence to sing in public by developing your vocal talent. Let our qualified instructor Ms Ivy Wee who has a Certificate in Music and Vocal Music Theory, teach you how to sing your vowels and you discover more about phonetic diction, rhythm and tempo. You will be taught proper breathing exercises and singing techniques. Training will be given to improve personal stage persona and body language.

English Karaoke Singing Class (Conducted by Ms Ivy Wee)

**Dates:** 10 Wednesdays, 26 Apr – 5 Jul '17

**Time:** 7.30pm – 9.30pm

**Register By:** 20 Apr '17



Ms Ivy Wee  
(English)



Ms Teriesa Goh  
(Chinese)

华语+福建歌唱技巧班招生  
(吴美香老师指导)

吴美香老师拥有英国西伦敦大学音乐学院通俗声乐八级(卓越)演唱文凭,为本地著名吴家班歌唱学院高级声乐教育导师,人民协会合格声乐导师。

她将教导学员13种歌唱基本功法和技巧包括:

(1)母音与口型 (2)科学发声法与位置 (3)发音咬字 (4)高低音练习 (5)节拍与拍子 (6)呼吸换气 (7)节奏与感情处理 (8)歌唱四大技巧 (9)台风台型与肢体语言等等。

**Dates:** 10 Wednesdays, 12 Apr – 21 Jun '17

**Time:** 7.30pm – 9.30pm

**Register By:** 8 Apr '17



**For the above courses:**

**Fees:** (English or Mandarin): Member \$150, Public Officer \$180, Member's Guest \$185

**Venue:** CSC @ Tessensohn

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

### LEARN TO PLAY VIOLIN

(Fees include materials. Instrument is provided.)

Make beautiful music with the violin, a portable string instrument. Let instructor Leong Gah Chiong, who has a Diploma in Teaching (Violin) from Trinity College London, show you how to handle the violin and to note read in this enjoyable workshop.

**Violin Course (Beginners & Advanced) @ Tessensohn**

**Dates:** 10 Mondays, 3 Apr – 12 Jun '17 (except 1 May '17)

**Time:** 7pm – 8pm

**Fees for Beginners Course:** Member \$155, Public Officer \$165, Member's Guest \$170

**Fees for Advanced Course:** Member \$185, Public Officer \$195, Member's Guest \$200

**Venue:** CSC @ Tessensohn

**Register By:** 27 Mar '17

**Violin Course (Beginners & Intermediate) @ Bukit Batok**

**Dates:** 10 Wednesdays, 29 Mar – 7 Jun '17

(except 10 May '17)

**Time:** 7.30pm – 8.30pm

**Fees for Beginners Course:** Member \$155, Public Officer \$165, Member's Guest \$170

**Fees for Intermediate Course:** Member \$170, Public Officer \$180, Member's Guest \$190

**Venue:** CSC @ Bukit Batok

**Register By:** 22 Mar '17

**For above courses:**

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



### MASTER THE ERHU

Discover one of the most popular and versatile Chinese instruments. The Erhu is easy to master and you will be playing a tune within minutes. So join instructor Mr Pang Chin Soon, who has a diploma in Erhu, in this hands-on workshop.



At least 6 participants are needed to begin the class. Participants need to bring along their own Erhu.

**Dates:** 10 Wednesdays, 29 Mar – 7 Jun '17

(except 10 May '17)

**Time:** 7.15pm – 8.15pm (Session 1)

8.15pm – 9.15pm (Session 2)

**Fees:** Member \$175, Public Officer \$188, Member's Guest \$192

**Venue:** CSC @ Tessensohn

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

**Register By:** 22 Mar '17

### LEARN TO PLAY UKULELE

The Ukulele is the second easiest instrument to master. Join Mr Fahmy, a music instructor for more than 10 years, as he teaches you to play and sing with this small Hawaiian guitar-like instrument.



**Beginners Level @ Tessensohn**

**Dates:** 6 Mondays, 3 Apr – 15 May '17 (Except 1 May '17)

**Time:** 7pm – 8.30pm

**Fees:** Member \$100, Public Officer \$110, Member's Guest \$115 (Students have to purchase their own ukulele)

**Venue:** CSC @ Tessensohn

**Contact:** Gek Cheng at 6391 5624

or kuagekcheng@csc.sg

**Register By:** 27 Mar '17

## MUSIC

### PLAY THE KEYBOARD

(Fees include materials. Instrument is provided.)

Play like a one man band with different rhythm accompaniments by just a touch on the keyboard. Learn to play also a wide array of songs with a few chords from Instructor Titus Chia, who has been teaching piano, keyboard and organ for the past 5 years.

#### Keyboard Course (Beginners) @ Tessensohn

**Time:** 8pm – 9pm

**Fees:** Member \$165, Public Officer \$175, Member's Guest \$185



#### Keyboard Course (Intermediate) @ Tessensohn

**Time:** 7pm – 8pm

**Fees:** Member \$180, Public Officer \$190, Member's Guest \$200

**Dates:** 10 Wednesdays, 29 Mar – 7 Jun '17 (except 10 May '17)

**Venue:** CSC @ Tessensohn

**Register By:** 22 Mar '17

#### Keyboard Course (Beginners) @ Bukit Batok

**Dates:** 10 Mondays, 10 Apr – 19 Jun '17 (except 1 May '17)

**Time:** 8 pm – 9pm

**Fees:** Member \$165, Public Officer \$175, Member's Guest \$180

**Venue:** CSC @ Bukit Batok

**Register By:** 3 Apr '17

#### For the above courses:

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

## SELF IMPROVEMENT

### BASIC HAIR CUTTING WORKSHOP

Take your interest in hair fashion to the next level! This beginner workshop will provide you with basic hair cutting techniques, besides teaching you to analyse different hair types and hair nutrition. You will soon be able to match different hairstyles to individual facial features.

**Date:** Saturday, 8 Apr '17

**Time:** 9am – 11am

**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:** 3 Apr '17



### SHARPEN YOUR ASSERTIVENESS SKILL

Being assertive with ease is a fine art. Master the courage and skills to stand up for your rights tactfully in different situations in this interactive workshop. Be empowered to be more effective in achieving your goals and be a role model to others.

- Refreshments provided for morning and afternoon tea breaks.
- Certificate of Attendance will be given by trainer, subject to 90% attendance.

**Date:** Friday, 12 May '17

**Time:** 9.30am – 5pm

**Fees:** Member \$320, Public Officer \$330, Member's Guest \$340

**Venue:** The Adelphi Singapore

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

**Register By:** 3 May '17

### EFFECTIVE PRESENTATION SKILLS WITH PRESENT! MODEL

Put your message across succinctly and persuasively. Pick up proven communication and presentation techniques while learning about effective presentation structures in this activity-based workshop. You will be doing presentations with confidence in no time.

- Refreshments provided for morning and afternoon tea breaks.
- Certificate of Attendance will be given by trainer, subject to 90% attendance.

**Date:** Monday & Tuesday, 17 & 18 Apr '17

**Time:** 9.30am – 5pm

**Fees:** Member \$460, Public Officer \$470, Member's Guest \$480

**Venue:** The Adelphi Singapore

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

**Register By:** 10 April '17



## SELF IMPROVEMENT

### IMPROVE YOUR DIALECT

Bridge the gap between you and your elders by learning to communicate with them in dialect. You are also preserving these languages and part of Singapore's culture by picking up the language skills.

#### Conversational Cantonese For Beginners

**Dates:** 4 Tuesdays, 4 – 25 Apr '17

#### Conversational Hokkien For Beginners

**Dates:** 4 Thursdays, 4 – 25 May '17

#### For the above courses:

**Time:** 7.30pm – 9pm

**Fees:** Member \$45, Public Officer \$55, Member's Guest \$60

**Venue:** CSC @ Tessensohn

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

**Register By:** 1 week before start date

### BASIC MALAY LANGUAGE COURSE

Join us for an enriching experience in the Malay language. Besides learning Malay language basics with Instructor Ms Sharifah Narimah, you will pick up delicious Malay baking skills. The focus will be on everyday conversations and constructing simple sentences.

**Dates:** 8 Mondays, 24 Apr – 19 Jun '17 (No lesson on PH)

**Time:** 7pm – 9.30pm

**Fees:** Member \$180, Public Officer \$190, Member's Guest \$200 (Fees exclude additional \$12 of teaching materials to be paid directly to instructor)

**Venue:** CSC @ Tessensohn

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

**Register By:** 17 Apr 17

### BASIC FRENCH

Communicate in French-speaking countries with ease. Let Instructor Freddie, who has a Master degree (Hons) in French, guide you through Basic French with a focus on reading, listening, speaking and writing skills. The course lays a firm foundation for the International DELF Diploma awarded by the French Ministry of Education and preparatory courses for the exams are conducted at CSC.

#### Trial/Lesson 1 @ Tessensohn

For those who want to know more about the language before registering for course.

**Date:** Friday, 21 Apr '17

**Time:** 7.15pm – 8.45pm

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

**Register By:** 14 Apr '17

#### French Beginner Course Lesson 2 – 7 @ Tessensohn

**Date:** Friday, 28 Apr – 2 June '17

**Time:** 7.15pm – 9.15pm

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

**Register By:** 21 Apr '17

#### For the above courses:

**Venue:** CSC @ Tessensohn

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

## TRAVEL

### 3D2N SEKINCHAN PADDY TOUR

	CSC Member (per pax)	Public Officer (per pax)	Member's Guest (per pax)
Adult (Twin/Triple)	S\$295.00	S\$315.00	S\$325.00
Adult (Single)	S\$385.00	S\$395.00	S\$405.00
Child W Bed	S\$265.00	S\$275.00	S\$285.00
Child No Bed	S\$210.00	S\$220.00	S\$230.00

Take the weekend to explore the remnants of a Dutch Fort in your trip to Sekinchan and get a chance to see Silver Leaf monkeys along the way. Visit the Melawati Fresh Water Fish Park for its interesting fish species and Sekinchan's largest rice mill. While there, appreciate the large expanse of paddy fields and its beautiful landscape. You will also be able to feed eagles and go on a Fireflies Tour in this fun-filled learning experience.



**Dates:** Friday to Sunday, 14 – 16 Apr '17

**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 at 6391 5624 or kuagekcheng@csc.sg

## TRAVEL

## 4D/3N PENANG &amp; IPOH TOUR (BY AIR)

	CSC Member (per pax)	Public Officer (per pax)	Member's Guest (per pax)
Adult W Bed	S\$490.00	S\$510.00	S\$530.00
Child W Bed	S\$455.00	S\$470.00	S\$480.00

Fly to Penang, The Pearl of The Orient, for a taste of history and delicious local treats. Visit the Penang Museum and explore famous attractions, such as Kapitan Kling Mosque, St George Church and Penang Street Art. Then travel to the increasingly popular Ipoh where you will trek through the Perak Cave and appreciate the city's Old Town, beautiful temples and their own Art of OldTown. Finally, buy Penang's local products on your last day before flying back with fond memories.

**Dates:** Saturday to Tuesday, 3 – 6 Jun '17

**Time:** To be advised

Assembled at Changi Airport

**Register By:** 25 Apr '17

**Tour By:** Amazing Explorer Pte Ltd

**For details and itinerary:**

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



## 3D2N KUANTAN TOUR

Stay @ Holiday Vila Beach Resort Cherating (4* or similar)	CSC Member (per pax)	Public Officer (per pax)	Member's Guest (per pax)
<b>Adult (Twin/Triple)</b>	S\$280.00	S\$295.00	S\$305.00
<b>Adult (Single)</b>	S\$365.00	S\$375.00	S\$385.00
<b>Child W Bed</b>	S\$260.00	S\$275.00	S\$280.00
<b>Child No Bed</b>	S\$200.00	S\$210.00	S\$215.00

Embark on a holiday getaway to the east coast of Peninsular Malaysia. Visit Charah Cave, a limestone cave known for its impressive "Sleeping Buddha" stone sculpture and the Cherating Turtle Sanctuary for a chance to witness turtles laying eggs on its shore at night. Take an evening stroll along Telok Chempedak, a popular beach, with your loved ones and bag some handmade local products before heading back to Singapore with wonderful memories.

**Dates:** Saturday to Monday, 22 – 24 Apr '17

**Time:** Assemble at 6.15am at CSC @ Tessensohn

**Register By:** 7 Apr '17

**Tour By:** Amazing Explorer Pte Ltd

**For details and itinerary:**

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



## CSC @ TESSEN SOHN

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
<b>AQUA AEROBICS (TUE PM)</b>	12 Tuesdays, 16 May – 1 Aug '17 (No lesson on PH)	6.30pm – 7.30pm	Ms Antonia	\$80	\$90	\$105	18 persons (max)	10 May '17	Vanessa at 6391 5641
<b>DEEP AQUA AEROBICS (SAT)</b>	10 Saturdays, 29 Apr – 1 Jul '17 (No lesson on PH)	9am – 10am or 8am – 9am	Ms Anthea	\$85	\$95	\$110	18 persons (max)	20 Apr '17	Vanessa at 6391 5641
<b>AQUA AEROBICS (SUN)</b>	12 Sundays, 9 Apr – 2 Jul '17 (No lesson on PH)	9am – 10am	Ms Vikki	\$80	\$90	\$105	18 persons (max)	1 Apr '17	Vanessa at 6391 5641
<b>AQUA AEROBICS (WED)</b>	12 Wednesdays, 12 Apr – 5 Jul '17 (No lesson on PH)	6.15pm – 7.15pm or 7.15pm – 8.15pm	Ms Vikki	\$80	\$90	\$105	18 persons (max)	6 Apr '17	Vanessa at 6391 5641
<b>BEGINNERS BALLROOM</b>	10 Tuesdays, 14 Mar – 26 May '17	8pm – 9pm	Mr Wu	\$70	\$75	\$80	12 persons (min)	7 Mar '17	Gek Cheng at 6391 5624
<b>BEGINNERS SALSA &amp; BACHATA</b>	10 Fridays, 17 Mar – 25 May '17 (Except 14 Apr '17)	8pm – 9pm	Mr Wu	\$70	\$75	\$80	12 persons (min)	10 Mar '17	Gek Cheng at 6391 5624
<b>BALLROOM TECHNIQUE CLASS-QUICKSTEP</b>	10 Sundays, 12 Mar – 14 May '17	2pm – 3pm	Jacie	\$70	\$75	\$80	12 persons (min)	6 Mar '17	Gek Cheng at 6391 5624
<b>BALLROOM LATIN AMERICAN CHA CHA CHA – SIMPLE VARIATION</b>	10 Sundays, 12 Mar – 14 May '17	3pm – 4pm	Jacie	\$70	\$75	\$80	12 persons (min)	6 Mar '17	Gek Cheng at 6391 5624
<b>BALLROOM TECHNIQUE CLASS – SLOW WALTZ</b>	10 Sundays, 12 Mar – 14 May '17	4pm – 5pm	Jacie	\$70	\$75	\$80	12 persons (min)	6 Mar '17	Gek Cheng at 6391 5624
<b>DEEP AQUA AEROBICS (TUE AM)</b>	10 Tuesdays, 2 May – 4 July '17 (No lesson on PH)	8am – 9am	Ms Vikki	\$85	\$95	\$110	18 persons (max)	7 Feb '17	Vanessa at 6391 5641
<b>DEEP AQUA AEROBICS (THU)</b>	10 Thursdays, 27 Apr – 29 Jun '17 (No lesson on PH)	6.30pm – 7.30pm	Ms Anthea	\$85	\$95	\$110	18 persons (max)	20 Apr '17	Vanessa at 6391 5641
<b>DEEP AQUA AEROBICS (FRI)</b>	10 Fridays, 23 Jun – 25 Aug '17 (No lesson on PH)	6.45pm – 7.45pm or 7.45pm – 8.45pm	Ms Vikki	\$85	\$95	\$110	18 persons (max)	15 Jun '17	Vanessa at 6391 5641
<b>PILATES BY MABELINE</b>	10 Mondays, 24 Apr – 3 Jul '17 (No lesson on PH)	7pm – 8pm	Ms Mabeline	\$85	\$95	\$100	12 persons (min)	20 Apr '17	Serene Cho at 6391 5620

## CSC @ TESSENSOHN

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
<b>SWIMMING LESSONS AT TESSENSOHN (CHILDREN)</b>	4 Lessons Mar / Apr '17 Choice of Sunday	Depending on swimming & age (Instructors will advise)	Mr Kurusamy / Seng Yung / Derick / Chang	Child \$70	Child \$80	Child \$85	15 persons	15 Mar / 15 Apr '17	Vanessa at 6391 5641
<b>SWIMMING FOR LADIES (BEGINNER)</b>	10 Mondays, 3 Apr – 12 Jun '17 (No lesson on PH)	7pm – 8pm	Ms Thipa	\$210	\$220	\$230	12 persons	28 Mar '17	Vanessa at 6391 5641
<b>SWIMMING FOR LADIES (INTERMEDIATE)</b>	10 Mondays, 3 Apr - 12 Jun '17 (No lesson on PH)	8pm – 9pm	Ms Thipa	\$210	\$220	\$230	12 persons	28 Mar '17	Vanessa at 6391 5641
<b>TRADITIONAL TAEKWON-DO FOR ADULTS (MON)</b>	11 Mondays, 3 Apr – 19 Jun '17 (No lesson on PH)	8.30pm – 10.30pm	Singapore TaeKwon-Do Academy	\$60	\$70	\$80	10 persons (min)	27 Mar '17	Hai Ming at 6391 5607
<b>TRADITIONAL TAEKWON-DO (SAT)</b>	13 Saturdays, 1 Apr – 24 Jun '17 (No lesson on PH)	3pm – 4.30pm (Beginner & Coloured Belt) or 4.30pm - 6pm (Red & Black Belt only)	Singapore TaeKwon-Do Academy	\$60	\$70	\$80	10 persons (min)	25 Mar '17	Hai Ming at 6391 5607
<b>WING CHUN KUNG FU, "CHI SAU" THUR – APR</b>	4 Thursdays, 6 – 27 Apr '17 (No lesson on PH)	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 persons (min)	30 Mar '17	Hai Ming at 6391 5607
<b>WING CHUN KUNG FU, "CHI SAU" (ADULT BEGINNER) – APR</b>	5 Saturdays, 1 – 29 Apr '17 (No lesson on PH)	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 persons (min)	25 Mar '17	Hai Ming at 6391 5607
<b>WING CHUN KUNG FU, "CHI SAU" (CHILDREN 6 – 12 YEARS) – APR</b>	5 Saturdays, 1 – 29 Apr '17 (No lesson on PH)	10.30am – 11.30am	Sifu Ken Lau	Child \$90	Child \$95	Child \$100	10 persons (min)	25 Mar '17	Hai Ming at 6391 5607
<b>WING CHUN KUNG FU, "CHI SAU" (ADULT INTERMEDIATE) – APR</b>	5 Saturdays, 1 – 29 Apr '17 (No lesson on PH)	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 persons (min)	25 Mar '17	Hai Ming at 6391 5607
<b>WING CHUN KUNG FU, "CHI SAU" THUR – MAY</b>	4 Thursdays, 4 – 25 May '17 (No lesson on PH)	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 persons (min)	27 Apr '17	Hai Ming at 6391 5607
<b>WING CHUN KUNG FU, "CHI SAU" (ADULT BEGINNER) – MAY</b>	4 Saturdays, 6 – 27 May '17 (No lessons on PH)	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 persons (min)	25 Feb '17	Hai Ming at 6391 5607

## CSC @ TESSEN SOHN

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
<b>WING CHUN KUNG FU, "CHI SAU" (CHILDREN) - MAY</b>	4 Saturdays, 6 – 27 May '17 (No lesson on PH)	10.30am – 11.30am	Sifu Ken Lau	\$90	\$95	\$100	10 persons (min)	29 Apr '17	Hai Ming at 6391 5607
<b>WING CHUN KUNG FU, "CHI SAU" (ADULT INTERMEDIATE) - MAY</b>	4 Saturdays, 6 – 27 May '17 (No lesson on PH)	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 persons (min)	29 Apr '17	Hai Ming at 6391 5607
<b>YOGA BY HUAY LIN</b>	10 Fridays, 31 Mar – 9 Jun '17	7.30pm – 8.30pm	Ms Huay Lin	\$75	\$80	\$85	12 persons (min)	25 Mar '17	Serene Cho at 6391 5620

## CSC @ BUKIT BATOK

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
<b>DEEP AQUA AEROBICS (SAT)</b>	10 Saturdays, 8 Apr – 10 Jun '17 (No lesson on PH)	8.30am – 9.30am	Mr Kelvin	\$85	\$95	\$110	18 persons (max)	1 Apr '17	Vanessa at 6391 5641
<b>DEEP AQUA AEROBICS (TUE)</b>	10 Tuesdays, 21 Mar – 23 May '17 (No lesson on PH)	7pm – 8pm	Ms Anthea	\$85	\$95	\$110	18 persons (max)	18 Mar '17	Vanessa at 6391 5641
<b>AIKIDO (CHILDREN)</b>	12 Sundays, 14 May – 6 Aug '17 (No lesson on PH)	10am – 11am	Mr Steven Goh	Child \$120	Child \$130	Child \$135	20 persons	5 Feb '17	Hai Ming at 6391 5607
<b>AIKIDO (ADULT)</b>	12 Sundays, 14 May – 6 Aug '17 (No lesson on PH)	11am – 12pm	Mr Steven Goh	\$120	\$130	\$135	20 persons	5 Feb '17	Hai Ming at 6391 5607
<b>TRADITIONAL TAEKWON-DO</b>	13 Saturdays, 1 Apr – 24 Jun '17 (No lessons on eve and PH)	3pm – 4.30pm	Singapore TaeKwon-Do Academy	\$60	\$70	\$80	10 persons (min)	25 Mar '17	Hai Ming at 6391 5607
<b>SWIMMING LESSONS (CHILDREN)</b>	4 Lessons Mar / Apr '17 Choice of Sunday	Depending on swimming level & age (Instructors will advise)	Mr Yusman / Ishaak / Paul / Vishnu	Child \$70	Child \$80	Child \$85	15 persons	15 Mar / 15 Apr '17	Vanessa at 6391 5641

## CSC @ BUKIT BATOK

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
<b>SWIMMING FOR LADIES</b>	10 Thursdays, 23 Mar – 1 Jun '17 (No lesson on PH)	7.30pm – 8.30pm	Ms Thipa	\$210	\$220	\$230	12 persons	18 Mar '17	Vanessa at 6391 5641
<b>PILATES BY AGNES YOONG</b>	10 Saturdays, 8 Apr – 10 Jun '17	11 am – 12pm	Ms Agnes Yoong	\$85	\$95	\$100	12 persons (min)	4 Apr '17	Serene Cho at 6391 5620
<b>YOGA BY RITA</b>	10 Tuesdays, 23 May – 25 Jul '17	7pm – 8pm	Ms Rita	\$75	\$80	\$85	12 persons (min)	3 May '17	Serene Cho at 6391 5620

## CSC @ CHANGI

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
<b>SWIMMING LESSONS (CHILDREN)</b>	4 Lessons Mar / Apr '17 Choice of Sunday	Depending on swimming level & age (Instructor will advise)	Mr Chang Mun Chung	Child \$70	Child \$80	Child \$85	15 persons	15 Mar / 15 Apr '17	Vanessa at 6391 5641

## APPLICATION FORM

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) for \_\_\_\_\_ members including myself.  
 Indicate name and membership number if more than one member: \_\_\_\_\_ and ( ) guests.  
 Indicate name(s) of guest(s): \_\_\_\_\_

For more than one activity, please attach sheets separately.

For swimming lessons, please contact 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 kept fully indemnified against all claims, loss or damage whatsoever to participants arising from any cause in connection with activities organised or participation therein.

# UPGRADE YOUR SKILLS TO STAY AHEAD!

CSC is proud to present a series of Talent Development Programmes to assist organisations in training its talents to succeed in effecting change and improve business performances. Experienced business consultants and outstanding coaches are on hand to offer their expertise in a small group settings. Be a leadership retreat on a hilltop resort experience, a retreat by the seaside or a department training in town, CSC offers organisations customised solutions to their training needs.

PROGRAMME TITLE		FEES	TRAINER
<b>Unleash Your Career through Business Networking!</b>	Building meaningful long term relationships is the foundation for our career success. Learn to engage people with confidence and uncover hidden opportunities with influential people that can help you .	\$160 per pax Min 15 pax 4 hours session	<b>Peter Hum</b> Peter Hum is the founder of StrateValue Pte Ltd, a leading business consultancy and thought leadership firm. He has more than 16 years of real-life selling and people networking experience and has been featured in leading Asian publications.
<b>Creating a Powerful Personal Brand for Career Success!</b>	Personal branding is perhaps the most powerful asset we have for building career success. Using social media tools like LinkedIn, learn to build a credible and sustainable reputation that stands out.	\$160 per pax Min 15 pax 4 hours session	<b>Preetam Bose</b> Preetam Bose is the Account Director of CenturyLink Pte Ltd, a leading US Hybrid IT Solution Provider. He has 17 years of international business experience and is an Executive Council Member of the Association of Telecommunications Industry of Singapore.
<b>Understanding and Managing Change</b>	Understand the processes that lead to change in organisations. Through group discussions on issues and discomfort in changes and case studies on organisations that changed successfully, you will enhance your knowledge and pick up skills of transforming your workplace.	\$350 per pax Min 15 pax 16 hours session	<b>James Suresh</b> James Suresh is a certified EQ trainer, PR consultant and bestselling author. The co-creator of Singapore's comic icon 'Mr. Kiasu', his book 'On a Street in Singapore' has won awards. Following his 15-year stint in the army, he set up a publishing and design company before pursuing his interest in training and PR consulting.
<b>Handling Difficult People</b>	Identify and deal with various types of difficult behaviour you may encounter, especially at the workplace. In this workshop, you will understand the good intentions behind bad behaviour and learn how to bring out the best in people at their worst.	\$350 per pax Min 15 pax 16 hours session	
<b>The Art of Conversation</b>	Conversation is our main way of expressing ourselves and establishing relationships in different settings. You will learn how to tune in to people you meet and start and sustain conversations in every situation.	\$180 per pax Min 15 pax 8 hours session	

**Fees are inclusive of GST. Each half day session will include 1 complimentary tea break.  
Fees stated are for public sector corporate groups only, for private sector groups,  
please contact Hai Ming at 6391 5607 or onnhaiming@csc.sg for more details.**

Civil Service Club

# ORDINARY MEMBERSHIP PROMOTION

(For Public Officers)

Promotion ends 30 Apr '17

Sign up now at [www.csc.sg](http://www.csc.sg) and

receive a \$10 CSC Club voucher!

The Club of Choice for Public Officers. With a membership fee of only \$6 per month, you have access to three modern Clubhouses at Bukit Batok, Changi and Tessensohn, offering you a wide range of recreational facilities and social activities to meet your lifestyle needs and more. Your parents, spouse and children (3 and below 21 years) are welcome to join the club as supplementary members for free! Only a \$10 card fee is needed.

Be it a movie treat, a weekend staycation, a bowling night out, a cooking class or a quiet yoga session. There is always a treasured experience waiting to be discovered.

Find out more at [www.csc.sg](http://www.csc.sg)

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Year Ordinary Membership  
\$360



Promo code: **CRN2N**

Chalet 2 Nights\*\*  
(Off-Peak)  
RRP \$296

OR



Promo code:  
**WMFDP**

WMF Diadem Plus 7pc  
Cookware Set\*  
(Article no. 07-3022-6040)  
RRP \$279

OR



Promo code:  
**GVS - Black**  
**GVSBL - Blue**

Garmin VivoSmartHR  
Black or Blue\*  
RRP \$229

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Year Ordinary Membership  
\$216



Promo code: **CRN1N**

Chalet 1 Night\*\*  
(Off-Peak)  
RRP \$148

OR



Promo code:  
**GLGents**  
**GLLadies**

Guy Laroche Gents or  
Ladies Watch\*  
(Model: 6071)  
RRP \$220

OR



Promo code:  
**GVFW - White**  
**GVFB - Black**

Garmin VivoFit3  
Black or White\*  
RRP \$149

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Year Ordinary Membership  
\$144



Promo code:  
**LUG1**

24"  
Luggage Bag  
RRP \$60

Picture for illustration  
purpose only.

\$6

Per Month  
Ordinary  
Membership  
(Deductable via Payroll)



Toiletries  
Bag  
RRP \$10

Picture for illustration purpose only.  
While stocks last.



<http://www.csc.sg>



63915 604 / 6514 6396



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

**Terms and conditions apply:** • \*While stocks last. • \*\*Chalet rooms for stay during off-peak period from Monday to Thursday during non-school holidays. • Upgrade to peak period subject to approval and room availability.