



fusion

ONE MEMBERSHIP, THREE CLUBHOUSES, THREE DISTINCT EXPERIENCES

MAY-JUNE 2017 ISSUE

CSC @ BUKIT BATOK TURNS 10!

Find out more on page 04.



12

Serving Better When
We Come Together

17

Healthy Lifestyle Walk

MCI (P) 034/11/2016

ALL GAME FOR SINGTEL

It was an action-packed Saturday as some 750 Singtel staff and family members headed down to CSC @ Tessensohn on 11 March for their company's Inter Group Games (IGG).



01

"The IGG helps build bonds at Singtel. We're glad we can have a one-stop place where we can hold all the activities on one date," said Mr Tong Kok Yeo, Associate Director of the Singtel Recreation Club. CSC stepped up to the challenge, putting together an array of sporting activities and games for the friendly competition. There was something for everyone – from badminton and bowling to futsal and table tennis, lifestyle bazaars to a cooking contest and an amazing race. Families of Singtel staff weren't forgotten, as kids were kept entertained with a movie screening of Frozen and activities such as sand painting and colouring.



04

"It's a good time to de-stress and get to know colleagues. There's good camaraderie. People cheering their teammates on," said Rajendra, who was competing in table tennis.

At another part of the club, Zarinah Iqbal was unleashing her creativity in the cupcake decorating competition.



02

"I'm meeting new colleagues through this event. It's great to see so much teamwork even though some of us just met." As the excitement went on in the different arenas, some Singtel teams were racing around the club completing station challenges as part of the amazing race. "It's really fun! Some tasks were okay, some were challenging, like when we had to use our bodies to form the word 'Singtel!'" said Zul Karnaien.



05

In between activities, the participants snacked on complimentary popcorn, ice-cream and candy floss as they browsed the bazaar stalls packed with cakes, health products, accessories, terrariums and wine. Still, the highlight of the day was the water telematch. With the flag off by Singtel's Group CEO Ms Chua Sock Koong, shouts and cheers rang out across the pool as the teams went head-to-head in a series of water challenges that included boat and float races. Taking the chance to bond with her family during the event was Evelyn Shim, who was with her husband and four children.



03

"It's great to have fun with the family, especially since it's the school holidays."

CSC's wide range of indoor and outdoor activities catering for different interests is something that Mr Tong Kok Yeo appreciates. "The facilities at CSC and the activities achieved our aim of building bonds within Singtel. It is a good experience holding our IGG here. I am very impressed. The CSC team has been wonderful. They are efficient, proactive and open to feedback. All this has contributed towards the success of the event."

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



06

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- 04 Getting a go for the perfect strike
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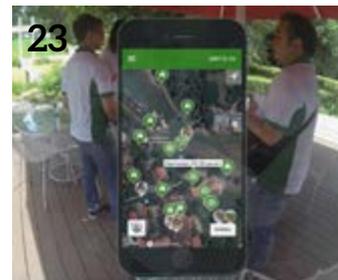


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CSC @ Tessensohn

60 Tessensohn Road,
Singapore 217664
Tel: 6294 8933

CSC @ Changi

2 Netheravon Road,
Singapore 508503
Tel: 6709 4709

CSC @ Bukit Batok

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

Corporate Services

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(Vanessa Choo)
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(Serene Cho)
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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



Dear members,

Good day members, time passes fast and it is again the dawn of a new financial year. FY 2017/18 will be another busy year for the Management as we continue to enhance the look and feel of the Club. The intent is to refresh CSC @ Tessensohn and CSC @ Bukit Batok so that at the end of this FY, members will enjoy 3 rejuvenated Clubhouses with each providing a unique member experience. These upgrading works will be rolled out in stages so that the impact on our members using the Club facilities will be minimised.

Renovation & Upgrading Works



At CSC @ Bukit Batok, the façade upgrading and the building of a sheltered walkway at both entrances will be completed by mid Jun '17. The rezoning of the entertainment facilities at CSC @ Bukit Batok will commence in mid May '17. The Shining Star Karaoke facility, the children's indoor playground and the children's party room will be converted to a family entertainment hub with a cosy bar lounge area, pool table and dart area, a karaoke hall and private karaoke rooms, please see details of the artistic impression on page 26. The renovation work will take about 2½ months to complete. The Children's indoor playground and the party room will be relocated to L3 where the 8 Degree Lounge is, some time in Aug/Sep '17.

At CSC @ Changi, the retrofitting of the sliding doors of the Villas to that of a fixed track aluminium trellis will commence in mid-May and will be completed by end May '17. Once completed, the seepage of rain water into the villas will be resolved. The upgrading works will be conducted when the villas are not occupied.

At CSC @ Tessensohn, we are pressing ahead with the façade upgrading and will call for tenders in Jun '17. The façade upgrading works and the repainting of the Clubhouse will be coordinated so that when the façade is completed, we will have a refreshed and rejuvenated Clubhouse. As the upgrading

work is extensive and will take a few months, it may cause some inconvenience to our members using the Clubhouse. We will try our best to minimise it and seek your understanding in this.

Information Technology Upgrade

The E-membership application and the E-membership renewal are operational and members can use them on related membership matters. The E-membership portal will speed up the processing time so that new members have a shorter waiting time for their membership cards and existing members can renew their membership online.

The Club has introduced mobile payments at all the Clubhouses. Members can make payment for Club services using Visa Paywave and their mobile phone through Apple Pay, Samsung Pay and Android Pay. The new payment terminal has been installed.

The Club has also embedded QR Codes in our May/June '17 Newsletter. This will allow our members and public officers to scan the events QR Code in the Newsletter using their mobile phone to view the articles or book the Club facilities.

CSC App's design will be refreshed by May '17. The new CSC App will have more interactive features such as a GPS Map with accompanying voice navigation and 360 degrees' virtual tour of the Clubhouse, along with an in-built pedometer for steps tracking, in our support of a healthy lifestyle.

These are ongoing improvements that we are embarking on to give our members and public officers an easeful experience when connecting with the Club or using the Club facilities. As a Club, we are leveraging the use of information technology to make our processes and engagement with our members and public officers more efficient and hassle free. In particular, we will also adapt our electronic mailers so that public officers remain abreast of latest Club happenings with minimal need to access the internet, following the recent implementation of internet separation. To ensure that our mailers are still reaching you at the relevant email address, do assist us to update your email address either through the enclosed form, using our E-personal particulars update or just simply send the

updates to our membership department at membership@csc.sg.

Sports Activities



PS Sports & Family Day – This will be the highlight of the sports calendar over the next 2 months. It will be held at the Gardens By The Bay (Bay East) on Saturday 13 May '17 from 8 am to 1 pm. This event is held in conjunction with the Public Service Week. Members and public officers are welcome to participate for free as this event is fully funded by the Club. Every participant will also be given a free fun bag, on a first-come-first-serve basis. There will be a lucky draw held for all those who attend this event and attractive prizes are awaiting the lucky winners. We look forward to public officers spending quality time with their families when they participate and enjoy the array of activities organised for them. Members are advised to pre-register before the event to get the free tickets. Should you miss the sign-up, just make your way with your family to Bay East Park, show the reception your CSC membership card or Civil Service Card and we will offer you complimentary tickets to participate.

There will be an array of activities offered such as inter-agency competitions in dragon boat racing and tele-matches, healthy lifestyle activities, family-based carnival activities for all ages and fringe activities. The fringe activities include members and public officers cycling from CSC @ Changi to the venue as well as for the very first time, an app-based Amazing Race, where inter-agency teams will race against the clock and each other to see who knows the most about the Public Service. The race will begin at CSC @ Tessensohn and participants will visit as many of the Government Ministries and Agencies listed as they can, answer questions, problem-solve or carry out a task before proceeding back to Gardens By The



To all the fathers, a Happy Father's Day and to all members have a great June School Holidays interacting and bonding with all families!



Charlie Ng
General Manager, CSC

Bay (Bay East Park). Attractive prizes will be given to the winning teams. Besides these activities, we have invited ActiveSG to share a complimentary taster of various new interactive sporting activities that will be launched island-wide soon. Do check out the details from our website at <http://www.csc.sg/sportsday/> or refer to page 14 for the programme.

Social Activities



SINGTEL Inter Group Games – The Club was indeed privileged to be appointed as the venue and event organiser for the SINGTEL Inter Group Games held at CSC @ Tessensohn on 11 Mar '17. It was an action-packed Saturday as 750 Singtel management, staff and family participated in this Inter-Group Games, making good use of the Clubhouse facilities for the event. With fine weather, very participative staff and great management support, the event went smoothly and everyone had a fantastic time. The details are on the inside front cover.

Mother's Day Lunch – Thank you for your very strong support for the Mother's Day lunch to be held at Qian Xi Restaurant, CSC @ Tessensohn on 14 May '17. We hope the mothers enjoyed the hand treatment, head and shoulder massages arranged for them. All mothers who attended surely enjoyed the special welcome gift and sumptuous sit down lunch with stage entertainment and lucky draw.

Father's Day Lunch – Other than Mother's Day, it is also important that we celebrate the fathers in our lives. We have arranged a Father's Day Lunch at Qian Xi Restaurant, CSC @ Tessensohn on 17 Jun '17. We have arranged some exciting programmes for the participating fathers with details on page 10.

International Day of Yoga Celebration – The Club has partnered Vyasa Yoga to celebrate the International Day of Yoga Celebration at CSC @ Changi, Bukit Batok and Tessensohn and on the 21 Jun '17 between

7.00pm and 8.30pm. For yoga practitioners, there will be professional yoga masters to conduct the yoga poses and as for beginners, it is an experience that should not be missed. The details are on page 10.

Social Activities For Children and Parent & Child Bonding – Staying in Singapore during the June school holidays with your family? Why not check out the numerous activities we are organising during the school holidays for family bonding. They range from an adventure camp, to baking, flower arrangement, sports and other enrichment workshops. We have dedicated 7 pages in this edition of the magazine, pages 28–34, to all that we have to offer, for which there will certainly be one that suits your family's needs. We are also organising a Family and Doggie Carnival at CSC @ Changi on 11 Jun '17, so you can spend a day out with the furry member(s) of your family as well. There will be many dog-friendly treats and activities to enjoy on the day itself, with a detailed programme on page 07.

CSC @ Changi Celebrates Her 2nd Anniversary – Come May, CSC @ Changi will be celebrating her 2nd anniversary. For the month of May '17, there will be discount offerings for chalets bookings, for those who book their stay from 1st to the 3rd week of May. Discounts will also be offered for bowlers bowling at Resort Bowl. Do check out the details from www.cscchangi.sg.



CSC @ Bukit Batok Celebrates Her 10th Anniversary – Come 15 Jun '17, CSC @ Bukit Batok will be a decade old. To celebrate this milestone, the Clubhouse is offering a range of discounts for the use of the facilities from 15 Jun – Sep '17.

Come 9 Sep '17, there will be an Open House organised for our members and the community staying in Bukit Batok and the neighbouring precinct. By then, most of the major renovations of the Clubhouse would be completed and it would be a

golden opportunity for them to experience the renovated Clubhouse facilities. The details are on pages 04–06.

Did You Know

Inter-Clubhouse Festive Decoration Competition –

The verdict is out, CSC @ Tessensohn has emerged as the champion in the Inter Clubhouse Festive Decoration Competition. It has outperformed the other two Clubhouses in the 5 major festive decoration competitions, namely the Lunar New Year, Hari Raya Aidifitri, National Day Celebration, Deepavali and Christmas. Congratulations to Andrew Wong and his hardworking and creative staff for winning the challenge trophy and \$1,000.



Staff Productivity Programme – Corporate Services emerged as the champion for submitting the most number of suggestions for FY17/18. Most of the suggestions have already been implemented at Club level. Congratulations to all the Managers and Staff of Corporate Services for the great effort! Corporate Services will be awarded a prize of \$1,000.

Pondok Gurame – This restaurant, which is not a newcomer to the F&B industry having been in operation the last 25 years, opened for business on the 7 April 2017 to a full house. Feedback from those who have visited since shared that the food and service were good. All CSC members enjoy a 15% off the standard menu prices so if you are in the vicinity of Changi Clubhouse do drop by and sample this authentic Halal Indonesian cuisine. The details are on page 22.

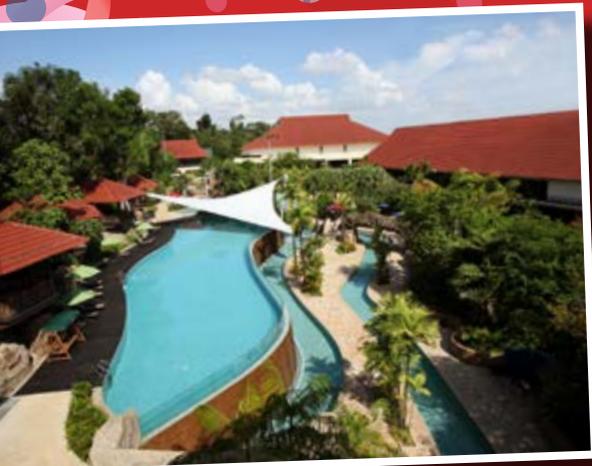
Corporate Team Bonding – The Club has leased an app that incorporates interactive GPS technology into an Amazing Race challenge. Singtel Inter-Group Games was the first to use this app-based Amazing Race at CSC @ Tessensohn and the participants had a great time. This interactive GPS Challenge can be customised to your needs. It is fun, engaging and is effective for team bonding. So, there is yet another reason to organise your corporate events at any of our Clubhouses. The details are highlighted on page 23.

To all the fathers, a Happy Father's Day and to all members have a great June School Holidays interacting and bonding with all families!



Dwell in the fun of a hilltop oasis

CSC @ Bukit Batok turns 10!



June marks the start of the 10th anniversary celebrations of Club CSC @ Bukit Batok. Over the last decade, we have been improving our facilities and refreshing our activities to give our members and their family a better, more exciting experience with us.

As part of the festivities, our Bukit Batok clubhouse pulled out all the stops with promotions running from 15 June to 30 September – to thank our members and give you the CSC experience at celebratory prices.



Let's Bowl!*

Grab your friends and family for a bowling good time!

- 10 prepaid bowling games for non-peak hours at \$26 (usual: \$34)
- 10 prepaid bowling games for peak hours at \$34 (usual: \$40)
- 1 free bowling game voucher for every \$10 spent in a single receipt for swimming pool related expenses (e.g. entrance fee, rental of floats, rental of towels, rental of paddle boat, etc.)
- 1 free bowling game voucher for every \$10 spent for tennis courts booking in a single receipt



Treehouse Specials*

From family BBQs to corporate gatherings, our four Treehouses are the perfect venue for a relaxing day at the Club.

- Get 12 hours time for the price of 10 hours.
- Treehouse users can enjoy a buy-9-get-1-free deal on our wristbands for entry to swimming complex.

Free Upgrade of Tables for Function Rooms*

15 June to 30 September

In celebrating our 10th Anniversary, every function room booking for the 10th of each month of the promotion period will enjoy a free upgrade of GS tables to round tables worth up to \$250.



10th Anniversary Goodie Bags*

Get your commemorative 10th anniversary goodie bag worth \$100 with every minimum \$500 booking of our Function Rooms, Foyer, Children Party Room, Treehouses and Dance Studio.

* Terms & Conditions apply.



Facebook Check-in*

From June to September, check-in on our Facebook page and you stand to win a \$10 CSC voucher. Each month, we will select five of the most interesting check-ins for the win. Remember to include our official hashtag #bbturns10 to qualify!



Open House

SATURDAY, 9 SEP '17

There will be an Open House at Bukit Batok Clubhouse; packed with activities and special discounts.

Free Admission to All. Stay tuned for more details in our July / August issue!

All are Welcome!!!

celebrations at CSC @ Bukit Batok

In celebration of our 10 years of serving members, we have put together a series of workshops over June and July designed to lift your body, mind and spirit.



Create your own Fragrance Practical workshop

Create calming, lovely aromas to bring about a wonderful mood. Essential oils also have incredible health benefits. Join this workshop and learn how essential oils can influence your mind and emotions.

Date: Saturday, 8 Jul '17

Time: 2pm – 4pm

Fee: \$10/pax

Contact: Vanessa at 6391 5624 or vanessachoo@csc.sg

Register By: 4 Jul '17



Piloxing Try-Out

This programme uniquely blends the power, speed, and agility of boxing with exhilarating dance moves and targeted sculpting and flexibility of Pilates to burn maximum calories, build lean muscles, and increase stamina.

Date: Saturday, 24 Jun '17

Time: 3pm – 4pm

Fee: \$10/pax

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

Register By: 19 Jun '17



Hands-On Grooming for Basic Skincare and Make-Up

Learn from a beauty consultant on how to achieve and maintain that wonderful skin with a basic skincare regime. You will also pick up easy makeup techniques during the workshop.

Date: Saturday, 15 Jul '17

Time: 10am – 12pm

Fee: \$10/pax

Contact: Haiming at 6391 5607 or onnhaiming@csc.sg

Register By: 10 Jul '17

Breath Meditation

Quiet your mind and enjoy a state of being in the present moment, at peace and calmed with the feeling of Oneness.

Date: Saturday, 22 Jul '17

Time: 4pm – 5.30pm

Fee: \$10/pax

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

Register By: 17 Jul '17

Tennis Introductory Class

Singapore tennis school offers a wide range of lessons to students of all ages and abilities. All coaches are certified Australian tennis instructors.

Come on down for an introductory class at just \$10!

Date: Saturday, 29 Jul '17

Time: 10am – 11am

Fee: \$10/pax

Contact: Haiming at 6391 5607 or onnhaiming@csc.sg

Register By: 24 Jul '17





CSC IN-HOUSE MOVIE SCREENINGS



Come and join us in our recently-upgraded auditorium at the Tessensohn Clubhouse for our FREE in-house movie screenings! We will be playing different blockbusters monthly. Now, you can catch your favourite movies in a high-quality space with top-of-the-line acoustics, audio-visual equipment and comfortable seating. Check out currently showing or coming movie attractions at: www.csc.sg/events.

***Pacific Rim (Changed from Avatar)**
Date: Friday, 26 May '17
Time: 7pm

***G.I Joe: The Rise of Cobra**
Date: Friday, 28 July '17
Time: 7pm

***Marvel's Doctor Strange**
Date: Friday, 30 June '17
Time: 7pm



For all the above screenings:
Venue: CSC @ Tessensohn Auditorium

*Titles are subject to change, please refer to www.csc.sg/events for the latest updates.

FAMILY AND DOGGIE

CARNIVAL @ CHANGI

FREE Goodie bag to first 100 pax to bring their dogs

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



Stage games



Photobooth



"Pup up bazaar" selling pet related items like accessories and food



Pet talks by vets



Normal food and drink booths



Best dress dog competition



Performances

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

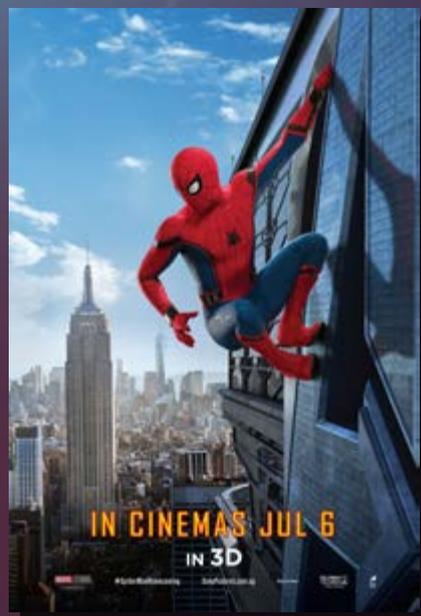




Get excited and rejoice movie fans out there! We have decided that 1 movie treat is not enough and so we have planned out 2 movies for your enjoyment. So mark out the dates. You won't want to miss this!

Transformers: The Last Knight

Spiderman: Homecoming



In the absence of Optimus Prime, a battle for survival has commenced between the human race and the Transformers. Cade Yeager forms an alliance with Bumblebee, an English lord, and an Oxford professor to learn why the Transformers keep coming back to Earth.

Following the events of Captain America: Civil War, Peter Parker, with the help of his mentor Tony Stark, tries to balance his life as an ordinary high school student in Queens, New York City with fighting crime as his superhero alter ego Spider-Man as a new threat, the Vulture, emerges.

29 Jun 2017
Time: 6.30pm (TBC)
Shaw Lido
Register By: 15 Jun '17

13 Jul 2017
Time: 6.30pm (TBC)
Shaw Lido
Register By: 29 Jun '17

For 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.

Try out the Nerf Gun Shooting Game at our Public Service Sports and Family Day on 13 May '17. Please turn to page 14 for event details.

what's happening

Nerf Gun Fun Challenge

Take down others with your team in this exciting Nerf Gun challenge! Bring your friends and family and form a team of 5 to compete to be the top Nerf Gun team in CSC! All teams will walk away with a gift.

Game flow:

- Players will challenge each other in teams of 5 in a 5 mins capture the flag match
- Winning teams will progress to the next round
- All teams will walk away with a gift!

Steps:

- Step 1:** Upon arrival, please register your team with us
- Step 2:** Your team will be assigned a team number
- Step 3:** Please wait till your team number is called for the briefing
- Step 4:** Briefing on the rules and gameplay will be done, and the team gears up for the match
- Step 5:** Game commences!

Prizes:

- 1st prize: \$250 of Capital Mall vouchers
- 2nd prize: \$150 of Capital Mall vouchers
- 3rd prize: \$50 of Capital Mall vouchers

Date: Saturday, 10 June '17

Time: 9am – 12pm

Fees: Member \$38*, Public Officer \$48, Member's Guest \$58 (*at least 1 member in the team) (min age 5 years)

Venue: CSC @ Changi

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

Register By: 27 May '17

*Event subjected to cancellation if faced with inclement weather for more than 45 mins. No refund will be processed.



INTERACTIVE GPS CHALLENGE: THE VILLAGE ESCAPADE

Join an amazing race around Changi Village this June Holidays!

Love scavenger hunts? Then join CSC @ Changi's June Holiday Amazing Race Challenge: The Village Escapade and stand a chance to win attractive prizes!

Race around and explore Changi Village with our Adventure App, answering trivia questions and completing team challenges. Challenges revolve around heritage landmarks, nature, and the must-try local hawker and café delights found in the Village. Simply follow the map on the app, locate the hotspots and complete the hotspot challenges to gain points!

Teams can range from a group of two to 10 persons. Each team requires one mobile device, (e.g. a mobile phone or tablet), to participate in the challenge.

Fees: Member \$3 per play, Member's Guest \$5 per play

How To Play

- Step 1:** Download the Adventure App from your App Store. Search 'Mobile Adventures'.
- Step 2:** Purchase your unique Game Code from CSC @ Changi Front Office.
- Step 3:** Enter your Team Details in the App to join the game.
- Step 4:** Game begins! Follow the map and complete as many hotspots as you can to gain points.

Rules and Regulations:

- This game challenge is valid from 27 May to 25 Jun '17
- No limits on the number of participants
- Only one phone per team
- Participants can make payment at CSC @ Changi Front Office counter. No pre-registration required.
- One FOC game for each chalet unit
- The games will be valid for one day, participants can start any time, and it will be closed at 2359, each day of the qualifying period
- There will be a different set of game locations and questions every week
- Each team will receive guidelines on how to play the game.

For enquiries, please contact May Chen at 6709 4712





Fantastic Father's Day Lunch



They say that the way to a man's heart is through his stomach! So, what better way to show our appreciation to the most important man in our life, than by treating Dad to a delectable eight-course Father's Day Lunch at Qian Xi, followed by an afternoon of entertaining festivities designed to bring out the best in the man who's brought us up!

Date: Saturday, 17 Jun '17

Time: 12pm – 3pm

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

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

Register By: 4 Jun '17

Member \$300 per table

Public Officer \$350 per table

Member's Guest \$360 per table

EACH TABLE WILL RECEIVE TWO FREE BOTTLES OF WINE!

Qian Xi's Father's Day Lunch Menu

Cold Dish Combination
Crab Meat Fish Maw Soup
Crispy Roasted Chicken
Fried Prawns with Cereal
Steamed Sea Bass with Bean Crumb
Mixed Vegetable in Yam Ring
Fried Rice with Dried Scallop in Lotus Leaf
Lemon Grass Jelly

And that's not all! There will be games and contests galore where attending Dads will stand to win attractive prizes! Every Father will receive a mystery gift!

Karaoke Singing Contest for Bathroom Idol Daddies!

Time to take your talent from the bathroom to the Karaoke Stage! Sing your heart out to your family and friends and win fabulous prizes! Contest open only to Dads attending the Father's Day Lunch. No pre-registration required.



Fun Bingo Games for Lucky Daddies!

Try your luck at Bingo and win shopping vouchers for your family!

Date: Saturday, 17 Jun '17

Time: 12pm – 3pm

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

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

Register By: 4 Jun '17

Darts Challenge for Bull's Eye Daddies!

Each Daddy will get three chances at throwing darts. The object - to win a beer with a total score of 60 points and above! What's more, Top 5 scorers will get to pit their skills for the Championship title and win 1 carton of Beer!



International Day of Yoga Celebration

Wednesday, 21 Jun '17

FREE Yoga Sessions at CSC

There is some scientific evidence that therapeutic yoga can fight a myriad of maladies such as asthma, nasal allergy, diabetes, obesity, and rheumatism, amongst others. To commemorate the International Day of Yoga this June, join us for a one-hour free yoga session conducted by professional yoga masters from Vyasa Yoga, to rejuvenate your body and mind. Vyasa Yoga trainers and students will also present a showcase of yoga stances.

Date: Wednesday, 21 Jun '17

Time: 7pm – 8.30pm

Venues: CSC @ Tessensohn, CSC @ Bukit Batok and CSC @ Changi

Fees: Free for All

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

Register By: 1 Jun '17

Participants to bring their own yoga mats.

Limited vacancies available, pre-registration required.



Jointly organised by:



CSC RUN BY THE BAY 2017

SUNDAY, 1 OCTOBER 2017 | 5AM | MARINA BARRAGE



EVENTS

- 21KM (OPEN/PUBLIC SERVICE)
- 21KM EKIDEN (OPEN/PUBLIC SERVICE)
- 10KM (OPEN/PUBLIC SERVICE)
- 5KM FUN RUN
- KIDS DASH

RUNNERS' ENTITLEMENTS

- Run By The Bay Singlet
- Run By The Bay Finisher's T-shirt (For 21KM & Ekiden Participants)
- Finisher's Medal
- Towel
- Race Bib
- Sponsored Items

**Attractive
Lucky Draw
Prizes**



PRIZES FOR COMPETITIVE RUNNERS

OPEN CATEGORY

POSITION	21KM MEN / WOMEN	10KM MEN / WOMEN
1	\$500	\$300
2	\$400	\$250
3	\$300	\$200
4	\$200	\$150
5	\$100	\$75

PUBLIC SERVICE CATEGORY

POSITION	21KM MEN / WOMEN	10KM MEN / MEN'S SENIOR / MEN'S ACTIVE AGERS / WOMEN / WOMEN'S SENIOR
1	\$200	\$150
2	\$150	\$100
3	\$100	\$75
4 - 5	\$75	\$50

21KM EKIDEN (TEAM OF 3 RUNNERS)

POSITION	OPEN CATEGORY (MEN / WOMEN)	PUBLIC SERVICE CATEGORY (MEN / WOMEN)
1	\$350	\$350
2	\$300	\$300
3	\$250	\$250
4	\$200	\$200

OPEN FOR REGISTRATION IN JUNE 2017 AT WWW.CSCRUN.COM

Organised By In Support of Sports Promotion

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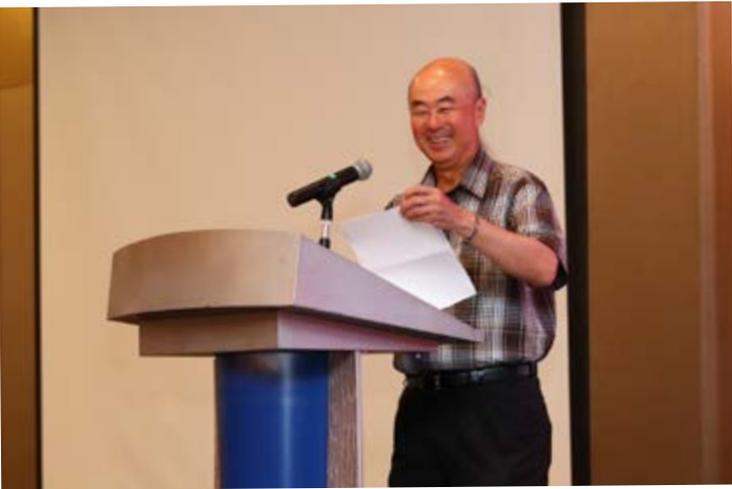
Official Running Magazine





SERVING BETTER WHEN WE COME TOGETHER

The Public Service STAR Games Awards Presentation Ceremony



Sports Liaison Officers (SLOs) and CSC Games Convenors of last year's Public Service STAR Games came together in good company for a friendly and cordial evening at Tessensohn Clubhouse's Ruby Room on 30 March 2017 to receive recognition awards for facilitating another successful round of sports programme for public officers. It was a full house, with over 80 SLOs, CSC Sports Convenors and guests in attendance.



"There are also many benefits for networking and making friends. I think socialisation is very important but also these games build strength among public officers from every department. That's something we've been very proud of," he added. Mr Tan's address reflected on the fruitful events of 2016, highlighting the resounding success of beach games held at Sentosa, which garnered the participation of over 300 public servants.

Other SLOs in attendance demonstrated their support for the games both as a vehicle for healthy living and a platform for strengthening camaraderie and team bonding.

"I think it's very good for the participants to compete in these games because it brings figures from all the government agencies together. Sports are a very good platform for people to come together to build friendship and teamwork," said Ms Eunice Tay of the Ministry of Defence, who received a recognition award as a representative of the top five agencies in Division I.

Thirty-eight government agencies and four former Statutory Boards took part in the STAR Games, participating in over 40 events ranging from beach volleyball and swimming to soccer, golf and badminton. The event also noted the achievements of the organisations that came in fifth to tenth positions in Divisions I and II, as well as the Top 5 SLOs for each division.

Bringing all the players and teams together to train and compete is no easy task. In addition to their day-to-day responsibilities, a small but committed group of SLOs and games convenors are tasked with organising, publicising and facilitating the games with their respective

organisations. These activities are part and parcel of the strong advocacy for active living and healthy lifestyles among Singapore's public servants at the Civil Service Club (CSC).

"The STAR Games were started quite a number of years ago and the key objective was to encourage public servants to adopt a healthy lifestyle. The goal is for them to be active all year round, and for those who are a bit more competitive, we offer the STAR Games as a platform for them to compete," remarked Mr Tan Boon Huat, Guest-of-Honour and CSC Chairman, Board of Games.

event highlights



Participants acknowledged the importance of the role played by CSC to promote the role of sports in achieving an active way of life while fostering closer bonds between colleagues and friends.

“This year has been exciting, just as the chairman has said. There has been a lot of new activities catering to various needs and interests of different age groups. The CSC has been very helpful in planning all these activities to challenge and engage public servants,” said Ms Betty Wong of the Ministry of Health, who also received a recognition award.

Organisers will continue to strive for higher year-on-year participation rates in the STAR Games. “Through the different games we played, such as badminton and tennis, we got to know our colleagues from different parts of the organisation. I think it’s a great way to bond,” remarked Mr Julian Aw, an award recipient from the People’s Association. The all-around positive enthusiasm displayed by participants suggests the next round of games will succeed in doing just that.

“Sports are a very good platform for people to come together to build friendship and teamwork.”
- Eunice Tay

The Top 5 agencies in Division I and II are as follows:

DIVISION I	DIVISION II
1. Ministry of Education	1. Republic Polytechnic
2. Ministry of Defence	2. JTC Corporation
3. Ministry of Home Affairs	3. Central Provident Fund Board
4. Ministry of Health	4. Ministry of Manpower
5. Housing & Development Board	5. Judiciary





PUBLIC SERVICE SPORTS AND FAMILY DAY

GARDENS BY THE BAY (BAY EAST) • SATURDAY, 13 MAY 2017 • 8AM-1PM

HEALTHY LIFESTYLE ACTIVITIES

- Healthy Lifestyle Walk
- Telematch Competition
- Dragon Boat Race
- CSC Cycle
- Public Service Amazing Race

FAMILY ACTIVITIES

- Kayaking Try-out
- Dragon Boating Try-out
- Family Treasure Hunt
- Children Drawing & Colouring Competition

AND MORE...

- Stage Performances
- Photo Booths
- Free Pop Corn, Candy Floss, Ice-cream
- Game Stalls
- Fun Pack and Lucky Draw

PRIZES FOR TOP FOUR TEAMS

COMPETITION FOR PUBLIC OFFICERS

Event	1st	2nd	3rd	4th
Telematch Competition	\$600	\$500	\$400	\$300
Dragon Boat Race	\$350	\$300	\$250	\$200
Public Service Amazing Race	\$350	\$300	\$250	\$200

PRIZES FOR FAMILY TREASURE RACE

Prize	1st	2nd	3rd
Cash	\$100	\$70	\$50

TOP 10 LUCKY DRAW PRIZES

Prize	1st	2nd	3rd
Cash	\$500	\$300	\$200
	4th-7th	8th-10th	
	\$120	\$100	

TIME	HEALTHY LIFESTYLE ACTIVITIES
7.30am to 11.30am	Public Service Amazing Race (Starting at Tessensohn Clubhouse)
8.00am to 11.30am	CSC Cycle (Starting at Changi Clubhouse)
9.00am to 1.00pm	Sports Try-out
10.00am to 1.00pm	Dragon Boat and Kayaking Try-out
10.00am to 12.00pm	Bell Boating Try-out
TIME	FAMILY ACTIVITIES
9.30am to 11.00am	Family Treasure Hunt
9.30am to 11.00am	Children's Coloring & Art Competitions
TIME	FRINGE ACTIVITIES
8.00am to 1.00pm	Photo Booths (Show Ticket)
8.30am to 1.00pm	Fun at the Inflatable Bouncers (Show Ticket)
8.30am to 1.00pm	Roving Performers
8.30am to 1.00pm	Games Stalls (Show Ticket)
9.15am to 1.00pm	Fun Pack and Bun Redemption (Coupons required - while stock lasts)
9.30am to 1.00pm	Popcorn, Ice-cream and Cotton Candy Floss Redemption (Coupons required - while stock lasts)

SHUTTLE BUS SERVICE
 6.45am to 9.00am
 Stadium MRT (Exit B) to
 Gardens by the Bay (Bay East Park)
 11.30am to 2.00pm
 Bay East Park to Stadium MRT
 (Exit B)

For more information, visit www.csc.sg/sportsday/

01



TOUCHING LIVES IN TANJONG BALAI – CSC RUNNING CLUB OVERSEAS CHARITY TRIP

On the morning of Saturday, 18 March, a group of 10 Running Club members, led by Vice-Chairman Paul Chan, took a two-hour ferry ride from Singapore to embark on a meaningful two-day charity trip and excursion to Tanjong Balai, Karimun Island, Indonesia.

Upon reaching the island, we rode in the local version of a coach bus to a local secondary school where we organised a 5-km cross-country run for 71 students from the school's Secondary 3 and 4 classes. A group of Singapore ITE College West students, who were there on a five-day community service trip, also joined the run. Although it was a hot and sunny morning, all the students completed their run within an hour. The top five runners from both Boys' and Girls' categories received prizes donated by the CSC Sports Office and our club runners. On top of this, each participating student received a CSC shoe bag as a souvenir, and enjoyed some snacks we brought. The running event went well and the school Principal appreciated our efforts in promoting running among the students and was touched by our generosity.



02



03

The climb was not difficult as there was a proper metal track leading to the summit. However, we chose to go down the mountain via another jungle track that was very challenging but interesting. We spent more time going down than climbing up. Our eyes greeted a nice waterfall after the climb but we did not have time to enjoy its cool water, as we needed to catch our ferry back to Singapore.

to say that we are glad that we did, and we hope to go on more of such overseas trips to not only touch lives, but also to widen our knowledge of the culture and experiences of the local people in these places.

After the event in the school, we proceeded to have a sumptuous local seafood lunch. After lunch, we commenced our food ration distribution to 12 needy families in the village, accompanied by Mr Joseph Chng from The Light of Love, a group of Singapore volunteers who conduct food distribution there, once every two to three months. We completed the distribution before dusk, and checked into a local hotel to stay for the night. In spite of our fatigue, we were in high spirits, as we knew we had touched many villagers with this simple act of kindness.

On behalf of the Running Club members who made this trip, this writer would like



04



06

After-Note: CSC Running Club has about 30 members so far, and we have our regular run on every first and third Saturday mornings. If you are interested in joining us, please contact our Chairman, Abraham Chan at 96637837 or email him at abe@chansonline.com

The next morning, six of us went mountain trekking up Gunung Jantan, the highest peak on the island at 439 meters.



05

- 01 A local coach bus
- 02 Before we start... a briefing by Paul Chan
- 03 All happy faces after the run
- 04 Food distribution to the local needy families
- 05 Paul with a grateful local who received the ration
- 06 Mountain trekking, here we come...



Winner

CSC @ Tessensohn Overall Champion in Festive Decorations Challenge FY16/17

This Festive Decorations Challenge has created much bonding in the midst of competition as staff from the Bukit Batok, Changi and Tessensohn Clubhouses put their minds together to creatively dress up their own Clubhouse with recycled materials, in hope of winning the CSC's Festive Decorations Challenges. Tessensohn Clubhouse edged out from the rest and won the Overall Champion trophy.

According to Mr Lim Kian Cheng, Assistant Manager of Tessensohn Clubhouse, "it was a great bonding experience that strengthened each staff's sense of belonging in their respective Clubhouses, as they pulled their minds together to transform their Clubhouses into a warm and delightful wonderland for each different festival."



CSC-PASSION CARD NOTICE



Dear members,

CSC's partnership with People's Association on the CSC-Passion Card will cease on 31st August 2017. The privileges and benefits of each existing CSC-Passion Card holder will continue until the expiry date shown on their respective CSC-Passion Card. Replacement of damaged or lost CSC-Passion Cards will continue until the stocks of cards run out. Members are requested to take note of the expiry date on their CSC-Passion Cards and to use up all TapForMore points and ez-link stored value in their cards before they expire.

For more information, please go to www.csc.sg for CSC-Passion Card FAQ.

SPORTS NEWS



HEALTHY LIFESTYLE WALK @ PUNGGOL WATERWAY

In keeping with the theme of promoting health and fitness, close to 150 officers from various government agencies congregated at the Sengkang Sports Centre for the Healthy Lifestyle walk on 22 February 2017. The late afternoon walk began with an energising Zumba workout, before Guest of Honour and CSC Executive Committee member, Mr Cheng Kiah Lim, flagged off the participants.

The participants took about two hours to cover the 6.3km distance from Sengkang Riverside Park 2 to Punggol Waterway and back. Despite the warm weather, everyone completed the walk and received a fun bag at the end point. It was a truly enjoyable and memorable experience for the walkers, especially for Ms Seema Devi of Sport Singapore who not only joined the walk for the first time, but also won the top prize in the Lucky Draw that day!

MOH – OVERALL CHAMPION IN PUBLIC SERVICE 3-6-9 BOWLING COMPETITION

In a surprise upset, Ministry of Health (MOH) emerged Overall Champion in this year's Public Service 3-6-9 Bowling Competition held at Changi Resort Bowl, Club CSC @ Changi. 62 teams from 17 government agencies had to battle over a series of games stretching from 4 to 18 February 2017 for the championship title.

Ministry of Education and the People's Association had bagged the titles for the Women's and Men's Category respectively

while MOH grabbed the Men's Active Ageds and Mixed Categories titles. MOH's aggregate points was enough to propel the team to the top spot.

This is the first time that MOH won the title in all the years they have played in this annual competition. Mr Abdul Wahab Hassan, MOH's Co-Captain, said that MOE was their toughest opponent in this competition, and that his team mates had to overcome the fear facing this strong team. To prepare for next year's competition, Mr Abdul Wahab said, "We'll be involved in as many League games and play as often as we can amongst ourselves to improve our game."

Guest-of-Honour Mr Jerry Lim, CSC Executive Committee Member, presented prizes to the winning teams.

RESULTS

OVERALL POSITION

Champion: Ministry of Health
1st Runner-Up: Ministry of Education
2nd Runner-Up: People's Association
3rd Runner-Up: Ministry of Defence

RESULTS

Women's Category

Champion: Ministry of Education
1st Runner-Up: Housing & Development Board
2nd Runner-Up: Ministry of Health (TTSH)
3rd Runner-Up: People's Association

RESULTS

Men's Category

Champion: People's Association
1st Runner-Up: Ministry of Education
2nd Runner-Up: Ministry of Defence
3rd Runner-Up: Ngee Ann Polytechnic

RESULTS

Men's Active Ageds Category

Champion: Ministry of Health
1st Runner-Up: Ministry of the Environment and Water Resources
2nd Runner-Up: Ministry of the Environment and Water Resources
3rd Runner-Up: People's Association MAA

RESULTS

Mixed Category

Champion: Ministry of Health
1st Runner-Up: Ministry of Defence
2nd Runner-Up: Ministry of Home Affairs
3rd Runner-Up: Ministry of Education





MOE SHOOTS ITS WAY TO VICTORY AT PUBLIC SERVICE 3-ON-3 BASKETBALL TOURNAMENT

The Ministry of Education (MOE) trounced its closest rivals, MINDEF and Ministry of Health (MOH) to emerge Overall Champion at the Public Service Star Games 3-on-3 Basketball Tournament held at Club HDB, Toa Payoh on Saturday, 11 March 2017.

The Ministry of Home Affairs (MHA) and MINDEF grabbed the Champion and 1st Runner-up positions, respectively, thereby relegating MOE Men's Teams #5 and #3 to

third and fourth positions, correspondingly in the Men's Event. However, it was MOE's Women's Teams who boosted the ministry's tournament-winning chances by outmanoeuvring their two main opponents, MINDEF and MOH, to score the top two positions in the Women's Event.

When asked about their winning strategy, Team Captain Mr Teo Siang Yang said, "We have no strategy. We just go there and play



and have fun. It's about getting a community up, making sure everybody enjoys themselves, and if we win then that will be wonderful."

RESULTS

Women's Open

Champion: Ministry of Education (2)
 1st Runner-Up: Ministry of Education (3)
 2nd Runner-Up: Ministry of Defence (1)
 3rd Runner-Up: Ministry of Health (2)

RESULTS

Men's Open

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

RESULTS

OVERALL POSITION

Champion: Ministry of Education
 1st Runner-Up: Ministry of Defence
 2nd Runner-Up: Ministry of Home Affairs
 3rd Runner-Up: Ministry of Health

MHA DOMINATES PUBLIC SERVICE SEPAKTAKRAW TOURNAMENTS

For the second year running, the teams from the Ministry of Home Affairs (MHA) captured the top spots in the Public Service Sepaktakraw Inter-Team and Inter-Regu Tournaments held at the PERSES Centre of Excellence on Saturdays, 11 and 18 February 2017.

Following on from their exploits at the Inter-Regu Tournament on 11 February 2017, in which 25 teams from 10 government agencies took part, the two MHA teams (Team 1 and 2) were all hyped up to defend the Overall Championship title in the Inter-Team event on 18 February 2017. Nine teams from six agencies took part in the event. The two MHA teams successfully employed their strategy of pacing and rotating their players well to endure the entire tournament to beat arch rival teams from the Ministry of the Environment and Water Resources and Singapore Power Ltd and claimed the top two positions and the Overall Championship title.



LTA Saifulbahri Mohd Idris - the MHA & SCDF Sepaktakraw Convenor for the past two years - said he was extremely confident of emulating last year's results as MHA has a good mix of youthful and experienced players who are well-disciplined and constantly strive to improve their game with each training session.

"I am blessed with (managing) a group of 40 MHA officers who are committed and passionate about the game," LTA Saifulbahri proudly said.

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

RESULTS

INTER-REGU TOURNAMENT 2017

Champion: Ministry of Home Affairs (2)
 1st Runner-Up: Singapore Power Ltd
 2nd Runner-Up: Ministry of Home Affairs (1)
 3rd Runner-Up: Ministry of the Environment and Water Resources

RESULTS

INTER-TEAM TOURNAMENT 2017

Champion: Ministry of Home Affairs (1)
 1st Runner-Up: Ministry of Home Affairs (2)
 2nd Runner-Up: Ministry of the Environment and Water Resources (1)
 3rd Runner-Up: Singapore Power Ltd

sports

MINDEF 16-TIME CHAMPION OF PUBLIC SERVICE BADMINTON TOURNAMENT

Over a five-week period from 15 February to 20 March 2017, 62 teams from 27 government agencies congregated nightly at the Tessensohn Clubhouse for the Public Service Badminton Tournament.

Ministry of Defence (MINDEF) teams overcame the challenges of their opponents to reach the finals of the Men's Open, Men's Senior and Men's Active-Agers categories held on 20 March 2017. Their Men's Open and the Men's Active Agers teams shuttled their way to victory over arch rivals, Ministry of Home Affairs and Housing Development Board respectively, to win both titles. In a surprise upset, the Ministry of Health beat Ministry of Education to win the Women's title.



MAJ (Ret) Victor Sim, MINDEF's team manager, recalled how he had to quickly re-strategise after his women's team did not make it to the final round. "This allowed us to be strong contenders for the (Overall Championship's) title with MOE being the other (main) contender," Major Sim said. With the wins, MINDEF maintained an eight-year winning streak and retained their Overall Championship title for a record 16th times.

Guest-of-Honour, Mr James Kwek, CSC Executive Committee Member, presented prizes to the winning teams.



RESULTS

Men's Senior
 Champion: Ministry of Home Affairs
 1st Runner-Up: Ministry of Defence
 2nd Runner-Up: National University of Singapore
 3rd Runner-Up: Ministry of Education

RESULTS

Men's Open
 Champion: Ministry of Defence
 1st Runner-Up: Ministry of Education
 2nd Runner-Up: National University of Singapore
 3rd Runner-Up: Ministry of Health

RESULTS

Women's Open
 Champion: Ministry of Health
 1st Runner-Up: Ministry of Education
 2nd Runner-Up: Ministry of Home Affairs
 3rd Runner-Up: Land Transport Authority

RESULTS

Men's Active Agers
 Champion: Ministry of Defence
 1st Runner-Up: Housing & Development Board
 2nd Runner-Up: Land Transport Authority
 3rd Runner-Up: Ministry of Home Affairs

RESULTS

OVERALL POSITION
 Champion: Ministry of Defence
 Joint 1st Runners-up: Ministry of Home Affairs / Ministry of Education
 3rd Runner-Up: Ministry of Health



SHITORYU KARATE-DO

ENROLL NOW FOR NEW BEGINNERS' CLASSES

COMMENCING MONDAY 3RD JULY 2017



SKA DOJO

Civil Service Club @ Tessensohn, 4th Level

A Way To Keep Fit



A Means Of Self Defence



An Art



A Sport

Children Classes	Saturday & Sunday	10.00am – 11.30am
Adult Classes	Monday & Wednesday	7.30pm – 9.00pm
Children Fees	\$60 (Monthly)	\$150 (Quarterly)
Adult Fees	\$80 (Monthly)	\$210 (Quarterly)

You are welcome for trial lessons prior to enrolment
Free access to Khus Fitness Gym, 2nd Level

Civil Service Club @ Tessensohn, 2nd Level
 No 60, Tessensohn Road, Singapore 217664

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

CIVIL SERVICE CLUB
CYCLING CLUB



NEWS



NEWS



NEW LEADER TO LEAD THE CSC PELOTON

A very warm welcome to Paul Chan, our new Chairman who has been unanimously elected to lead the Management Committee for the next term of two years. One of our founder members, Paul has been very active since the formation of the Club about six years ago accompanying members on local rides and even organised overseas trips to Taiwan which he had done annually for the last three years. In the new term, Paul and his team will increase our major overseas rides from one to two annually with generous sponsorships from CSC.

Prior to the election, he was the Vice-Chairman overseeing Local Rides, Technical Workshops and Social Gatherings. He is nicknamed "Speedy Gonzales" for his fast riding that often left many members breathless, trying to catch up with him. To cater to those fast riders, he formed and captained a competitive team that trains at high speed to prepare for competitions. His team has been training hard in the hope of representing our club in local and overseas competitions one day.

Besides cycling, he is also an avid runner, having run 15 full marathons and an ultra-marathon! He was also one of the founder members of the CSC Running Club and was their Chairman from 2010 to 2015. He stepped down to make way for new leadership but continued to serve as Vice-Chairman in the current Management Committee.

We congratulate and welcome Paul and his team in the Management Committee. We are confident that with his leadership, interest and passion for fitness and active lifestyle, our peloton will harness the energies from everyone to propel our team to more exciting programmes and achievements in the years ahead.

AGM

The CSC Cycling Club's Annual General Meeting was held Saturday, 11 May 2016 at 10.30 am at CSC @ Changi. The meeting went very smoothly with more than 50% of eligible members attending. The general election saw some changes in the management team; a good sign of members' willingness to come forward to serve and inject new ideas.

The then-incumbent club Chairman, Mr Robert Tan, stepped down to make way for new leadership. The obvious choice was the ever popular Mr Paul Chan who was elected unanimously. The line-up of

the new Management Committee also saw some changes with a few new faces joining the team. It is heartening to note that more members are willing to volunteer their time and talents, and take up leadership positions in the club.

The AGM incorporated a short fun ride, presentations of two major overseas rides to Bhutan and Taiwan, and a lunch hosted by the club. All those who attended took home a fun pack comprising a shoe bag, a small towel and discount vouchers. A few lucky members also walked away with attractive lucky draw prizes.

The Cycling Club members would like to thank Mr Robert Tan and the out-going Committee members for their untiring and dedicated service over the past term. We also take this opportunity to congratulate Mr Paul Chan and his in-coming team and look forward to more exciting cycling programmes in the years ahead.

Management Committee members for the term 2017 - 2019.

- Chairman - Paul Chan
- Vice-Chairman - Richard Goh
- Hon Treasurer - Sandra Loke
- Hon Secretary - Andrew Poh

Committee Members

- Eu Pui Leong
- Lim Ming Yao
- Jasmine Ng Lay Ching
- Oei Su Cheok



These are two great rides that you should not miss. Go for at least one if you cannot do both. Choosing just one will be a very difficult decision, considering the tempting attractions these rides have to offer.

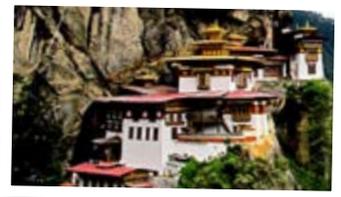
WELCOME TO OUR EPIC RIDES PRESENTATION

- Date:** Saturday, 20 May '17
- Venue:** CSC Changi, Board Room
- Time:** 10.00am - 12.00pm
- Free for Members and Guests

- Registration:** Bhutan Trip - Tan Lian Seng (tanls06@yahoo.com.sg)
- Taiwan Trip - Paul Chan (Paul_Kok_Leong_Chan@hdb.gov.sg)



sports



TAIWAN

THE CYCLING CAPITAL OF ASIA
15 – 23 December 2017

Taiwan has been our favourite overseas destination over the past three years. Dubbed as Asia's cycling capital, Taiwan offers the avid cyclist a range of cross-country rides that will meet every expectation. Its challenging and scenic cycling routes across the country, plus its variety of delectable Asian cuisine are the highlights of every ride.

This year, Tour A will cycle from Chia-yi to Alishan and explore Siraya National Scenic Area. This is for the strong riders who will climb 2500 metres in elevation in three days. Participants for Tour B will cycle leisurely and enjoy the scenic ocean view, local cuisine, historical and rich culture of Tainan and Chiayi counties. You can join either Tour A, Tour B or both. We organise one major overseas ride each year. Because of popular demand we are organising two this year. We will sponsor members generously with cycling attire for each of the trip.

Come to the presentation and be among the first to book a place in one or both the trips.



BHUTAN

The Land of the Thunder Dragon
20 – 28 August 2017

This 9- Day trip offers a mix of cycling, trekking and sightseeing across this idyllic country that takes pride in measuring its success in terms of units of Happiness. Sixty percent of this tiny Himalayan Kingdom is protected national forest and offers nature lovers, vast expanse of pristine mountainous countryside to trek and cycle. Besides adventure, the tiny country also offers its visitors many of its unique cultural and spiritual heritage not found anywhere in the world.

Their tightly controlled tourism industry makes it difficult for tourists to visit the country in the past. Be among the fortunate few to cycle and trek in Bhutan before it becomes another much trodden tourist hotspot.

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
Blk 11A Boon Tiong Road #01-03
Singapore 161011
email: smileartstiongbahru@gmail.com
Mon - Fri: 9am - 9pm | Sat & Sun: 9am - 5pm

Buangkok Branch Tel: 6752 1008
Blk 275D Compassvale Link
#01-01 (Unit 6) S544275
(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

Close
every Monday

Pondok Gurame Restaurant Opening Specials at CSC @ Changi

Founded in 1991 by Mdm Chan Sui Yen at East Coast Recreation Centre, Pondok Gurame has been serving authentic Indonesian cuisine cooked by Indonesian chefs who know best how Indonesian food should taste like.

As part of our opening specials to commemorate Pondok Gurame's relocation to CSC @ Changi in April, we will be offering

Opening offer – *CSC members 15% off the standard menu prices.

Lunch: 11.30am – 2.30pm

Dinner: 6pm – 10pm

*Terms and conditions apply. Offer valid only for lunch and dinner a la carte, and for CSC Members only. Validity period will be for three months, then subsequently 10% off.



Ramadan Iftar Specials



Head down to Pondok Gurame this Ramadan and break fast with our mouth-watering Indonesian Street food buffet from 27 May to 23 June. With over 40 dishes, Pondok Gurame guarantees to satisfy any craving you may have.

Buffet Prices

Weekdays: Adult \$35++, *Child \$15++

Weekends: Adult \$40++, *Child \$20++

*For children aged 6-11 years. Terms and conditions apply.



Weddings, Events and Corporate Functions

Pondok Gurame caters for a wide range of events and corporate functions, with each package customised to your every need.

Wedding packages start at \$40++ per person (min. 600 pax). Not only do you experience our signature hospitality and food, we also provide you with a range of services, from decorations and equipment, to complimentary rooms at CSC.

We also specialise in corporate events such as Team-building, Seminars and Company Dinner and Dances, with prices ranging from \$30++ per person, onwards. Our event hall is equipped with audio-visual equipment, including projectors, screens and PA systems.

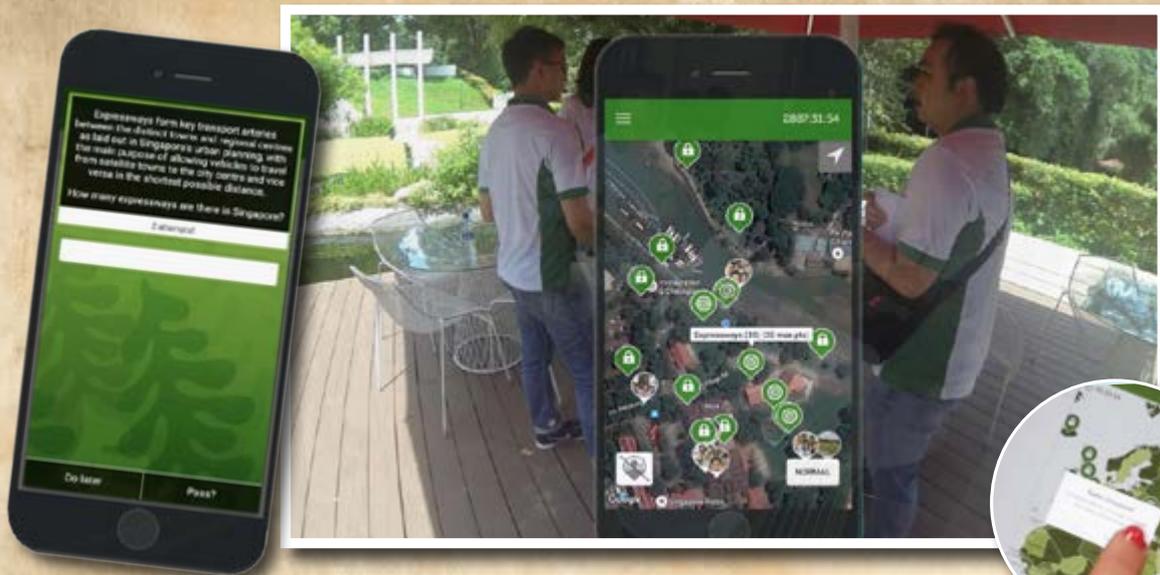
For inquiries and reservations call 6348 0982





**Corporate
Team Bonding**

INTERACTIVE GPS CHALLENGE



Tired of hotel-bound team-building activities?
Take it to a whole new level with exciting challenges that incorporate interactive GPS technology with "amazing races" at any of three clubhouses.

With a choice of game area from any of the three clubhouses, teams will set off on a GPS-aided adventure race, locating hotspots and completing team challenges to accumulate their scores and push up their rankings on the scoreboard. Strategic planning comes into play as teams devise methods to outplay the others, and place themselves ahead in the game. Hotspot tasks range from trivia questions to teamwork, photo and video challenges. Cooperation and communication are key factors for teams to effectively complete the tasks assigned.

The Interactive GPS Challenge is customizable to achieve corporate objectives and milestones. Fun and engaging, the challenge also inspires creativity in members and is effective in building team dynamics.

For enquiries, contact:

- **Changi Clubhouse**
May Chen at 6709 4712
or chiamaychen@csc.sg
- **Tessensohn Clubhouse**
Jacqueline Tang at 6391 5605
or jacquelinetang@csc.sg
- **Bukit Batok Clubhouse**
Leon Li at 6513 7492
or liyongde@csc.sg





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.

Contact us for enquiries and bookings:
Jacqueline Tang at 6391 5605 or jacquelinetang@csc.sg
Shamira at 6391 5623 or shamirajohari@csc.sg

Modern Facilities in *the Heart of The City*

Close to the city, CSC @ Tessensohn is the ideal place for your conference and recreational needs at great value. From hosting seminars in our fully-equipped auditorium and function rooms, to culinary classes in our cooking and baking studios, knocking pins at our 20-lane Planet Bowl, scaling the heights at our rock-climbing wall, or simply relaxing alfresco on our pool deck, there's something for everyone.



Auditorium



Cooking & Baking Studio



Dance Studio



Function Room



Alfresco By the Pool



Pool Terrace



Function Room



Bowling



Rock Climbing

Members' Weekend Special
Book One Hour
Get Another Hour FREE!

Futsal @ Rooftop

Come on up to the Rooftop of CSC @ Tessensohn and play a ripping game of futsal on our new state-of-the-art five-a-side pitches. Enjoy a whole new experience of the pitch that does not use any sort of infill on its surface but features a FIFA approved cushion base installed beneath the turf where there are no black bits (rubber granules) in the pitch.

Contact us for enquiries and bookings:
Stadio Futsal at 9721 8030 or email: enquiry@stadio.com.sg



Open daily 8am – 1am
Special Rates for Members.



Just a few 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.

KEGLERZ BOWLING CLUB

A BOWLER'S HEAVEN

Join us now @ S\$40 / year

Club House @ CSC Bukit Batok

Benefits:

1. Club affiliation to Singapore Bowling Federation
2. Monthly Funbowl and lucky draw
3. Quarterly Tournament with attractive game prizes
4. Annual selection – full sponsorship for overseas/ local tournament and National Open
5. Full access to KBC Club House and the use of facilities @ members rate
6. Members' discount on bowling accessories & equipment, apparels
7. Bowlers Seminar / Workshop
8. Bowling Clinic / Academy / Coaching packages



For illustration Only

Keglerz Club House Facilities

Mini Arcade Machines, Air Hockey Table, Digital Pinball Machine, Digital Dart Boards, English Pool Table, Members' Corner and Drinks Vending Machine.



91 Bukit Batok West Avenue 2, #03-05 Civil Service Club Singapore 659206 | 8324-8001 | admin@keglerzbowling.com | www.keglerzbowling.com | Facebook Keglerz Bowling



DAD'S CORNER IS A 100% MUSLIM OWNED RESTAURANT BY CHEF FADDIL. HAVING GRADUATED FROM AT-SUNRICE GLOBAL ACADEMY WITH 10 YEARS OF CULINARY EXPERIENCE, THE FATHER OF 3 CHANGED HIS PASSION INTO PROFESSION & MANAGED TO RUN 2 OUTLETS CO-CURRENTLY. HE HAS SINCE VENTURED INTO A WEDDING BUSINESS NAMED DWEDDINGCORNER PROVIDING WEDDING PLANNING, CATERING AND EVENTS FROM CORPORATE TO FAMILY GATHERINGS.

BY AFIDAH IBRAHAM (CO-OWNER OF DADSCORNER)

DAD'S CORNER

COMMUNITY CLUB 02, 1 WOODLANDS STREET 81, 738526 (WESTERN)

CIVIL SERVICE CLUB 91 BUKIT BATOK WEST AVENUE 2, 659206 (SHELLOUT)

CONTACT FOR RESERVATION/DWEDDINGCORNER: 90115733

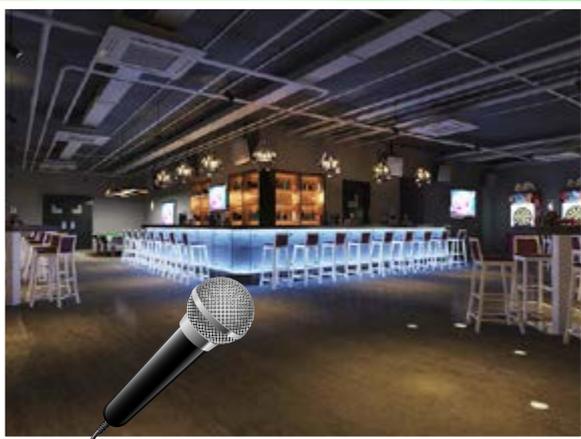
clubhouse

Family Entertainment Hub @ BUKIT BATOK

(Opening in July 2017)

Take a break from the hustle and bustle of the city. Relax with family and friends in cozy surroundings with soft lighting at the lounge area, pool table or dart area. Sing your heart out in our karaoke hall or Private KTV rooms, while kids are not to be left out at our Xbox games.

There is something to suit all and a great place to relax and rejuvenate!



*all photos are artist's impressions

members' special

INTRODUCING SAVIO AFFILIATE, EXCLUSIVELY TO ALL MEMBERS OF CIVIL SERVICE CLUB

Savio Affiliate, also known as Savio Staff Travel, is a one-stop exclusive personal travel portal, offering over 8 million travel products worldwide for members to book their holidays in preferential rates.

Register as a Savio member to enjoy:

- ✈ Save up to 50 % travel products in S.E.A region, including local staycation & attraction tickets all year round!
- 💰 Prices are NETT, no booking and service fees.
- 👨👩👧👦 Share it with your family and friends. You can book on behalf of your love ones!

SIMPLY FOLLOW THESE STEPS:

1. Register from www.savio.com/cscsg.aspx
(F.O.C. for CSC members)
2. Receive a notification email from Savio
3. Log in to www.savio.com
4. Enjoy and explore these travel perks

Need more information? Contact us NOW!

EMAIL: ops@savio.com / nina.weng@savio.com • TEL: (+65) 3152 1050 (24HR) • WEBSITE: www.savio.com



MEDIA RATE CARD

ADVERTISE WITH US!

Fusion is the official and only bi-monthly magazine of the Civil Service Club (CSC).

CSC is not just the preferred club for Singapore's public officers but also the general public. With One Membership, members have access to Three Excellent Clubhouses that provide Three Distinct Experiences at an affordable rate. The CSC has a membership of 53,000 and is still growing.

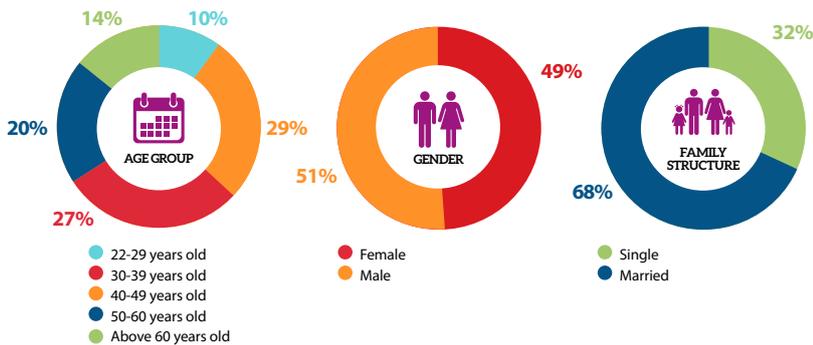
Appealing and informative, Fusion celebrates the memorable moments experienced by members at different CSC events while featuring the widest array of social and sports activities offered. The magazine has a circulation of 29,000 per issue and is widely read and thoroughly enjoyed. Advertise with us today and receive immediate exposure to your targeted audience.

Call Doris at 6514 3630 or email dorisong@csc.sg for more details.

Civil Service Club  



READER'S PROFILE



ADVERTISING RATES

Back Cover (Full Page)	\$2,000
Inside Front Cover (Full Page)	\$1,900
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Double Page Spread	\$3,400
Center Page Spread	\$3,500
Full Page	\$1,680
Half Page*	\$860
Quarter Page*	\$460

*Specific pages additional 10%

Terms and Conditions

- The management reserves the right to reject any advertisement with content that is deemed unsuitable or inappropriate for publication.
- The decision of the management shall be final.
- Artwork fee will be charged separately depending on size of artwork.

PAGE SPECIFICATIONS

1/4 page

105mm (W)
X 148.5mm (H)

- Artwork submitted must be in jpeg or pdf format.
- Image resolution should be 300 dpi minimum with bleeding of 5mm throughout.

Full Page

210mm (W)
X 297mm (H)

Half page

210mm (W)
X 148.5mm (H)



June School

HOLIDAYS

Tired of taking your kids to yet another boring mall or seeing them bury their faces in their mobile devices this June holidays? Then, enrol your kids in our fun and educational activities that will stimulate their imagination and teach them some valuable life skills!



'LOVE U DAD' CREATIVE BENTO ART (FOR PARENT-CHILD)

*Child aged 6 – 12 years old

Celebrate this Father's Day with lots of "kawaii" food fun! Dads, have a great time bonding with your kid, as you help him or her make you a special 'Love U Dad' Bento, featuring a loving Papa Panda and his cute baby, at our Creative Bento Art workshop. Let the kids delight you with their handmade sweet surprises on this special occasion!

Date: Sunday, 18 Jun '17

Time: 2pm – 4pm

Fees: Member \$70, Public Officer \$80, Member's Guest \$90 (Fees are for 1 parent-child pair)

Venue: CSC @ Tessensohn

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

Register By: 11 Jun '17



KIDS CAN BAKE (PARENT & CHILD PAIR)

Few parent-child bonding activities are as intimate and precious as the time spent with our kids, helping them bake sweet treats for the whole family! Come join us to create more special family moments!

MUM'S FLOWER CAKE

Mother's Day is on the way. Help your child to bake a beautiful floral-themed cake they can proudly present to Mummy on her special day!

Date: Sunday, 7 May '17

Time: 1.30pm – 3.30pm

Register By: 2 May '17

WHISK COOKIES

Kids will love whisking up and decorating their own cookies with sugar frosting and sprinkles!

Date: Saturday, 20 May '17

Time: 10.30am – 12.30pm

Register By: 12 May '17

GONE FISHING CUPCAKES

As the title of this class implies, your child will be shown how to make cute and scrumptious fishing-themed cupcakes!

Date: Friday, 9 Jun '17

Time: 4pm – 6pm

Register By: 2 Jun '17

FATHER'S DAY FUDGE CAKE

Come on, Mum! Help your kid bake a batch of fabulous fudge cakes fit to fatten up Dad on Father's Day!

Date: Monday, 12 Jun '17

Time: 10.30am – 12.30pm

Register By: 5 Jun '17

GOLF COURSE MINI CAKE

You don't have to score a hole-in-one to impress Golfing Daddy on Father's Day! Just help your child bake a gorgeous Golf Course-themed cake!

Date: Sunday, 18 Jun '17

Time: 1.30pm – 3.30pm

Register By: 12 Jun '17

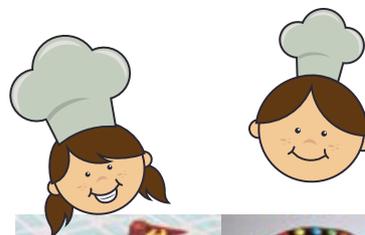
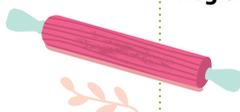
BASKETBALL COOKIES

Have a slam dunking good time making these cute orange cookies with your kid!

Date: Saturday, 24 Jun '17

Time: 4pm – 6pm

Register By: 17 Jun '17



For the above courses:

Fees: Member \$65, Public Officer \$75, Member's Guest \$78

(Fees are for 1 parent-child pair)

Fees for additional child: Member \$35, Public Officer \$38, Member's Guest \$40

Venue: City Square Mall #07-08

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

PARENT & CHILD - RILAKKUMA & HELLO KITTY BENTO WORKSHOP

For children aged 4 – 11 years old



Have a great time bonding with your kids while making “kawaii” bento sets, this coming Father’s Day! In this two-hour fun-packed workshop, your kids will learn how to make three different types of sushi that they will fancy!

Menu:

- Hello Kitty Onigiri
- Rilakkuma Onigiri
- Flower Ham Bouquet
- Sakara Flower Roll

You and your child will learn:

- Introduction to ingredients in Japanese cuisine
- Incorporating edible colours into the onigiri
- Moulding of onigiri into cute characters and decorating of characters’ features
- Fun cutting techniques of vegetables to decorate the bento box
- How to complement side dishes according to theme and incorporate the sides dishes inside the bento box

Date: Sunday, 18 Jun ‘17

Time: 2pm – 4pm

Fees: Member \$60, Public Officer \$65, Member’s Guest \$70

(Fees are for 1 parent-child pair)

Fees for additional child: \$30 per child
Fee includes ingredients and decorating items. Boxes will be given to take your bento home.

Venue: CSC @ Tessensohn

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

Register By: 12 Jun ‘17



‘SUMMER ADVENTURE’ CREATIVE BENTO ART (FOR PARENT-CHILD)

For children aged 6 – 12 years old



Share a taste of bright, colourful summer with your child at this Creative Bento Art Workshop. Have lots of fun working as a team with your child to make your very own lovely Summer Adventure Bento, featuring a hot air balloon ride with cute characters. Take home smiles and happiness to your loved ones with your cute bento creations.

Date: Sunday, 2 Jul ‘17

Time: 2pm – 4pm

Fees: Member \$70, Public Officer \$80, Member’s Guest \$90
(Fees are for 1 parent-child pair)

Venue: CSC @ Tessensohn

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

Register By: 25 Jun ‘17



HOLIDAY FUN CRAFTS FOR KIDS

For children aged 7 – 12 years old

If your kids love making things out of paper, or getting their hands messy with gooey but safe and fun stuff, then this crafting session is for them! Develop your child’s creative craftsmanship, self-expression, motor skills and learn mathematical concepts in a fun way. Have fun with card and corner bookmark making, scrapbooking, and melt & pour soap-making.

Date: Thursday, 28 Jun ‘17

Time: 9am – 5pm

Fees: Member’s Child \$80, Public Officer’s Child \$88, Member’s Guest’s Child \$90

Fee includes one lunch, one tea break, and all required craft materials.

Venue: CSC @ Bukit Batok

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

Register By: 20 Jun ‘17



Programme Highlights:

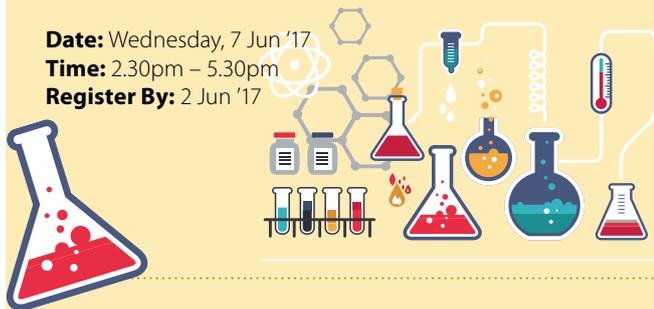
9.00am to 11.00am	Fun with Card & Corner Bookmark Making The child will learn to create interesting greeting cards and also creative corner bookmarks as gifts.
11.00am to 12.30pm	Games and Lunch Break
12.30pm to 2.30pm	Fun with Scrapbooking Learn the basics of scrapbooking: the art of arranging photos and journaling mounted onto decorative papers, adding memorabilia, embellishments and stickers to enhance the overall effect.
2.30pm to 2.45pm	Tea Break
2.45pm to 4.30pm	Fun with Melt & Pour Soap Making Kids will love creating their own colourful soap for themselves or for their friends and loved ones. This melt-and-pour soap-making method is the safest way for children to create and mould their own soap.

THE SECRET OF PARTY SCIENCE



Let your child learn about the science behind party tricks in a safe and fun environment, and create their own exciting stunts they can impress their friends and family with! Let them experience the thrill of making their very first Fizz Bomb, Phunny foam, and much, more! We use a fun and innovative approach that makes learning Science an unforgettable and memorable experience for your child.

Date: Wednesday, 7 Jun '17
Time: 2.30pm – 5.30pm
Register By: 2 Jun '17



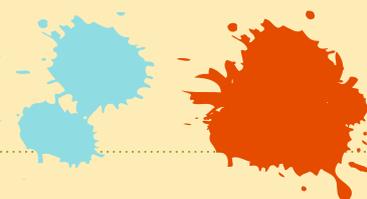
FINGER-PAINTING AND HAMBURGER PUPPETS

Your kids will learn about textures, opaque and transparent colour-mixing as well as experience the joy and satisfaction that come from creating things with



their own hands through the fun crafts of finger-painting and puppet-making. Through these endlessly fascinating art forms that encourage self-expression, your children will also gain essential tactile skills that encourage exploration, stimulate the imagination, and aid them in concept development.

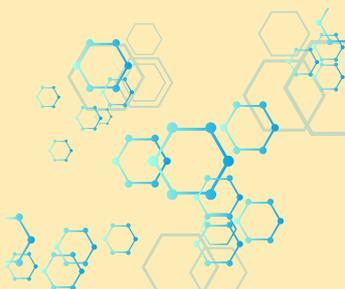
Date: Friday, 9 Jun '17
Time: 9.30am – 12.30pm
Register By: 4 Jun '17



THE LITTLE CELL BIOLOGIST

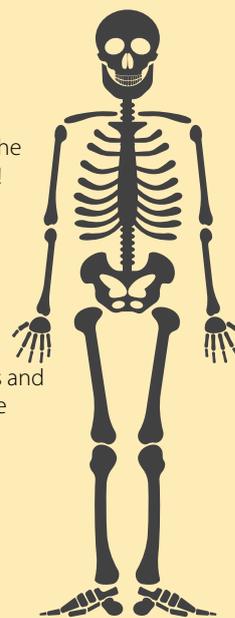
Cell Biology might seem like a subject that is too difficult for young kids to understand. Not so! This science course is specially designed to impart basic concepts about Cell Biology to your young child in a fun and engaging way! Let your kid start venturing into the intrigues and wonders of cell biology today!

Date: Thursday, 15 Jun '17
Time: 2.30pm – 5.30pm
Register By: 10 Jun '17



SECRETS OF HUMAN SKELETAL SYSTEM

If your child has ever asked you why we have bones and how many there are in the human body, this is a great place to start! This course is specifically created for younger children as an introduction to the basic concepts associated with the human anatomy. Through various fun activities, children will learn about the importance of the skeleton, the different types of bones, bone composition, joints and more. Participating children will also have the chance to create their own skeleton models! Be a little Osteologist for a day!



Date: Tuesday, 13 Jun '17
Time: 2.30pm – 5.30pm
Register By: 8 Jun '17

WONDER MATHS DISCOVERY

For children aged 5 to 10 years old

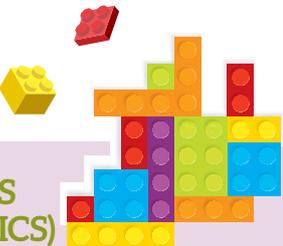
This introduction to Mathematics is an entertaining mini holiday series that promises to give your child a head start to the new semester. Let your child solve challenging mathematical problems through puzzles and games! Join us in this wonderful Maths journey!

Date: Monday, 19 Jun '17
Time: 11am – 12.30pm
Register By: 14 Jun '17

For the above courses:

Fees: Member's Child \$65, Public Officer's Child \$75, Member's Guest's Child \$80 (All materials will be provided)
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg





LEGO® MINDSTORMS (ADVANCED ROBOTICS)

For children aged 6 – 11 years old

Mindstorms, the hottest selling LEGO® brand, combines classic LEGO® building with the world of robotics, using motors, sensors and software. Your kids will learn how to design and program LEGO® bots to perform all kinds of tasks! Mindstorms lets your child sequence icons to design the commands they want. This camp introduces fun, easy yet challenging basic programming skills and engineering to the budding robotics engineer!

- Minimum 6 students to start
- Morning snacks will be provided
- All campers take home a Polaroid photo at the end of the camp

Date: Friday, 16 Jun or 23 Jun '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

Register By: 10 Jun or 16 Jun '17



BAT LEAGUE: HEROES AND VILLAINS

For children aged 5 – 11 years old

Young Campers, join the Bat League and build speedy, motorised vehicles to help Batman® and Batgirl® fight the dangerous Joker and other villains! Look out for the evil Joker's motorised low-rider vehicle cruising through the city streets, too! Swing Batman® from one rooftop to the next on his Technic® grappling hook, fighting crime with his trusty sidekick. Campers, use your imaginations and building skills in this thrilling camp of superheroes and villains!

- Minimum 6 students to start
- Morning snacks will be provided
- All campers take home a Polaroid photo at the end of the camp

Date: Friday, 16 Jun or 23 Jun '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

Register By: 10 Jun or 16 June '17

For the above courses:

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



ROBOTICS CAMP: BATTLE OF THE POKE-BOT MONSTERS



It's Poke-bot battling time! Your little robo-warriors will get to train Poke-bot monsters they will build themselves and program them to battle against the other teams using Lego™ Robotics sets. Your child will learn about STEM concepts and put their creativity into action. This camp aims to teach children to understand programming logic and train their logical thinking, as they design, build and program their own robots.

Objectives:

- Learn about gears and mechanics of the robot
- Coding logic
- Understand speed, angles, degrees, estimation

Date: Monday, 12 Jun '17

Time: 10am – 4pm

Fees: Member's Child \$120, Public Officer's Child \$130, Member's Guest's Child \$150

Venue: CSC @ Tessensohn

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

Register By: 5 Jun 17

*Time for lunch will be provided. Instructor will bring all participants to the café (Halal-certified) at Level 1 of CSC @ Tessensohn to have lunch at the participants' own expense.

CLASSICAL BALLET FOR KIDDOS



Classical ballet exclusively employs techniques based on formalised movements through positioning of the arms, feet and body. Serving as a workout for the mind and body, it also instils confidence, posture, self-discipline, artistry and musicality. The classes will be conducted by an experienced and certified Royal Academy of Dance instructor.

Kinder Ballet

This unique and effective syllabus helps children learn the foundations of ballet, and smoothly prepares them for the RAD Graded syllabus.

Kinder Ballet 1 (For children aged 3.5 – 4.5 years old)

Time: 11am – 11.45am

Fees: Member's Child \$120, Public Officer's Child \$130, Member's Guest Child \$140

Kinder Ballet 2 (For children aged 4.5 – 5.5 years old)

Time: 11.45am – 12.30pm

Venue: CSC @ Tessensohn

Fees: Member's Child \$120, Public Officer's Child \$130, Member's Guest Child \$135

RAD Pre-Primary (For children aged 6 years old and above)

The Royal Academy of Dance Graded examination syllabus will be taught. Self-Choreographed training exercises will be used to help students master the syllabus well.

Time: 12.45pm – 1.30pm

Fees: Member's Child \$150, Public Officer's Child \$160, Member's Guest Child \$165

For the above courses:

Dates: 10 Sundays, 4 Jun – 13 Aug '17 (No lesson on PH)

Venue: CSC @ Tessensohn

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

Register By: 30 May '17



HELPING YOUR CHILD OVERCOME 'TITANIC' MOMENTS AND DEVELOP PERSISTENCY

For children aged 7 – 12 years old

Many children bury their true thoughts and feelings deep below the surface, just like ice-bergs, then experience 'Titanic' moments when they lose their tempers, feel unmotivated and generally stressed out. Through therapeutic art, music, role-play and story-based learning methodology, this course will show your children how to manage their deeper levels of emotions and to communicate positively as they work together with their peers and learn to be alert to what's going on in their surroundings.

Date: Friday, 23 Jun '17

Time: 9am – 1pm

Fees: Member's Child \$95, Public Officer's Child \$100, Member's Guest's Child \$105. All materials will be provided

Venue: CSC @ Bukit Batok

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

Register By: 12 Jun '17

TAIKO DRUMMING (PARENT-CHILD BONDING) WORKSHOP

For 1 parent and 1 child, child aged 7 – 12 years old.

Taiko drumming is a vigorous activity for both the body and mind, with substantial emphasis on teamwork and coordination of moves. Besides focusing on the rhythms and engaging the audience through rigorous drumming, Taiko drummers have to execute captivating, synchronised physical movements as a team.

Date: Wednesday, 21 Jun '17

Time: 9am – 12pm

Fees: Member \$50, Public Officer \$55, Member's Guest \$60 (Taiko Drums will be provided).

Venue: CSC @ Bukit Batok

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

Register By: 8 Jun '17



SPORT STACKING (PARENT-CHILD BONDING)

Sport stacking not only develops important physical skills, such as hand-eye coordination, quickness and focus; it also promotes self-confidence, teamwork and good sportsmanship. Sign up with your kid and learn various combinations of the sport, and play competitive games against other parent-child teams!

Date: Saturday, 10 Jun '17

Time: 10am – 12pm

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

(Fees are for one parent-and-child pair)

Venue: CSC @ Tessensohn

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

Register By: 3 Jun '17



BOWLING FOR KIDS

For children aged 8 – 12 years old.

In this workshop, your child will learn about bowling terms, basic bowling techniques, as well as the equipment and attire needed to enjoy this sport in a safe, fun way. Other topics include bowling and lane etiquette, selecting a suitable bowling ball and keeping score.

Dates: Tuesday & Wednesday, 6 & 7 Jun '17

Time: 10am – 12pm

Venue: Planet Bowl @ CSC Tessensohn

Dates: Monday & Tuesday, 12 & 13 Jun '17

Time: 10am – 12pm

Venue: Westwood Bowl @ CSC Bukit Batok

Dates: Wednesday & Thursday, 14 & 15 Jun '17

Time: 10am – 12pm

Venue: Resort Bowl @ CSC Changi

For the above courses:

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

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

Register By: 31 May '17

ENVISIONING MY DREAM

For children aged 7 – 12 years old

This programme aims to help participants discern their learning styles, discover their values, interests, skills, actions and attitudes to develop positive habits for greater success.

At the end of this programme, the participants will:

- Understand how their mind-set affects their lives
- Develop positive attitudes to achieve better self-esteem
- Discover their Multiple Intelligences and Values
- Explore areas of work that are aligned to their interests
- Learn Mind Mapping Techniques to visualise their fulfilling ambition
- Identify their Learning Styles & Acquire Study Skills
- Discover Memory Techniques & Strengthen their Exam Skills

Date: Friday, 9 Jun '17

Time: 9am – 1pm

Fees: Member's Child \$70, Public Officers Child \$75, Member's Guest's Child \$80

All materials will be provided

Venue: CSC @ Tessensohn

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

Register By: 29 May '17

FUTSAL

The School Holidays are fast approaching, look no further than this 2-day soccer camp that will engage your child in building friendships and team spirit through various activities and games! This three-hour camp promises your kids lots of fun and the chance to experience the beautiful sport of football!



Dates: Tuesday & Wednesday, 30 & 31 May '17

Time: 9am – 12pm

Venue: Studio @ CSC Tessensohn (Rooftop)

For more details:

Fees: Member's Child \$100, Public Officers Child \$110, Member's Guest's Child \$120

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

Register By: 23 May '17



BE A FARMER FOR A DAY

Suitable for children aged 4 years old and above

Have a leisurely time at the countryside! Tour around the farm learning the different methods of cultivating vegetables.

In this outing, you will:

- Learn the differences between soil and hydroponics cultivation
- Experience either soil or hydroponics farming processes and get hands-on in sowing of seeds, planting, harvesting and packing of the vegetables harvested.
- Get to bring home your own packed vegetables.
- Get a Soil Growing kit (One each per participant)

Date: Saturday, 3 Jun '17

Time: 8.45am – 1pm

Fees: Member \$30, Public Officer \$35, Member's Guest \$40

Venue: Assemble 8.45am at CSC @ Tessensohn lobby

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

Register By: 29 May '17

SENSORY FARM TOUR

Suitable for children aged 4 years old and above

Led by the farm's horticulturist, visitors will be taken on a sensory journey in the farm's Sensory Garden. Besides making a comparative study of soil and hydroponics cultivation, visitors will get to smell, touch and taste some of our pesticide-free salad greens and herbs, and acquaint themselves with the culinary and medicinal properties of the various plants grown at the farm. Each participant shall receive a packet of salad by the end of the tour.

Date: Saturday, 10 Jun '17

Time: 9.15am – 12.30pm

Fees: Member \$18,

Public Officer \$22,

Member's Guest \$25

Venue: Assemble 9.15am at

CSC @ Tessensohn lobby

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

Register By: 5 Jun '17



3D ADVENTURE CAMP - RESIDENTIAL

Think it's time for your children to pick up important life and leadership skills that will stand them in good stead when they finally leave home and school to join the real world as young adults? Well then, this three-day adventure camp is a good place to start! Besides learning to kayak, cook and clean up after themselves, your children will also learn the importance of teamwork, to take on leadership roles, as well as to look out for the welfare of their peers.

Dates: Tuesday to Thursday, 6 – 8 Jun '17

Time: 9am – 5pm

Fees: Member's Child \$360, Public Officer's, Member's Guest Child \$370

Venue: Meet & Dismiss at CSC @ Tessensohn

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

Register By: 22 May '17



DISCOVER SYNCHRONISED SWIMMING

*Suitable for kids aged 8 – 11 years old, who can swim two widths of the pool with at least two strokes.



Synchronised swimming is a sport that requires teamwork and coordination. It is a performance sport in which groups of swimmers form formations and often impress audiences with precision choreographed movements. *This programme is designed to introduce the sport to children who already possess sufficient swimming abilities and are comfortable in deep water. Swimmers will be taught basic positions, sculling techniques, as well as pool formations for a group of individuals swimming together. If time permits, the swimmers will also be introduced to water highlights involving creative jumps and cheerleading-style stacks.

Date: Wednesday, 7 Jun or 14 Jun '17

Time: 4pm – 6pm

Fees: Member's Child \$60, Public Officer's Child \$70, Member's Guest's Child \$80
Minimum 6 pax.

Venue: CSC @ Tessensohn Pool

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

Register By: 1 Jun '17

Time/Day	Tue (06/06)	Wed (07/06)	Thur (08/06)
0900hr	Attendance Taking	Morning Exercise-Self-Make Breakfast Area Cleaning	Morning Exercise-Self-Make Breakfast Area Cleaning
Morning Activities (0930hr-1130hr)	Ice-Breakers Games-Get To Know Each Other	Proceed For Mac Ritchie: Treasure Hunt: Look Out For The Monkeys	Area Cleaning/ Check Out. Cheer & Camp Songs Competition!
Lunch (1130hr-1230hr)	Yummy! Consists Of Assortment Of Meat, Vegetables And Rice		
Afternoon- Activities (1400hr-1600hr)	Transfer To Marina Barrage DIY Kite Making And Kite Flying Competition	Mac Ritchie: Kayaking Theory And Practical Lessons	Cupcake Making At CSC!
1630hr	Dinner At Resort	Back To Resort: Preparation For Self-Cook Dinner	Debrief
1800hr			Thanks And See You Again!
Night Activities (1800hr-2000hr)	Night Activities: Candle Night Soccer	Teamwork: Campers Would Be Divided Into Stations To Prepare The Different Items (No Pork No Lard)	
	Area Cleaning		
	Dream Time	Night Snacks & Debrief	

PARENT AND CHILD - DRAGON KILN EXCURSION

For children 3 years old and above, parental supervision required.

Looking for an unusual parent-child bonding activity that's very different from the usual trips to the zoo or cineplex? Why not take your kids on a trip that combines both an appreciation of a dying art form as well as a glimpse into a little known part of Singapore's colonial history?

Dragon Kiln Programme (Part 1)

Take your children on a pottery tour of the longest Dragon Kiln in Singapore called Guan Huat. They will be exposed to the conditions inside the Dragon Kiln. They will be introduced to clay, ceramics, and the firing process. Children will also have a hands-on free play session where they will touch, feel, explore and appreciate the clay medium. To conclude the tour, they will paint their very own ceramic coaster using underglaze.

Part 1 introduces children to the basics of working with clay, setting them up for future sessions of exploration through the medium.

Date: Wednesday, 14 Jun '17
Time: 10am – 12pm
Register By: 7 Jun '17



Dragon Kiln Programme (Part 2)

Children will revisit the longest Dragon Kiln in Singapore at Jalan Bahar Clay Studios, and take their understanding of pottery to the next level. Children will be reacquainted with clay through a hands-on free play session where they will touch, feel, explore and appreciate the clay medium. They will create an ice cream bowl and decorate it using pottery techniques. They will also have an experience with the Potter's Wheel!

Part 2 Empowers children to take their knowledge of working with clay and to create a dish that will trigger their memories of curiosity and discovery associated with their experience in the Dragon Kiln.

Date: Wednesday, 21 Jun '17
Time: 10am – 12pm
Register By: 14 Jun '17

For Part 1 or Part 2 course:

Fees: Member \$75, Public Officer \$85, Member's Guest \$90

Venue: Jalan Bahar Clay Studios

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



3 DAY FLIPPA BALL CAMP (KIDS WATER POLO)

Suitable for kids aged 7 – 12 years old with basic swimming proficiency.

Flippa Ball is a modified water polo junior sport and may be played by children aged seven to 12 years old. Kids playing Flippa Ball, will acquire skills required for water polo that can be further developed with greater ease.

Flippa ball aims to introduce junior aquatic athletes to water polo by providing an enjoyable and interactive game that will encourage them to pursue the sport and go on to playing water polo at senior level.

Flippa ball is an ideal sport option, which promotes water confidence and helps develop water skills.

Dates: Wednesday to Friday, 7 – 9 Jun '17
Time: 9am – 12pm
Fees: Member \$160, Public Officer \$170, Member's Guest \$180
Venue: CSC @ Tessensohn Pool
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register By: 31 May '17



Day 1

Introduction
Demonstration – Live match
Assessment and form teams



Day 1 & Day 2

Drills & Training



Day 3

Drills & Training
Friendly matches

Things To Bring:

Swim gear, bath towel & sunblock

Organised By: 28 Degrees Aquatic



ARTS

FLOWER HAND BOUQUET ARRANGEMENT WITH TEA

In this class, participants will be fully hands-on in the making of the bouquet. Students will learn how to combine and mix main flowers (e.g. Daisies or Roses) with fillers and leaves, into fun colours and make a small bloom of joy. As your fruits of your labour, you will be able to take home your completed bouquets as presents to your loved ones!



Date: Saturday, 3 Jun '17
Time: 3pm – 4.30pm
Fees: Member \$50, Public Officer \$60, Member's Guest \$65 (Includes all materials and a choice of coffee/tea/soft drink)
Venue: Cafe in East Coast
Register By: 26 May '17

ROUND CENTRE TABLE FLOWER ARRANGEMENT WITH TEA

It's always fun to pick up a mixed bunch of cut flowers from the florist and set them into a vase to spruce up a dowdy dining table. With a little effort, you can turn a 10-dollar bouquet into something simple yet elegant.



Date: Saturday, 1 Jul '17
Time: 3pm – 4.30pm
Fees: Member \$60, Public Officer \$70, Member's Guest \$75 (Includes all materials and a choice of coffee/tea/soft drink)
Venue: Cafe in East Coast
Register By: 23 Jun '17

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

CREATE GIANT PAPER FLOWERS

If you thought it's enough to buy flowers for your loved ones, think again. How about making them paper flowers, instead? Your personally handcrafted paper flowers, imbued with your precious time, personality and endearing effort, will certainly make for more impressive and enduring gifts than mere store-bought flowers.

Caution: you will be required to operate heat guns, in order to complete the paper flowers.

Upon completion of the workshop, all participants will take home:

- Instructions/Guide sheet
- Materials used to assemble the paper flowers
- Flower-making templates
- DIY Paper Flower made during class.

Date: Saturday, 10 Jun or 1 Jul '17
Time: 1pm – 5pm
Fees: Member \$100, Public Officer \$125, Member's Guest \$135
Venue: CSC @ Tessensohn
Register By: 22 Jun or 26 Jun '17
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg



WATERCOLOUR BRUSH CALLIGRAPHY

You can create gift tags, greetings cards, artwork and a lot more with watercolour brush calligraphy – the possibilities are endless! In this 4-hour class, besides having fun learning to write in lowercase and uppercase, the main focus will be on easy and helpful blending techniques using four different colours.

Each participant will be given plenty of materials needed for this class, including:

- ✓ 1 Set of Alphabet Exemplars
- ✓ 1 Set of Worksheets
- ✓ 1 Set of Guidelines for your Practice
- ✓ 1 Waterbrush
- ✓ 1 Blank Floral Card

While this class is for hobbyists and enthusiasts who would like to learn

more advanced techniques, it is also specially designed for students with no prior knowledge of or experience with calligraphy. However, it is highly recommended that beginners attend the brush pen calligraphy workshop first.

There will be two workshops:

Date: Saturday, 27 May '17
Time: 1pm – 5pm
Venue: CSC @ Tessensohn
Register By: 20 May '17

Date: Sunday, 25 Jun '17
Time: 1pm – 5pm
Venue: CSC @ Bukit Batok
Register By: 18 Jun '17



BEAUTY

COPING WITH STRESS WITH ESSENTIAL OILS

Everyone knows how damaging excessive stress can be to one's health. It can cause digestive problems, weaken your immune system, raise the risk of heart disease, and has even been said to trigger Type 2 Diabetes. When not managed properly, it can even lead to premature aging, pain and weight gain.



Aromatherapy, a natural, organic alternative to clinical drugs, has become especially popular in recent years for stress relief, though its use dates back millennia. Considering how harmful it is to be overstressed, this workshop shows you how Aromatherapy, using essential oils, can be an especially effective means to manage the stress in your life.

In this workshop, you will learn:

- How to identify different types of stress
- How to gauge your current level of stress
- The properties of various essential oils that can aid stress relief
- How to create your own formulas to treat stress

Date: Saturday, 27 May '17

Time: 2pm – 4pm

Venue: CSC @ Tessensohn

Register By: 20 May '17

CREATE YOUR OWN NATURAL SKIN CARE AND BEAUTY PRODUCTS

Natural is the way to go! Use natural, homemade skincare products to achieve healthy and supple skin. Not only will you spend quality time with your family mixing lotions, you can save a great deal of money! These skincare and beauty products make great gifts as well.

During the workshop, you will learn about the following:

- Wrinkles and the aging skin
- Facial scrubs
- Problem areas: the face, eyes, lips and neck
- Cleansers
- Face masks
- Face oils
- Teeth and gums
- Practical session: create your own product!

Date: Saturday, 17 Jun '17

Time: 2pm – 4pm

Venue: CSC @ Bukit Batok

Register By: 10 Jun '17

For the above workshops:

Fees: Member \$10,

Public Officer \$12,

Member's Guest \$15

Contact: Vanessa at

6391 5641 or vanessachoo@csc.sg



MEDICAL AESTHETICS WORKSHOP

Medical aesthetics is not "plastic surgery". It is not about making you look better by fixing wrinkles and acne scars. It is a journey to make you feel better about yourself, building your self-confidence and self-esteem. At this workshop by Radium Medical Aesthetics™, led by Medical Director, Dr Siew Tuck Wah, "we aim to help you achieve a healthy balance of the mind, body and spirit to promote a better quality of life. We aim to invigorate you to make that change, through in-house proprietary, high-tech medical aesthetic solutions (including lasers and non-invasive skin-lifting), specially tailored to suit your needs."

Medical Director, Dr. Siew Tuck, leads an experienced team of nurses and therapists. Dr Siew has been practising aesthetic medicine for more than ten years, and is currently one of the most sought-after doctors offering safe and effective medical aesthetic treatments.



Date: Sunday, 28 May '17

Time: 10am – 11am

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: 20 May '17

FINANCE

PLANNING FOR SUCCESSFUL RETIREMENT

Everyone wants to be able to retire without having to worry if they have enough left in their bank and CPF accounts to continue living comfortably in their twilight years. In this comprehensive workshop, you will be introduced to various effective retirement planning strategies that will serve not only to protect your Retirement Nest Egg, but to grow your wealth, as well.

Growing Your Wealth

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



Effective Retirement Planning Strategies

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

Date: Saturday, 1 Jul '17

Time: 2pm – 4pm

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: 24 Jun '17

FOOD

BAKING BY HARRY



Chef Harry will take you on a culinary journey that will expand your horizons as a budding baker.

Japanese Specialty Cakes

There is always more than meets the eye where Japanese desserts are concerned. They are known the world over for their deceptively simple appearances that conceal delectable surprises.

Bean Curd Fromage – One bite and you will experience the silky, rich smooth taste in your mouth that melts like snow. The mild milky taste brings instant delight with aesthetically modest sweetness.

Green Tea Choux – Crisp on the outside and soft creamy matcha in the inside. It makes a nice afternoon tea treat with your favourite cup of tea.

Purple Mont Blanc – A popular french pastry with a twist that many will enjoy. Its smooth and natural sweetness of purple sweet potato provides an interesting blend of taste.

Date: Saturday, 24 Jun '17

Fees: Member \$65, Public Officer \$70, Member's Guest \$75

Register By: 17 Jun '17

Local Breakfast Delights

Learn the secrets of creating these traditional local Chinese breakfast favourites.

Ang Ku Kueh with 3 fillings Teochew Png Kueh

Date: Saturday, 1 Jul '17

Fees: Member \$60, Public Officer \$65, Member's Guest \$70

Register By: 23 Jun '17

Rustic Breads

In contrast with the soft and light modern mass-produced breads, the dough in European country-style breads is often undergoes a longer fermentation process in which little or no commercial yeast and bread improvers are added to their dough starters. This results in breads with characteristically thick crusts and a dense and chewy texture.



Baguette – A favourite bread with its chewy texture which goes well with our local curry.

Focaccia – Cousin of Pizza. Those who love pizza with thicker crust will love this bread.

Ciabatta – 'Slipper' bread as they call it in Italy. This bread with its big holes, has a chewy texture.

Date: Saturday, 22 Jul '17

Fees: Member \$60, Public Officer \$65, Member's Guest \$70

Register By: 14 Jul '17

For all the above courses:

Time: 2pm – 5pm

Venue: CSC @ Tessensohn

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

FUN

HANDS-ON BREWING
SPECIALTY COFFEE
WORKSHOP

Join us in this laidback, hands-on workshop presenting two of the most popular methods of brewing specialty coffees. Our in-house trainers and baristas will introduce to you two simple, fuss-free ways of making great-tasting coffees at home. Find out what makes a great cup of coffee, and how best to brew it!



All participants will be entitled to an exclusive 10% off all Merchandise and Roasted Whole Coffee Beans 250g on the event date.

Participants will learn:

- What a Specialty Filter Coffee is and why it is gaining such huge popularity
- How to Grind with a Manual Hand Grinder
- How to Grind with an Electronic Burr Grinder
- How to Brew with the Clever Dripper (Immersion & Filter)
- How to Brew with the Aeropress (Pressured Immersion)

Date: Saturday, 17 Jun '17

Time: 9am – 10.30am

Fees: Member \$42, Public Officer \$45, Member's Guest \$50

Venue: Coffee Studio at Clementi

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

Register By: 10 Jun '17

INTRODUCTION TO SAKE

Whether you are familiar with sake, or completely uninitiated to this famous Japanese alcoholic drink made from fermented rice, you will find that you still have much learn about it from this class.

What You'll Learn	You will get to sample these sakes:
Learn how sake is made	1 x Junmai (entry premium grade)
Differentiate the different grades of sake	1 x Honjozo (entry premium grade)
Discover the different types and styles of sake	1 x Ginjo (Mid Range)
Learn how to read sake labels	1 x Daiginjo (High End)
Learn the health benefits of sake	1 x Junmai Daiginjo (High End)
Pairing of different sakes with food	

Date: Saturday, 24 Jun '17

Time: 11am – 1pm

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

Register By: 18 Jun '17

WARM VS. COLD SAKE TASTING

Newbies often ask, "Why must some sake be drunk hot, and others, cold?"

This session will enlighten you about the myths and traditions regarding the drinking temperature of sake. Sample four different grades of sake at different temperatures!

You will get to sample these sakes:

Futsu-shu	Honjozo	Junmai	Ginjo	Daiginjo
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Date: Saturday, 8 Jul '17

Time: 11am – 1pm

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

Register By: 1 Jul '17

For the above classes:

Venue: Kallang Place

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



COMBAT SABER EXPERIENCE

Lightsaber Combat experiential class trains you to anticipate and understand attack lines, striking combinations, footwork patterns, and how to protect yourself while you attack. This entertaining class is for anyone, male or female, aged 15 and above, who has a love for lightsabers, martial arts or swordplay. No martial arts experience required.

It will be conducted with step-by-step demonstration of proper techniques.

There are three parts to the hour-long session:

- Solo drills for footwork for striking and defending on the move
- Partner drills for functional, realistic strikes and attack combinations

Proper athletic footwear is required. Strictly no flip flops or sandals.

Date: Tuesday, 23 May '17

Time: 7.30pm – 8.30pm

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: 17 May '17

FUN

GARDENIA AND ANIMAL RESORT TOUR



Spend a day with your family in Singapore's modern countryside! You will visit an animal resort and get up close with beautiful animals. This will be followed by a trip to Kin Yan Agrotech where you will see how wheatgrass and other crops are produced. You will end your tour at Gardenia Factory where you will see how mass-produced bread is made.



Date: Friday, 2 Jun '17
Time: 9am – 4.30pm
Fees: Member \$20, Public Officer \$25, Member's Guest \$30 (Inclusive of tour and animal feed at resort)
Venue: Assemble at 9am at CSC @ Tessensohn lobby
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register By: 26 May '17

THE CHEK JAWA ADVENTURE

Suitable for children aged 3 and above

Embark on this adventure of discovery to Chek Jawa and learn about its six ecosystems and the wide array of animal species that inhabit these unique habitats. Get up close and see fiddler crabs and monitor lizards in action. Acquire little-known facts about our indigenous fauna and flora, and the importance of mangroves.

Date: Sunday, 28 May '17 or 18 Jun '17
Time: 8am – 11.15am
Fees: Member \$20, Public Officer \$25, Member's Guest \$30 (Fee includes a licensed nature guide and land transport to and from Chek Jawa. Each participants has to have \$6 on hand for a two-way boat ride.)
Venue: Assemble 8am at Changi Point Ferry Terminal
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register By: One week before event date (Pre-registration is required).

HORSEBACK RIDING CLASS

Have you ever wanted to feel like a cowboy riding his handsome stallion on the range? Now's your chance! In five weekly lessons, you too will learn how to ride a horse using the proper technique. Participants will learn how to check their equipment before mounting, how to maintain a good riding posture, as well as how to steer their horse in the right direction. Lessons are conducted



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

Dates: 5 Wednesdays, 31 May '17, 7, 14, 21 & 28 Jun '17
Time: 7.15pm – 8pm
Fees: Member \$220, Public Officer \$230, Member's Guest \$240 (Participant should not exceed weight of 75 kg. Fee includes rental of helmets.)
Venue: 100 Turf Club Road, #01-02, Management Office
Contact: Serene at 6391 5620 or serenecho@csc.sg
Register By: 20 May '17

HORSE STABLE MANAGEMENT

Now, you will get a first-hand look at how horses are stabled, and hands-on experience at stable maintenance. Besides learning about the various traits of different equine species, you and your child will also get hands-on experience grooming and feeding ponies or horses. Not only that, both child and adult participants will get a chance to ride either a pony (for children aged 3 years and above), or a horse (for adults). To ensure the safety of all participants (and the horses and ponies), every riding participant must not exceed a weight limit of 75kg, and a handler will accompany every horse and pony rider.

Date: Saturday, 27 May '17
Time: 10am – 12pm
Fees: Member \$30, Public Officer \$35, Member's Guest \$40
Venue: Gallop Stable @ Horsecity, 100 Turf Club Road Singapore 287992
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register By: 20 May '17



WAKEBOARDING

Have a fabulous day out at sea with friends and family in this four-hour adventure. Choose to go wave-riding on the kneeboard or take up the challenge of wakeboarding. Situated at Marina Country Club, participants will enjoy the use of private speed boats as they cruise at speeds of up to 50km/h along the beautiful coastline of Punggol. No prior experience with wakeboarding is necessary as instructors will introduce you to proper kneeboard and wakeboard techniques.

Date: 1 Jul '17
Time: 3pm – 7pm
Fees: Member \$80, Public Officer \$85, Member's Guest \$90 (7 pax in a boat)
Venue: Marina Country Club
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register By: 24 June '17



FUN



INLINE SKATING FOR BEGINNERS

Today, inline-skating has become one of the most popular recreational activities around the world. Improve your fitness and mental health through inline skating and have fun learning this popular sport with your friends and family.

Weekday Group Class:

Dates: 4 Mondays, 5 Jun – 3 Jul '17 or 10 – 31 Jul '17

Time: 6.30pm – 7.30pm

Venue: Sengkang Basketball Court

Dates: 4 Thursdays, 8 – 29 Jun '17 or 6 – 27 Jul '17

Time: 6.30pm – 7.30pm

Venue: Choa Chu Kang Park

Dates: 4 Fridays, 9 – 30 Jun '17 or 7 – 28 Jul '17

Time: 6.30pm – 7.30pm

or 8pm – 9pm

Venue: Pinnacle @ Duxton

Weekend Group Class:

Dates: 4 Saturdays, 3 – 24 Jun '17 or 8 – 29 Jul '17

Time: 3.30pm – 4.30pm or 5pm – 6pm

Venue: East Coast Park Car Park F1

For the above classes:

Fees: Member's Child \$68, Public Officer's Child \$78, Member's Guest's Child \$80
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 May '17 or 30 Jun '17

The lessons are suitable for both adults and children aged 4 and above. Flexibility for participants to arrange the class schedule with the instructor

(Participants are recommended to arrive at the lesson venue 15 minutes prior to the lesson time to gear up. Participants are required to bring their own socks, water and insect repellent.)

THE BEGINNER ANGLER'S COURSE

*Min age 5 years old

This course aims to introduce the sport of angling to those interested in trying out fishing as a hobby. It will be completed within a day on the scenic Lazarus Island, one of Singapore's best kept secrets. Students will learn both the basic theory and practical aspects of angling.

Course includes:

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

Don't forget to bring:

- Drinking water (at least 1.5l per person)
- There is no F&B vendor on the island.)
- Sunblock
- Sunglasses
- Small pouch or bag to keep your starter kit
- Raincoat
- Insect repellent
- Swim wear if you intend to take a dip in the sea during the breaks (There are no bathing facilities but toilet with water hose is available for washing up. The water on the island is not potable.)

Date: 17 Jun '17 or 16 Jul '17

Time: 8.30am – 5.30pm

(Ferry shall depart at 9am. Students are advised to arrive 30 minutes before the boat departure time.)

Fees: Member \$85, Public Officer \$88, Member's Guest \$90

Venue: Place of embarkation is Marina South Pier, course will be held at Lazarus Island

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

Register By: One week before course commences.

*5 – 12 year olds must be accompanied by at least one adult who is also taking the course.

*No lunch is provided, please prepare lunch before leaving for the island.



LEATHER TRIO WORKSHOP

Want to protect and accessorise your mobile phone to make it stand out from all the mass-produced phone cases, out there? Then, join this workshop to handcraft your own leather phone pouch and complement it with a cardholder and key ring set that boldly proclaims your style and taste.

What you'll learn

- Cutting, skiving and sewing of leather
- Handcrafting your own leather phone pouch
- Handcrafting your own leather cardholder
- Handcrafting your own key ring
- Phone pouch fits iPhone 6s Plus and Samsung Galaxy Note 5. Alternatively, use the pouch as a wallet for your notes and cards.



Date: Saturday, 17 Jun '17

Time: 2pm – 5pm

Fees: Member \$98, Public Officer \$103, Member's Guest \$108 (All materials and tools are provided)

Register By: 10 Jun '17

LEATHER QUADRO WORKSHOP

This class introduces you to the fundamental techniques of working with leather (i.e. cutting, skiving and sewing). Create a unique, personalised set of four items – coin pouch, cardholder, key tab and bracelet by using just one piece of leather.



Date: Saturday, 15 Jul '17

Time: 2pm – 5pm

Fees: Member \$78, Public Officer \$83, Member's Guest \$88 (All materials and tools are provided)

Register By: 8 Jul '17

For the above workshops:

Venue: Holland Village Atelier @ 44 Jalan Merah Saga, #01-54, Singapore 278116

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

FUN

HALF-DAY KAYAK ORIENTATION PROGRAMME

Did you know that the kayak was invented by the Inuit (or Eskimo) people, thousands of years ago? The word “kayak” literally means “hunter’s boat” in the Inuit language. Well, you certainly won’t meet any Eskimos or learn to speak Inuit at the Kayak Orientation Program (KOP), but it’s surely a perfect activity for family and friends to bond over and have fun while learning the finer points of kayaking! KOP is an introductory program which brings paddlers together through a fun session.

Participants can look forward to learning the following skills:

- Lifting and carrying
- Launching and coming ashore
- Disembarking and embarking
- Basic forward paddle / Reverse paddle / Stopping / Forward and reverse sweep strokes

Eligibility:

- At least 12 years old and above
- Ability to swim 50 metres in light clothing with floatation aid

Dates: Saturday, 3 Jun and/or 1 Jul '17

Time: 9am – 1pm

Fees: Member \$22, Public Officer \$25, Member’s Guest \$30

Venue: Changi Beach

For trip details and things to bring:

Contact: Hai Ming at 6391 5607

or onnhaiming@csc.sg

Register By: 14 days before session begins



FUN TENNIS

You love to watch legends like Andy Murray and Serena Williams play exciting tennis on TV. Now, get off that couch and come and pick up tennis basics, and have fun on the court with your family and friends! Get your foundation right and learn the important skills of footwork, coordination, court sense and even tactics.

Programmes	Time	Dates	Price
Beginners			
Adult @ Tessensohn	10am – 11.30am	6 Saturdays, 24 June – 29 July '17	Member: \$150 Public Officer: \$160 Member’s Guest: \$165
Junior @ Tessensohn	3pm – 4.30pm		
Adult @ Bukit Batok	4pm – 5.30pm		
Intermediate			
Adult @ Tessensohn	1pm – 2.30pm	6 Saturdays, 24 June – 29 July '17	Member: \$175 Public Officer: \$185 Member’s Guest: \$190
Junior @ Bukit Batok	8am – 9.30am		
Advanced			
Adult @ Tessensohn	8.30am – 10am	6 Saturdays, 6 May – 8 July '17	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: 10 days before lesson begins





FUN

HANDS-ON WORKSHOP ON HOW TO GROW SUNFLOWERS

In this hands-on workshop, you will learn everything you need to know about Sunflowers, including the “do’s” and “don’ts” of cultivating Sunflowers. Not only will you get to learn how to grow Sunflowers with confidence, you will also earn the secrets of being an expert horticulturist! Begin your Green journey with simple yet stunningly beautiful, bright Sunflowers, and impress your family, neighbours and friends with your knowledge and greenfingers!

Hands-On

- Germinating Sunflower Seeds
- Transplanting Seedlings

Date: Sunday, 11 Jun '17
Register By: 29 May '17



HANDS-ON - HOW TO GROW VANDA MS JOAQUIM

In this workshop, you will be introduced to techniques on how to care for the plant, how to display these amazing ‘air plant’ lookalikes and how to prepare these plants to bloom. If you plan to be an amateur horticulturist or a commercial florist, this workshop will form an excellent foundation for you as an orchid expert.

Hands-On

- Preparing Vandas for Cutting
- Displaying Vanda Ms Joaquim

Date: Sunday, 4 Jun '17
Register By: 26 May '17

For the above courses:

Time: 2pm – 4pm
Fees: Member \$45, Public Officer \$50, Member’s Guest \$55 (Each participant will be given one starter kit)
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg



HEALTH

HYDRORIDER AQUABIKE FITNESS

The Hydrorider AquaBike exercise routine can shape your legs and get rid of cellulite, achieve your weight loss goals as well as improve your cardiovascular system and blood circulation. Remember to bring your own aqua shoes!

Tuesday evening sessions

Dates: 4 Tuesdays, 1 – 24 Aug '17 (exclude 8 Aug '17)
or 4 Tuesdays, 4 – 25 Jul '17
Max 5 pax
Time: 7.30pm – 8.30pm

Thursday evening sessions

Dates: 4 Thursdays, 1 – 22 Jun '17
or 4 Thursdays, 6 – 27 Jul '17
Max 5 pax
Time: 7.30pm – 8.30pm

For the above classes:

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: One week before class commences

BOOGIE BOUNCE XTREME FITNESS

Bounce to the music and boogie your way to fitness in this cardio workout on a mini trampoline with a safety bar. Feel every muscle of your body working in alternating bouts of jumping, bouncing and stomping.

Dates: 8 Mondays, 15 May – 10 Jul '17
or 8 Wednesdays, 7 Jun – 26 Jul '17
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: 10 May '17 or 1 Jun '17



PILOXING @ CSC BUKIT BATOK

Push yourself past your limits to a sleek, sexy, powerful you! This programme is a non-stop cardio fusion that uniquely blends the power, speed, and agility of boxing with exhilarating dance moves and the targeted sculpting and flexibility of Pilates to maximise the burning of calories, build lean muscles, and increase stamina.

Piloxing by Elite Star Jeslyn

Dates: 4 Thursdays, 8 – 29 Jun '17
or 6 – 27 Jul '17
Time: 8pm – 9pm

Piloxing by Jacey

Dates: 4 Sundays, 4 Jun – 2 Jul '17 (No lesson on PH) or 9 – 30 Jul '17
Time: 2pm – 3pm

For the above classes:

Fees: Member \$60, Public Officer \$70, Member’s Guest \$75
Venue: CSC @ Bukit Batok
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register By: 2 Jun '17 or 2 Jul '17



HEALTH

NEW FITNESS CLASSES @ CSC

Join us at our new fitness classes to keep fit and have lots of fun!

Body Sculpture

During a body sculpting class, you will do a variety of exercises to improve your strength and tone your muscles.

Dates: 4 Mondays, 29 May – 19 Jun '17 or 3 – 24 Jul '17

Time: 10am – 11am

Venue: CSC @ Bukit Batok

Bounce Dance Fit

Bounce Dance Fit incorporates the latest & hottest tracks that enables you to get fit the fun way!

Dates: 4 Mondays, 29 May – 19 Jun '17 or 3 – 24 Jul '17

Time: 7pm – 8pm

Venue: CSC @ Bukit Batok

Hip-Hop

Hip Hop Fitness is a fun and effective way to burn calories and get your heart pumping with hip hop dance moves.

Dates: 4 Fridays, 9 – 30 Jun '17 or 7 – 28 Jul '17

Time: 7pm – 8pm

Venue: CSC @ Tessensohn

For the above classes:

Fees: Member \$55, Public Officer \$60, Member's Guest \$65

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

Register By: 2 Jun '17 or 2 Jul '17



KPOP X FITNESS



Love Korean pop music and you want to get fit? Then, this class is for you! Revel in this fun aerobic workout and burn hundreds of calories while you jam to your favourite K-pop songs! Get into shape while feeling like a K-pop star!

Dates: 8 Saturdays, 10 Jun – 29 Jul '17

Time: 12.10pm – 1pm

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

Venue: CSC @ Bukit Batok

Register By: 5 Jun '17

K-KARDIO DANCE

K-Kardio Dance stands for K-pop Cardio Dance. It is a one-hour non-stop contemporary aerobic and heart-pumping exercise regime, paired with simplified K-pop dance moves and K-pop music. This exercise is a combination of Hip-hop, Pilates, Kickboxing, Aerobics and more! The aim of this cardiopulmonary exercise session is to increase heart rate and metabolic rate, thus resulting in effective fat loss and toning of muscles. Everyone can do it — no prior dance experience is required!

Dates: 8 Mondays, 29 May – 24 Jul '17 (No class on PH)

Time: 8pm – 9pm

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

Venue: CSC @ Tessensohn

Register By: 24 May '17

For the above classes:

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



TRADITIONAL CHINESE QIGONG FOR HEALTH

Instructor Madam Chan Siok Fong will take you through various lessons in Qigong and related practices to help you overcome disease and premature ageing, and maintain your overall health.



Course one:

Self-Massage With Acupressure

Self-massage with acupressure is a self-applied practice with qigong therapeutic approaches to stimulate the qi energy and blood to circulate to specific parts of the body to relieve tensed nerves and muscles. It is a healthy form of bed-time exercise that can be used to relieve insomnia.

Dates: Thursday & Friday, 25 & 26 May '17

Time: 7.30pm – 9.30pm

Fees: Members \$40, Public Officer \$45, Member's Guest \$50

Venue: CSC @ Tessensohn

Register By: 18 May '17

Course two:

Mobile Qigong (Da Yan Liu Zi Gong)

Mobile Qigong is a healthcare exercise that promotes the circulation of qi and blood, and improves functions of the joints, ligaments and muscles.

Mind-will, breathing discipline and physical movements are integral parts of the exercise regimens in awakening the healing 'qi' and cause the blood to flow into the body's visceral organs and systems to repair cells and self-heal chronic ailments.

Dates: 4 Tuesdays and 4 Wednesdays, 27 June – 26 July '17

(no lesson on 11 and 12 July '17)

Time: 7.30pm – 9.30pm

Fees: Member \$280, Public Officer \$300, Member's Guest \$320

Venue: CSC @ Tessensohn

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

Register By: 20 June '17

For the above courses:

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

HEALTH

KARATE

In this series of Karate classes, trainees will be introduced to a vigorous exercise programme in the structured setting of a formal class, necessary for learning valuable life skills. Trainees will learn how to defend themselves, remain fit, healthy and alert with a sense of self-confidence. More importantly, they will develop a good sense of self-control, and remain calm in the face of unpleasant situations.

First 20 sign-ups for this class will get their first set of Gi, FREE!

Class	Time:
Children	2pm – 3pm
Adult	3.30pm – 5pm

For the above classes:

Dates: 13 Sundays, 2 Jul – 24 Sep '17

Fees: Member \$150, Public Officer \$170, Member's Guest \$180 (Fees are for 3 months, regardless of number of lessons)

Venue: CSC @ Bukit Batok

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

Register By: 25 Jun '17



AWARENESS THROUGH MOVEMENT CLASSES

You will learn, explore and improve your habits in thinking, physical movements and senses. It also helps to reduce pain and discomfort if you have past injuries. Conventional exercises rely mainly on muscular effort, force and speed, all of which restrict our brain from working efficiently to our body's benefit. By using less effort during lessons, it produces more sensory motor learning skills that lead to physical improvement and well-being. Participants need to bring a medium-sized towel. Dress comfortably. This class is suitable for all age groups.

Benefits

- Walk and balance better
- Climbing up and down stairs easier
- Sitting better
- Improving hip, neck, and shoulder movements
- Breathing well
- Turning and reaching easily
- Learning to get up from the floor, to sitting and to standing and vice-versa

Dates: 10 Saturdays, 1 Jul – 9 Sep '17 (No lesson on 2 Sep '17)

Time: 10am – 11am

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

Venue: CSC @ Bukit Batok

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

Register By: 25 Jun '17

STRONGER KNEES AND JOINTS EXPRESS CLASS

Participants will learn an important four-step framework to improve and maintain better knee and joint functions. Make a big difference to your health by incorporating meridian flexercise and therapy techniques into your daily routine. You will also be introduced to practical alternative food remedies for stronger knees and better joint health. Milk or calcium pills may not be your only solutions.

Dates: 2 Fridays, 26 May – 2 Jun 17

Time: 7.15pm – 9.15pm

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

Venue: CSC @ Tessensohn

Register By: 20 May '17



*LOHAS MERIDIAN SELF-THERAPY PROGRAMME (LOHAS-MSP)

Our instructor will show you how to re-energize your health to the next level with four comprehensive and practical sessions to relieve and resolve your nagging health issues. This programme aims to teach you to develop a keener discernment and sensitivity to your body's signals, so that you will be able to adequately treat ailments such as tension headaches and migraines, lethargy, sensitive nose and skin, sciatica pain, weight and digestion issues, insomnia and others. (*Be our graduate and attend a lifetime refresher training and update for free.)

Dates: 6 Saturdays, 17 Jun – 22 Jul '17

Time: 2.30pm – 5.30pm

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

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

Register By: 10 Jun '17

For the above courses:

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

TENNIS BY STS



Learn to play like a pro! Singapore Tennis School (STS) offers a wide range of lessons to students of all ages and abilities. STS coaches are certified Australian tennis instructors who will show you how to get your fundamentals right and develop other important skills to gain that advantage over your opponent!

Activity	Time	Dates (June)*	Dates (July)*
Adult Programmes (Regular Tennis Classes) @ Tessensohn			
Beginner	8am – 9am	4 Sundays,	4 Sundays,
Intermediate	9am – 10am	4 – 25 Jun '17	2 – 23 Jul '17
Junior Tennis Programme @ Bukit Batok			
Beginner	8am – 9am	4 Saturdays,	4 Saturdays,
		10 Jun – 1 Jul '17	8 – 29 Jul '17
Cardio Tennis Programme @ Tessensohn			
Cardio	10am – 11am	4 Sundays,	4 Sundays,
		4 – 25 Jun '17	2 – 23 Jul '17

* No lesson on Eve or Public Holidays

Fees for 4 Lessons: Member \$110, Public Officer \$115, Member's Guest \$120

Venue: CSC @ Tessensohn / CSC @ Bukit Batok

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

Register By: 10 days before lesson begins

HEALTH

REBIRTHING
BREATHWORK

Rebirthing Breathwork is a powerful, safe and simple breathing technique that releases stress from the body and increases your energy level, letting you feel at peace in everyday life. Conscious breathing is key to peak performance, optimum health, and ultimate potential. By learning to breathe consciously, you will be able to release stored emotions and limiting, past thought patterns. When you recognise how your past decisions may have influenced the current issues, undesirable patterns and habits in your life, you will be able to choose to act differently in the present time, and so steer yourself into a more desirable future.

Note to participants:

- Please wear something comfortable
- Do bring drinking water and a large towel or shawl or jacket
- Have a light meal two hours before the workshop starts

Date: Saturday, 27 May '17 or 8 Jul '17

Time: 3pm – 6pm

Fees: Member \$25, Public Officer \$35, Member's Guest \$39

Venue: CSC @ Tessensohn

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

Register By: 22 May '17 or 3 Jul '17



POUND® FITNESS

The latest fitness rage, POUND® is the world's first cardio jam programme born out of the irresistible, invigorating, sweat-inducing act of playing the drums! In POUND®, lightly weighted drumsticks engineered specifically for exercising — Ripstix® — are used to transform drumming into an incredibly effective way of working out! It is a full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements. The 45-minute cardio jam session will be run by instructors from the Grace Sagaya Team.

Try-Out Class

Date: Thursday, 1 Jun '17

Time: 7pm – 7.45pm

Fees: Member \$19, Public Officer \$22, Member's Guest \$24

Venue: CSC @ Tessensohn

Dates: 4 Wednesdays, 7 – 28 Jun '17 or 5 – 26 Jul '17

Venue: CSC @ Bukit Batok

Dates: 4 Thursdays, 8 – 29 Jun '17 or 6 – 27 Jul '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: 2 Jun '17 or 2 Jul '17

ZUMBA FITNESS @ CSC

Zumba dance combines floor work, occasional circuit training, and a good mixture of effective aerobic moves to help you burn a lot of calories while having fun exercising in the right posture!

CSC Bukit Batok

Zumba Gold by Jeslyn

Dates: 4 Mondays, 29 May – 19 Jun '17 or 3 – 24 Jul '17

Time: 9am – 10am

Zumba by Haynia

Dates: 4 Tuesdays, 6 – 27 Jun '17 or 4 – 25 Jul '17

Time: 7pm – 8pm

Zumba by Cheryl

Dates: 4 Fridays, 9 – 30 Jun '17 or 7 – 28 Jul '17

Time: 7pm – 8pm

CSC Tessensohn

Zumba by Yumi

Dates: 4 Tuesdays, 6 – 27 Jun '17 or 4 – 25 Jul '17

Time: 7pm – 8pm

Zumba Gold by Jeslyn

Dates: 4 Wednesdays, 7 – 28 Jun '17 or 5 – 26 Jul '17

Time: 9am – 10am

Zumba by Cheryl

Dates: 4 Wednesdays, 7 – 28 Jun '17 or 5 – 26 Jul '17

Time: 8pm – 9pm

Zumba by Joviene

Dates: 4 Fridays, 9 – 30 Jun '17 or 7 – 28 Jul '17

Time: 7pm – 8pm

For the above classes:

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

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

Register By: 2 Jun '17 or 2 Jul '17

BREATH MEDITATION

Meditation is used as a means of recollection and restoration, and Breath and Body are interconnected. Generally, breathing meditation allows you to calm the mind and develop inner serenity. We can use breathing meditation on its own, or as a preliminary practice to reduce our distractions before engaging in deeper meditation. This course will acquaint you with the techniques of breathing meditation to achieve overall wellness of mind and spirit.

Dates: 4 Saturdays, 3 – 24 Jun '17 or 1 – 29 Jul '17

Time: 10am – 11am

Fees: Member \$70, Public Officer \$80, Member's Guest \$85

Venue: CSC @ Tessensohn

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

Register By: 25 May '17 or 25 Jun '17

Dates: Friday, 7 Jul or 21 Jul '17

Time: 7.30pm – 9pm

Fees: Member \$8, Public Officer \$12, Member's Guest \$15

Venue: CSC @ Changi

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

Register By: 2 Jul '17

Participants to bring your own yoga mat

HEALTH

BABYWEARING
WORKOUT

Working out while carrying your baby in a harness, is a great way to bond with baby and get fit at the same time! Rather than always seeing your child as an obstacle to your own fitness, let's find a way to integrate your little one into your workout routines. Playing and exercising with your child can be fun and effective.

Date: Saturday, 8 Jul '17

Time: 10am – 11am

Fees: Member \$20, Public Officer \$25, Member's Guest \$30

Venue: CSC @ Bukit Batok

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

Register By: 2 Jul '17



SWIMMING FOR LADIES

Armed with 10 years of coaching experience and part of the National Registry of Coaches, Ms Thipa Mogan has taught at various clubs. She is passionate and committed to imparting good swimming foundation and skills both to adults and children alike. She is also very good with ladies and they are able to overcome their fear of water in no time at all. Her students stay with her as she corrects their strokes patiently and gives them individual attention. Her outgoing personality and ability to connect with people from all walks of life make her approachable and there is never a dull moment in her class.

Beginners' Class

@ CSC Bukit Batok

Thursday 7.30pm

Dates: 10 Thursdays, 22 Jun – 24 Aug '17

Time: 7.30pm – 8.30pm

Register By: 15 Jun '17

Beginners' Class

@ CSC Tessensohn

Monday 7pm

Dates: 10 Mondays, 3 Jul – 11 Sep '17

Time: 7pm – 8pm

Register By: 25 Jun '17

Intermediate Class

@ CSC Tessensohn

Monday 8pm

Dates: 10 Mondays, 3 July – 11 Sep '17

Time: 8pm – 9pm

Register By: 25 Jun '17

**For the above classes:**

Each term consists of 10 lessons.
(no lesson on public holidays)

Fees: Member \$210, Public Officer \$220, Member's Guest \$230

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

MUSIC

MASTER THE ERHU

Love oriental music? The Erhu is one of the most popular Chinese instruments with an emotionally-affecting appeal. This two-stringed instrument is easy to pick up and you will be able to play a tune within minutes. You will be taught by instructor Mr Pang Chin Soon, who has a diploma in Erhu and more than 20 years' experience playing this instrument.



A minimum of six participants is needed to begin the class. Participants need to bring along their own Erhu.

Dates: 10 Wednesdays, 14 Jun to 23 Aug '17 (Except 9 Aug '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: 7 Jun '17

LEARN TO PLAY THE UKULELE

Ever wanted to learn how to play "Tiny Bubbles" and other Hawaiian favourites on the ukulele? Now, here's your chance! Mr Fahmy, a well-regarded music instructor of more than 10 years, and a musician with more than 20 years' performing experience, will show you how to strum chords, and sing and play with the ukulele. Students will also learn how to tune the ukulele, read notes, and eventually play solo pieces on the instrument.

Beginners Level @ Tessensohn

Dates: 6 Mondays, 29 May – 10 Jul '17 (Except 26 Jun '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: 22 May '17





MUSIC

LEARN TO PLAY THE VIOLIN



In this workshop you will be taught to handle the violin, bowing techniques, postures, and note reading.

Instructor Leong Gah Chiong has been teaching at various schools, including The Leading Note. He holds a Diploma in Teaching (Violin) from Trinity College London. Mr Leong also performs professionally at schools and private events.

Violin Course (Beginners) @ Tessensohn

Fees: Member \$155, Public Officer \$165, Member's Guest \$170
(Fee includes materials and instrument is provided).

Violin Course (Advanced) @ Tessensohn

Fees: Member \$185, Public Officer \$195, Member's Guest \$200
(Fee includes materials and instrument)

Dates: 10 Mondays, 19 Jun – 28 Aug '17 (except 26 Jun '17)

Time: 7pm – 8pm

Venue: CSC @ Tessensohn

Register By: 12 Jun '17

Violin Course (Beginners & Intermediate) @ Bukit Batok

Dates: 10 Wednesdays, 21 Jun – 30 Aug '17 (except 9 Aug '17)

Time: 7.30pm – 8.30pm

Venue: CSC @ Bukit Batok

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

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

(Fee includes materials and instrument)

Register By: 14 Jun '17

For the above courses:

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

PLAY THE KEYBOARD

In this course, you will be taught the basics of note and chord reading. In time, you may be able to play like a one-man-band whose repertoire ranges from classical to pop and rock music, and beyond! Instructor Titus Chia has been teaching piano, keyboard and organ for the past five years. He has also taught in community centres and childcare centres for a few years.



Keyboard Course (Beginners) @ Tessensohn

Fees: Member \$165, Public Officer \$175, Member's Guest \$185
(Fee includes materials and instrument is provided)

Keyboard Course (Intermediate) @ Tessensohn

Fees: Member \$180, Public Officer \$190, Member's Guest \$200
(Fee includes materials and instrument)

Dates: 10 Wednesdays, 14 Jun – 23 Aug '17 (except 9 Aug '17)

Time: 7 pm – 8pm

Venue: CSC @ Tessensohn

Register By: 7 Jun '17

Keyboard Course (Beginners) @ Bukit Batok

Dates: 10 Mondays, 3 Jul – 11 Sep '17

Time: 8pm – 9pm

Fees: Member \$165, Public Officer \$175, Member's Guest \$180
(Fee includes materials and instrument)

Venue: CSC @ Bukit Batok

Register By: 26 Jun '17

For the above courses:

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

SELF IMPROVEMENT

ALL ABOUT COPYWRITING

This short and fun course aims to equip you with the fundamentals of copywriting to help you create compelling ads designed to reach your desired target audience, and elicit desired responses. By the end of the class, you will garner tips on how to engage, persuade and convince the select few or masses out there, by using the right tone, style and approach.

Date: Saturday, 27 May '17

Time: 12pm – 2pm

Fees: Member \$30, Public Officer \$40, Member's Guest \$50

Venue: CSC @ Tessensohn

Contact: Vanessa at 6391 5641

or vanessachoo@csc.sg

Register By: 20 May '17



CONVERSATIONAL MANDARIN

Designed for those whom Mandarin is not a first language, this course is conducted in Mandarin with English translations. This class focuses on simple and functional daily examples of conversation. Instructor Mr Tan Swee



Liang – a member of the Singapore Writers' Association – has been a Mandarin Trainer at People's Association since 2002, and since 2005, has been teaching Mandarin and English Language at Queenstown PAP Community Foundation Continual Learning Center.

Dates: 6 Saturdays, 10 Jun – 15 Jul '17

Time: 7.30pm – 9pm

Fees: Member \$65, Public Officer \$75, Member's Guest \$80

Venue: CSC @ Tessensohn

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

Register By: 3 Jun '17

SELF IMPROVEMENT

PERSONAL BRANDING WORKSHOP

Proper grooming and professional appearance are vital for creating not only a positive impression but also respect in the workplace. First impressions matter and the way you look and carry yourself does affect the attitudes of people you work with at your job. Lack of these may lead to poor image and may adversely affect your chances of gaining a positive evaluation from your colleagues and bosses.

At this interactive session, you will gain the finer points of personal grooming and style in a makeover to bring out a more beautiful you!

Content of session

- Grooming: Creating Corporate Impression
- Why is Grooming Important?
- Body Shape Analysis
- The Importance of First Impression
- Color Analysis
- How to Dress for Success

Date: Saturday, 27 May '17

Time: 9.30am – 12pm

Fees: Member \$45, Public Officer \$50, Member's Guest \$55

Venue: CSC @ Tessensohn

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

Register By: 20 May '17

BASIC MALAY LANGUAGE COURSE

Instructor Ms Sharifah Narimah will teach you the basics of the Malay language. This invaluable experience of learning Malay is combined with a session studying the delicious skill of Malay baking (NEW!) which serves to further develop your Malay language proficiency. Emphasis will be given to simple Malay grammar, conversation and vocabulary-building.



Dates: 8 Mondays, 3 Jul – 21 Aug '17

Time: 7pm – 9.30pm

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

(Fees exclude additional \$12 for teaching materials, to be paid directly to instructor)

Venue: CSC @ Tessensohn

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

Register By: 26 June '17

BASIC FRENCH

Besides France, the international language of French is spoken in more than 80 countries, including Canada, Switzerland, and Belgium. This course in Basic French is suitable for those who intend to visit francophone countries for holidays. Your instructor, Freddie – who holds a Bachelor (Hons) and a Master degree (Hons) in French – will take you through the 4 skill-sets of reading, listening, speaking and writing. This course also lays a strong foundation for those who plan to take the International DELF Diploma awarded by the French Ministry of Education. The Preparatory courses for the DELF exams are conducted at CSC.

Trial/Lesson 1 @ Tessensohn

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

Date: Tuesday, 20 Jun '17

Time: 7.15pm – 8.45pm

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

Register By: 13 Jun '17

Beginner Course

@ Tessensohn

Dates: 6 Tuesdays, 27 Jun – 1 Aug '17

Time: 7.15pm – 9.15pm

Fees: Members \$160,

Public Officer \$170,

Member's Guest \$180

Venue: CSC @ Tessensohn

Contact: Hai Ming at 6391 5607

or onnhaiming@csc.sg

Register By: 20 June '17

WHO WANTS
TO LEARN
FRENCH?



IMPROVE YOUR DIALECT PROFICIENCY

Want to be able to understand your Hokkien or Cantonese elders and glean pearls of wisdom from them before it is too late? With Singapore becoming a rapidly ageing society, dialects like these are on the verge of becoming extinct in Singapore. Perhaps, it would be a good idea to acquaint ourselves with the language of our forebears to preserve a part of our cultural identity, as well as to enable the transmission of valuable knowledge from the older to younger generations.

Conversational Hokkien For Beginners

Dates: 4 Tuesdays, 6 – 27 Jun '17

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: 30 May '17

Conversational Cantonese For Beginners

Dates: 4 Tuesdays, 4 – 25 Jul '17

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: 27 Jun '17



TRAVEL

1D DURIAN JB TOUR

	Adult (Per Pax)	Child (Per Pax)
CSC Member	S\$75	S\$65
Public Officer	S\$85	S\$75
Member's Guest	S\$85	S\$75

Calling all durian-lovers! Here's another chance for you to indulge your craving for this exotic, thorny, creamy fruit at a durian plantation in Johore! Tour includes lunch and shopping in Yong Peng, and dinner at a JB restaurant.

Package includes:

- One-day usage of 40-seater air-con bus (Change bus @ Malaysia Customs)
- Experienced Tour Guide from Malaysia
- Meal & entrance fee as per itinerary
- Group Insurance covering maximum of S\$10,000 Accidental and S\$500 Medical per person, except for insurance of personal items

Please ensure that your passport has a minimum validity of six months.

Date: Sunday, 9 Jul '17

Time: Assemble at 6.45am at CSC @ Tessensohn

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

Register By: First come, first served.

Tour By: Amazing Explorer Pte Ltd



1D DURIAN TRIP TO TANGKAK, JOHORE

	Adult (Per Pax)	Child (Per Pax)
CSC Member	S\$93	S\$83
Public Officer	S\$98	S\$86
Member's Guest	S\$98	S\$86

* Child: 4 – 11 years old.

* Infant below 3 years – FOC with no seats in coach.

Treat yourself to a feast of the King of Fruits on this day trip to the Durian Agro-Hub at Tangkak, Johore! Even if you're not a durian fan, you can still spend a fun day splashing with your family at Puteri Falls! Tour culminates with dinner at a local Tangkak restaurant.

Package includes:

- Travel on Malaysia air-conditioned coach with one-time change of coach at JB checkpoint.
- Durian Feast + Durian Prata + Durian Glutinous Rice + Durian Cendol + Durian Green bean Soup + Local Fruits at the Durian Agro Hub.
- Cultural shows, Games & Activities at the Durian Agro Hub.
- Fun & Splashing at Puteri Falls, guided by Park Rangers.
- Dinner at a local Tangkak restaurant (Patrons with Halal food needs will be accommodated)
- One Malaysian registered tour guide.
- One tour leader to co-ordinate smooth running of itinerary.
- Tips to driver and tour guide.
- Group Travel Insurance covers \$10,000 – Personal Accident & S\$500 – Medical Expenses on Accidental injuries only (age 15 days old – 80 years old).

Please ensure that your passport has a minimum validity of six months.

Date: Saturday or Sunday, end Jun to early Jul '17

Time: 6.15am

Venue: Meet at designated pick-up point

Register By: First-come, first-served basis

Tour By: Wei Xing Travel Pte Ltd (Formerly known as I'Smart Leisure Pte Ltd)

For more details and itinerary:

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

1D Fruit Farm Tour

This is a one full day eco farm tour centred mostly in the idyllic south eastern region of Johor state called Pontian. One of the highlights is the visit to Sri Tanjung Leisure Farm, a 1.5-acre eco-farm that houses more than 30 types of small animals and on the one side, tropical fruits are harvested too. Not to be missed too is the visit to this fishing village, Kukup where a nice seafood lunch is to be taken.



Date: Saturday, 3 Jun '17

Time: 7.30am – 6.30pm (subject to traffic conditions)

Fees: Member \$90, Public Officer \$95, Member's Guest \$100

Venue: Meet at Outram MRT

Tour By: Capital Travel Services Pte Ltd

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

Register By: 20 May '17

TRAVEL

1D BEKOK VILLAGE CUM SHOPPING TOUR

	Adult (Per Pax)	Child (Per Pax)
Member	S\$75	S\$70
Public Officer	S\$80	S\$75
Member's Guest	S\$85	S\$75

* Child: 4 – 11 years old.

* Infant below 3 years – FOC with no seats in coach.

Explore the rustic charms of Bekok Village and get up close to nature. Visit the Bee Farm in Yong Peng where you will have lunch in a local restaurant, before heading to Bekok Village to see firsthand how livestock such as goats, poultry, and even bullfrogs are raised! Cap a well-spent day with shopping and a sumptuous dinner in JB before heading home.

Package includes:

- One-day usage of 40-seater air-con bus (Change bus @ Malaysian Customs)
- Experienced tour guide from Malaysia
- Meal & entrance fee as per itinerary
- Group Insurance covering maximum of S\$10,000 Accidental and S\$500 Medical per person, except for insurance of personal items



Please ensure that your passport has a minimum validity of six months.

Date: Saturday, 10 Jun '17

Time: Assemble 6.30am at CSC @ Tessensohn

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

Register By: First come, first served basis

Tour By: Amazing Explorer Pte Ltd

2D1N BENTONG

STAY @ GY HAPPY FARM	Twin/Triple	Child W Bed
Member	S\$168	S\$138
Public Officer	S\$175	S\$145
Member's Guest	S\$185	S\$150

* Child: 4 – 11 years old.

* Infant below 3 years – FOC with no seats in coach.

The first day of this charming Bentong trip offers you the rare delight of splashing in the cool waters of Chamang Waterfall. Other highlights on the second day include mountain-climbing, and the chance to call at goat, prawn, fish, vegetable and durian farms. Finally, you will get to go to Tau Fu Bok factory and buy Bentong's famous We Dong Ginger, before leaving for home.



Package includes:

- 2-day usage of 40-seater air-con bus
- 1-night stay @ GY Happy Farm
- 2 Lunch / 1 Dinner
- Entrance as per itinerary
- Group Insurance covering maximum of S\$10,000 Accidental and S\$500 Medical per person, except for insurance of personal items

Please ensure that your passport has a minimum validity of six months.

Dates: Saturday to Sunday, 8 – 9 Jul '17

Time: Assemble 6.30am at CSC @ Tessensohn

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

Register By: First come, first served basis

Tour By: Amazing Explorer Pte Ltd

1D HARI RAYA SHOPPING @ JB

DESCRIPTION	CSC MEMBER (PER PAX)	PUBLIC OFFICER (PER PAX)	MEMBER'S GUEST (PER PAX)
Adult	S\$70	S\$72	S\$74
Child (4 – 11 years old)	S\$68	S\$70	S\$72
Child (3 years old & below)	FOC (No seat)	FOC (No seat)	FOC (No seat)

Have a fun away-day to Johor Bahru to stock up on Hari Raya treats at three different JB stores! Fill up your tummies with delicious local meals as you fill up your shopping bags with festive goodies!

Package includes:

- Travel on 40 Seater Malaysia air-conditioned coach with one-way transfer from Sin-JB Checkpoint on Sin Coach.
- Shopping at Ramun Delights (festive cookies); Giant & Bukit Indah.
- Lunch & dinner at local Halal Restaurant.
- Group Travel Insurance covering S\$10,000 on life & S\$500 on medical.
- One Malaysian registered tour guide.
- One tour leader to co-ordinate smooth running of itinerary.
- Tips to driver and tour guide.

Date: Saturday, 20 May '17

Time: 8am – Meet at Lavender MRT (Next to V Hotel, opposite ICA Building or 8.15am – Meet at Kranji MRT (Opposite Bus Stop)

Register By: First come, first served basis

Tour By: Wei Xing Travel Pte Ltd (Formerly known as I'Smart Leisure Pte Ltd)

For details & itinerary:

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



TRAVEL

2D MANTIN TOUR

STAY @ MANTIN FOREST ART RESORT	Twin/Triple	Child W Bed
Member	S\$260	S\$170
Public Officer	S\$270	S\$180
Member's Guest	S\$280	S\$190

- * Child: 4 – 11 years old.
- * Infant below 3 years – FOC with no seats in coach.

Get away from the hustle and bustle of the city and settle into the cool, calm and idyllic environs of Mantin Forest Art resort, an exclusive lake-view villa set deep in the forest. You can relax by the tranquil lake in the day, and partake in night-time activities like karaoke and snooker at the resort. You will also get to try the delicious street food at Mantin's Hakka Village. Other highlights of this trip include mountain climbing, and visits to the horse, deer and goat farms, peacock garden, and a trip to the vegetable plantation for fresh greens.

Package includes:

- 2-day usage of 40-seater air-con bus
- 1-night stay @ Mantin Forest Art Resort
- 2 Lunch / 2 Dinner
- Entrance as per itinerary
- Group Insurance covering maximum of S\$10,000 Accidental and S\$500 Medical per person, except for insurance of personal items

Please ensure that your passport has a minimum validity of six months

Dates: Saturday to Sunday, 24 – 25 Jun '17
Time: Assemble 6.30am at CSC @ Tessensohn
Contact: Gek Cheng @ 63915624 or kuagekcheng@csc.sg
Register By: First come, first served basis
Tour By: Amazing Explorer Pte Ltd



SEMAKAU LANDFILL FUN TOUR

Did you know Singapore's solid waste output rose from 1,260 tonnes per day in 1970 to 8,402 tonnes per day in 2015? This amount would have been far greater if Singapore had not recycled more than half of its waste!

The National Environment Agency (NEA) plans, develops and oversees Singapore's advanced waste management system. An efficient waste collection and disposal system is critical, given Singapore's limited land area and densely populated living environment. Semakau Landfill is an integral part of this waste management system.

Participants on this tour will witness the innovative, creative and economical methods Singapore uses to deal with waste.

- 08.15am** Assemble, registration at Club CSC @ Tessensohn
- 08.30am** Boarding of coach and transfer to Pasir Panjang Ferry Terminal
- 09.15am** Boarding of ferry and transfer to Semakau Landfill
- 10.00am** Arrive at Semakau Landfill for educational programme:
 - Power Point Presentation on Waste Management in Singapore,
 - The Story of Semakau Landfill and the 3 R's
 - Followed by a tour of the facilities and the nature reserve with a photo stop at the Southern Point
- 11.45am** Getting ready to board the ferry back to Pasir Panjang Ferry Terminal
- 12.15pm** Boarding coach for transfer back to Club CSC @ Tessensohn
 - 2-way transfer in air-con coach from Club CSC @ Tessensohn to Pasir Panjang Ferry Terminal and back
 - 2-way transfer in air-con ferry from Pasir Panjang Ferry Terminal to Semakau Landfill and back
 - Guided tour on Semakau Landfill
 - Insurance coverage during the trip

Date: Saturday, 24 Jun '17
Time: 8.15am – 12pm
Fees: Member \$40, Public Officer \$45, Member's Guest \$50
Venue: Assemble 8.15am at CSC @ Tessensohn lobby
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register By: 10 Jun '17



**CSC @ TESSEN SOHN**

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
AQUA AEROBICS (TUE PM)	12 Tuesdays, 23 May – 8 Aug '17 (No lesson on PH)	6.30pm – 7.30pm	Ms Antonia	\$80	\$90	\$105	18 persons (max)	15 May '17	Vanessa at 6391 5641
DEEP AQUA AEROBICS (SAT)	10 Saturdays, 22 Jul – 23 Sep '17 (No lesson on PH)	8am – 9am or 9am – 10am	Ms Anthea	\$85	\$95	\$110	18 persons (max)	15 Jul '17	Vanessa at 6391 5641
AQUA AEROBICS (SUN)	12 Sundays, 16 Jul – 1 Oct '17 (No lesson on PH)	9am – 10am	Ms Vikki	\$80	\$90	\$105	18 persons (max)	10 Jul '17	Vanessa at 6391 5641
AQUA AEROBICS (WED)	12 Wednesdays, 19 Jul – 11 Oct '17 (No lesson on PH)	6.15pm – 7.15pm or 7.15pm – 8.15pm	Ms Vikki	\$80	\$90	\$105	18 persons (max)	12 Jul '17	Vanessa at 6391 5641
BEGINNER SOCIAL DANCE FOR PARTY	10 Tuesdays, 23 May – 25 Jul '17	8pm – 9pm	Mr Wu	\$70	\$75	\$80	12 persons (min)	16 May '17	Gek Cheng at 6391 5624
BALLROOM BEGINNERS BALLROOM QUICKSTEP	10 Sundays, 21 May – 30 Jul '17 (Except 25 Jun '17)	2pm – 3pm	Jacie	\$70	\$75	\$80	12 persons (min)	15 May '17	Gek Cheng at 6391 5624
BALLROOM BEGINNERS BACHATA TANGO & DISCO ROCK	10 Sundays, 21 May – 30 Jul '17 (Except 25 Jun '17)	3pm – 4pm	Jacie	\$70	\$75	\$80	12 persons (min)	15 May '17	Gek Cheng at 6391 5624
BALLROOM BEGINNERS BALLROOM WALTZ – LEVEL TWO	10 Sundays, 21 May – 30 Jul '17 (Except 25 Jun '17)	4pm – 5pm	Jacie	\$70	\$75	\$80	12 persons (min)	15 May '17	Gek Cheng at 6391 5624
DEEP AQUA AEROBICS (TUE AM)	10 Tuesdays, 25 Jul – 26 Sep '17 (No lesson on PH)	8am – 9am	Ms Vikki	\$85	\$95	\$110	18 persons (max)	20 Jul '17	Vanessa at 6391 5641
DEEP AQUA AEROBICS (THU)	10 Thursdays, 20 Jul – 21 Sep '17 (No lesson on PH)	6.30pm – 7.30pm	Ms Anthea	\$85	\$95	\$110	18 persons (max)	12 Jul '17	Vanessa at 6391 5641

CSC @ TESSENSOHN

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
DEEP AQUA AEROBICS (FRI)	10 Fridays, 7 July – 15 Sep '17 (No lesson on PH)	7pm – 8pm or 8pm – 9pm	Ms Vikki	\$85	\$95	\$110	18 persons (max)	1 Jul'17	Vanessa at 6391 5641
PILATES BY MABELINE	10 Mondays, 24 Jul – 2 Oct'17	7pm – 8pm	Ms Mabeline	\$85	\$95	\$100	12 persons (min)	12 Jul'17	Serene Cho at 6391 5620
SWIMMING LESSONS AT TESSENSOHN (CHILDREN)	4 Lessons May / Jun '17	Depending on swimming & age (Instructors will advise)	Mr Kurusamy / Seng Yung / Derick / Chang	Child \$70	Child \$80	Child \$85	15 persons	15 May / 15 Jun '17	Vanessa at 6391 5641
SWIMMING FOR LADIES (BEGINNER)	10 Mondays, 3 Jul – 11 Sep '17 (No lesson on PH)	7pm – 8pm	Ms Thipa	\$210	\$220	\$230	12 persons	25 Jun'17	Vanessa at 6391 5641
SWIMMING FOR LADIES (INTERMEDIATE)	10 Mondays, 3 Jul – 11 Sep'17 (No lesson on PH)	8pm – 9pm	Ms Thipa	\$210	\$220	\$230	12 persons	25 Jun'17	Vanessa at 6391 5641
TRADITIONAL TAEKWON-DO FOR ADULTS (MON)	13 Mondays, 3 Jul – 25 Sep '17 (No lesson on PH)	8.30pm – 10.30pm	Singapore TaeKwon-Do Academy	\$60	\$70	\$80	10 persons (min)	26 Jun'17	Hai Ming at 6391 5607
TRADITIONAL TAEKWON-DO (SAT)	14 Saturdays, 1 Jul – 30 Sep '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)	24 Jun'17	Hai Ming at 6391 5607
WING CHUN KUNG FU, "CHI SAU" THUR – JUN	5 Thursdays, 1 – 29 Jun '17 (No lesson on PH)	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 persons (min)	25 May'17	Hai Ming at 6391 5607
WING CHUN KUNG FU, "CHI SAU" (ADULT BEGINNER) – JUN	4 Saturdays, 3 – 24 Jun '17 (No lesson on PH)	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 persons (min)	27 May'17	Hai Ming at 6391 5607



CSC @ TESSEN SOHN

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
WING CHUN KUNG FU, "CHI SAU" (CHILDREN 6 – 12 YEARS) – JUN	5 Saturdays, 3 – 24 Jun '17 (No lesson on PH)	10.30am – 11.30am	Sifu Ken Lau	Child \$90	Child \$95	Child \$100	10 persons (min)	27 May '17	Hai Ming at 6391 5607
WING CHUN KUNG FU, "CHI SAU" (ADULT INTERMEDIATE) – JUN	5 Saturdays, 3 – 24 Jun '17 (No lesson on PH)	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 persons (min)	27 May '17	Hai Ming at 6391 5607
WING CHUN KUNG FU, "CHI SAU" THUR – JUL	4 Thursdays, 6 – 27 Jul '17 (No lesson on PH)	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 persons (min)	29 Jun '17	Hai Ming at 6391 5607
WING CHUN KUNG FU, "CHI SAU" (ADULT BEGINNER) – JUL	5 Saturdays, 1 – 29 Jul '17 (No lessons on PH)	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 persons (min)	24 Jun '17	Hai Ming at 6391 5607
WING CHUN KUNG FU, "CHI SAU" (CHILDREN) – JUL	5 Saturdays, 1 – 29 Jul '17 (No lesson on PH)	10.30am – 11.30am	Sifu Ken Lau	\$90	\$95	\$100	10 persons (min)	24 Jun '17	Hai Ming at 6391 5607
WING CHUN KUNG FU, "CHI SAU" (ADULT INTERMEDIATE) – MAY	5 Saturdays, 1 – 29 Jul '17 (No lesson on PH)	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 persons (min)	24 Jun '17	Hai Ming at 6391 5607
YOGA BY HUAY LIN	10 Fridays, 23 Jun – 25 Aug '17	7pm – 8pm or 8pm – 9pm	Ms Huay Lin	\$75	\$80	\$85	12 persons (min)	19 Jun '17	Serene Cho at 6391 5620



CSC @ BUKIT BATOK

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
DEEP AQUA AEROBICS (SAT)	10 Saturdays, 24 Jun – 26 Aug '17 (No lesson on PH)	8.30am – 9.30am	Mr Kelvin	\$85	\$95	\$110	18 persons (max)	18 Jun '17	Vanessa at 6391 5641
DEEP AQUA AEROBICS (TUE)	10 Tuesdays, 6 Jun – 8 Aug '17 (No lesson on PH)	7pm – 8pm	Ms Anthea	\$85	\$95	\$110	18 persons (max)	1 Jun '17	Vanessa at 6391 5641
AIKIDO (CHILDREN)	12 Sundays, 6 Aug – 22 Oct '17 (No lesson on PH)	10am – 11am	Mr Steven Goh	Child \$120	Child \$130	Child \$135	20 persons	15 Jun '17	Hai Ming at 6391 5607
AIKIDO (ADULT)	12 Sundays, 6 Aug – 22 Oct '17 (No lesson on PH)	11am – 12pm	Mr Steven Goh	\$120	\$130	\$135	20 persons	25 Jun '17	Hai Ming at 6391 5607
TRADITIONAL TAEKWON-DO	14 Saturdays, 1 Jul – 30 Sep '17 (No lessons on eve and PH)	3pm – 4.30pm	Singapore TaeKwon-Do Academy	\$60	\$70	\$80	10 persons (min)	24 Jun '17	Hai Ming at 6391 5607
				\$100 parent and child pair \$150 parent and 2 children					
SWIMMING LESSONS (CHILDREN)	4 Lessons May / Jun '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 May / 15 Jun '17	Vanessa at 6391 5641
SWIMMING FOR LADIES	10 Thursdays, 22 Jun – 24 Aug '17 (No lesson on PH)	7.30pm – 8.30pm	Ms Thipa	\$210	\$220	\$230	12 persons	10 Jun '17	Vanessa at 6391 5641



CSC @ BUKIT BATOK

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
PILATES BY AGNES YOONG	10 Saturdays, 1 Jul – 9 Sep '17 (No lesson on 2 Sep '17)	11am – 12pm	Ms Agnes Yoong	\$85	\$95	\$100	12 persons (min)	26 Jun '17	Serene Cho at 6391 5620
YOGA BY RITA	10 Tuesdays, 16 May – 18 Jul '17	8pm – 9pm	Ms Rita	\$75	\$80	\$85	12 persons (min)	11 May '17	Serene Cho at 6391 5620

CSC @ CHANGI

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
SWIMMING LESSONS (CHILDREN)	4 Lessons May / Jun '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 May / 15 Jun '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 it 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
<p>Unleash Your Career through Business Networking!</p> <p>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 .</p>	<p>\$160 per pax Min 15 pax 4 hours session</p>	<p>Peter Hum</p> <p>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.</p>
<p>Creating a Powerful Personal Brand for Career Success!</p> <p>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.</p>	<p>\$160 per pax Min 15 pax 4 hours session</p>	<p>Preetam Bose</p> <p>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.</p>
<p>Understanding and Managing Change</p> <p>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.</p>	<p>\$350 per pax Min 15 pax 16 hours session</p>	<p>James Suresh</p> <p>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.</p>
<p>Handling Difficult People</p> <p>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.</p>	<p>\$350 per pax Min 15 pax 16 hours session</p>	
<p>The Art of Conversation</p> <p>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.</p>	<p>\$180 per pax Min 15 pax 8 hours session</p>	
<p>Response to Sudden Workplace Disruptions</p> <p>While most modern day workplaces would have plans to deal with contingency situations, individual employees could yet be unprepared to deal with sudden and unexpected terror and emergency incidents which could disrupt operations. This 1-day workshop aims to create awareness and better prepare participants to respond effectively to such disruptive incidents. Concepts and good practices drawn from international standards will be used to guide and facilitate case study discussion of such incidents and help participants provide solutions.</p>	<p>\$180 per pax Min 15 pax 8 hours session</p>	<p>Stephen Lee is a certified business planning trainer and holds a BA(Hons) and a Master in Business Management. Stephen is well-experienced in handling unexpected workplace situations, having worked over 25 years in diverse senior managerial responsibilities covering sales and marketing, business development and operations for MNCs in South East Asia. He has also spent the last 10 years providing business planning consultancy and training services. He received the Public Service Medal award in 2011.</p> <p>Dr Lim Yew Ban holds a Business Continuity Certified Expert (BCCE) professional certification and has been involved in consultancy and training in both public seminars and customized in-house courses for business continuity since 2005. He participated actively as a workgroup member in drawing up the SS 507 and SS 540 Singapore standards for business continuity and disaster recovery.</p>

**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.**

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