



# fusion

ONE MEMBERSHIP, THREE CLUBHOUSES, THREE DISTINCT EXPERIENCES

JULY-AUGUST 2017 ISSUE

## CELEBRATE NATIONAL DAY WITH CSC!

*Find out more on page 04.*



10

Public Service  
Sports & Family Day

20

Bukit Batok  
Open House



Civil Service Club

# ORDINARY MEMBERSHIP PROMOTION

(For Public Officers)

Promotion ends 31 Aug '17

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

**receive a \$10 CSC Club voucher!**

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



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

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

**5**  
Year Ordinary  
Membership  
\$360



Promo code: **CRN2N**  
**Chalet 2 Nights\*\***  
(Off-Peak)  
RRP \$296

OR



Promo code: **GVS3**

**Garmin VivoSmart 3 Black\***  
RRP \$229

**3**  
Year Ordinary  
Membership  
\$216



Promo code: **CRN1N**  
**Chalet 1 Night\*\***  
(Off-Peak)  
RRP \$148

OR



Promo code:  
**CBG - Gents**  
**CBL - Ladies**

**Claude Bernard Gents  
or Ladies Watch\***  
RRP \$283

**2**  
Year Ordinary  
Membership  
\$144



Promo code:  
**LUG1**  
**24"**  
**Luggage**  
**Bag RRP \$60**

*Picture for illustration  
purpose only.*

**\$6**  
Per Month  
Ordinary  
Membership  
(Deductable via Payroll)



**Toiletries  
Bag**  
RRP \$10

*Picture for illustration purpose only.  
While stocks last.*



<http://www.csc.sg>



6391 5604 / 6514 6396



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

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

# contents

fusion

JUL-AUG 2017 ISSUE

10



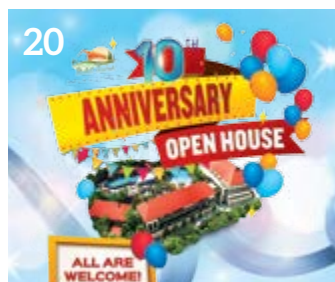
07



09



20



## 02 GM's update

### cover story

- 04 One Nation Celebrating Together
  - NDP Screening & Picnic @ CSC Changi – 9 Aug '17
  - Interactive GPS Challenge One Nation Together @ CSC Changi
  - National Day Wine And Dine Back To The Sixties!

### what's happening

- 06 In-House Movie Treats
- 08 Mid Autumn Festival Celebration

### event highlights

- 07 First Ever Family & Doggies' Day Out @ CSC Changi
- 09 A Treat For Mum
- 10 We Like To Move It!

## sports

- 12 Healthy Lifestyle Walk @ Kallang Riverside Park
- 13 Run By The Bay By Civil Service Club
- 14 CSC Cycling Club News
- 16 Sports News

## members' special

- 19 CSC Members' Perks

## clubhouse

- 20 10th Anniversary Open House @ CSC Bukit Batok
  - Boogie Bounce Try-Out
  - Rojak Party!
  - Balloon Sculpture
  - On-The-Spot Children's Colouring Competition
  - Cooking Workshop With Chef Lisa Leong
  - Water Tele-match
  - Interactive GPS Race
  - Fun Lego® Challenge
  - Anniversary Celebration Dinner @ Hilltop Garden Restaurant
  - 10th Anniversary Specials

- 27 CSC @ Changi
  - An Ideal Retreat For Team Building And Seminar
- CSC @ Changi
- 28 CSC @ Tessensohn
  - A New Karate Space At Tessensohn
  - Line Dance For Wellness
- 29 CSC @ Bukit Batok Gets A Facelift

## social activities

- 30 Arts
- 31 Beauty
- 32 Finance
- 33 Food
- 36 Fun
- 40 Health
- 46 Kids
- 49 Music
- 50 Self Improvement
- 52 Travel

## 54 regular activities

## 60 CSC Singing Star 2017



**CSC @ Tessensohn**  
60 Tessensohn Road,  
Singapore 217664  
Tel: 6294 8933

**CSC @ Changi**  
2 Netheravon Road,  
Singapore 508503  
Tel: 6709 4709

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

## Corporate Services

### Membership Matters

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

### Sports Activities

Tel: 6391 5619  
(Samantha Fok)

### Social Activities

Tel: 6391 5613  
(Samantha Chin)  
Tel: 6391 5607  
(Onn Hai Ming)  
Tel: 6391 5624  
(Kua Gek Cheng)  
Tel: 6391 5641  
(Vanessa Choo)  
Tel: 6391 5620  
(Serene Cho)  
events@csc.sg

*For details on  
CSC's tenants at the  
3 Clubhouses, kindly refer  
to our website at*



<http://www.csc.sg>



Civil Service Club



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





# Dear members,

Greetings from the Civil Service Club!

## Activities Over the past 2 Months

The Club had been busily rolling out the major activities organised for our members and public officers. The Public Service Sports and Family Day, held at Gardens by the Bay East on the 13 May 2017, saw a good turnout of participants. Blessed with good weather, members, public officers and their families enjoyed themselves participating in the games, activities, and stage performances. They even picked up great bargains at the bazaar booths. The competitive games such as the tele-match and dragon boat race saw intense competition among the participants. Head Civil Service, Mr Peter Ong, who is also the President of Civil Service Club, gamely flagged off and participated in the cycling fringe activities, cycling from Changi Clubhouse all the way to Gardens by the Bay East. Another fringe activity, "Know Your Ministries Amazing Race", had 7 teams across the Government sectors managing their routes from Tessensohn Clubhouse through 14 Government Ministries/Agencies' buildings and ending at Garden by the Bay East. They had a great time looking for clues, answering questions relating to the government agencies that they visited, creatively responding to the assigned tasks, and most importantly bonding together as a team. Congratulations to IRAS for being the champion team for the Amazing Race. To all the other winners and participants of the various competitive events, well done as all of you are champions too! Special congratulations to Mr Nasir Jalil who walked away with a \$500 cash prize for being the luckiest winner of our grand lucky draw. Thank you all for the very strong support from our members, public officers and their families who stayed right through to the end of the event to make it a huge success. Photo shots and details of the winning teams are in pages 10 to 12.

Our Club's Mother's Day Lunch was held at Qian Xi Restaurant, Tessensohn Clubhouse on 14 May 2017. It was a great success with participants never having a dull moment with the continual flow of activities to entertain them.

The outcome was a sea of satisfied faces, especially for Ms Nikko Chua who won the top lucky draw prize of a Coach handbag worth \$400. Besides all the mothers being pampered with head-and-shoulder massages and paraffin wax hand treatments, each table was also given a heart-shaped Mother's Day cake. We received very positive feedback from the participants and they shared how much they would like to participate in this event next year. Details on page 9.



Our Father's Day Lunch was equally well patronised by our members and public officers when they celebrated it at Qian Xi Restaurant on 17 June 2017. Innovative pre-lunch events, stage performances, free gift for the papas, a sumptuous lunch and lucky draw rounded up the day's event. All the papas were beaming proudly that their children took the time to celebrate Father's Day with them.

For the first time, the Club partnered with SoSD to stage a Doggie Carnival at Changi Clubhouse on 11 June 2017. The sound of dogs barking rang through the Clubhouse as more than 120 dogs paraded on the lawn on a sunny Sunday. There were even 30 dogs/puppies for adoption, some of which were even pedigree dogs. There was a doggie best-dressed competition, whereby an "old dame" emerged as the best dressed dog. The whole atmosphere was carnival-like with a bazaar selling dog treats, delicious food options for the owners of the doggies and stage entertainment. We would like to thank



Dr Siew and his team for the collaboration to stage the Doggie Carnival at Changi Clubhouse. Certainly, we look forward to more of such partnerships in time to come. Photo shots and details on page 7.

## Renovation & Upgrading Works

### CSC @ Bukit Batok

**Façade Upgrading** – The façade upgrading and the building of the sheltered walkways were completed as scheduled. For those who don't drive and for mothers pushing their little ones by pram to the Clubhouse, the sheltered walkway will bring welcome relief, especially from the elements of the weather.

### Family Karaoke cum Lounge Upgrading

– Renovation and upgrading work to the Family Karaoke cum Bar Lounge has started and will be completed by mid-August 2017. Once completed, members will experience a modern family entertainment set-up that they can enjoy with family and friends.

### New Children's Indoor Playground –

The new children's playground and party room will be relocated to the 3rd level, next to the lift landing. The location is more convenient and conducive for children to have a fun time indoors. New sets of indoor playground furniture will be installed to provide a fresh experience for the children.

### Swimming Pool Changing Rooms Upgrading

– Tenders have been initiated to upgrade the walkway and swimming pool changing rooms. This is a big project that involves the temporary closure of both the changing rooms to speed up construction work and minimise the inconvenience caused to our members. However, the pool will continue to operate during the construction period. Temporary toilets and bathing facilities, container style, will be arranged for the swimmers in the interim. Construction is scheduled to commence in July and will be completed by end October 2017.

**Tree House Walkway** – The walkway leading from the lift landing to the tree houses will be paved with interlocking tiles to enable users of the tree houses a



Wishing everyone  
Selamat Hari Raya Adiladha  
and a Happy 52nd National Day!



Charlie Ng  
General Manager, CSC

safer and pleasant stroll, especially at night. Work will commence in July and be completed by August 2017.



### CSC @ Changi

The construction of the sheltered drop off point will commence on 29 June 2017. Most of the work will be done off-site and so it will only take a couple of weeks for it to be completed. This will enhance the experience of the chalet users when they load or unload their things during inclement weather.

### CSC @ Tessensohn

**Facade Upgrading** – We are upgrading the facade of CSC @ Tessensohn to transform the facade so it is befitting of a modern town club. Concurrently, the Clubhouse is due for a fresh coat of paint and this will be done in tandem with the facade upgrading.

**Solar Panel Installation** – As part of the Club's continued efforts to reduce our carbon footprint and save on our electricity consumption, we will be installing solar panels on the roof top of our badminton hall. Tenders will be called over the next 2 months and the solar panels installed by mid-January 2018.

### Social Activities Over The Next 2 Months

**National Day Celebration** – Although the Club organises more than 70 social activities every month, the highlight must be celebrating the biggest birthday in Singapore, our 52nd National birthday on 9 August 2017. This year, we will organise it with more fanfare and with a carnival-like atmosphere. The NDP live screening

will be at 6 pm but the activities will commence from 2 pm onwards. We will be introducing the apps-based amazing race around Changi Village whereby family members can participate as a team to bond through, with plenty of fun and laughter together. To entertain the children, there will be a giant inflatable slide and an inflatable ball bouncer. Goodie bags will be given away for the first 100 participants, with complimentary ice-cream and chick peas also available while stocks last. Games booths and bazaar stalls, along with short films and live music performances will ensure there is something for everyone attending. Picnic baskets filled with tasty knickknacks will also be on sale, making it easy to have a relaxing day outdoors with the family. To top it all off, there will be a lucky draw at the end of the live telecast and all those participants born in the month of August will get a special gift from the Club. Details are in pages 4 and 5.

**National Day Wine & Dine** – Over the years, this annual celebration has always been very well subscribed by our members. It will be held at Qian Xi Restaurant on the 4 August 2017. There will be a sumptuous 8-course dinner inclusive of 5 bottles of red and white wines, great entertainment, a lucky draw and a fun sing-a-long of our favourite National Day themed songs from over the years. Everyone attending is encouraged to come in our national colours of red and white! Details are on page 5.

**Wedding Showcase and Indonesia Fair** – CSC @ Changi will be hosting 2 unique events come July and August 2017. For those who are planning to get married, be sure to visit the Wedding Showcase at the event lawn on 29 July 2017.

As from 18 to 20 August 2017, CSC @ Changi will host the first Indonesia Fair. The Fair will showcase the Indonesian culture and arts, handicraft and of course the tantalising Indonesian street food from Indonesia.

Please stay tune to our micro sites, EDM blast and Facebook pages for more information, as the events are being updated.

### Did You Know

**Membership Portal** – The Club has launched a membership portal recently.

This portal enables members to update their personal particulars, reset their online password, membership renewal, apply for supplementary cards, replace lost or damaged cards, book facilities and make payment online. The portal is user friendly, convenient and hassle-free and will greatly reduce processing time for members. Future enhancements to come will be the integration of the events booking system as part of this portal. As secured online transactions and services will require members to login to the portal, do make sure you have your Member ID and password with you. As for online membership application or renewal, please have all the relevant documents and photos in soft copy (jpeg or pdf) with you. If you need any assistance, please email to [membership@csc.sg](mailto:membership@csc.sg). You can visit [www.csc.sg](http://www.csc.sg) to access to the portal.

**O-bike Docking Station.** CSC @ Changi has established an O-Bike docking station within the Clubhouse, beside the covered carpark. This is to enable our members and chalet guests to have easy access to rental bicycles at an affordable rate when they want to cycle and explore Changi village and beyond.

### Swimming Pool Safety Enhancement

– To enhance the safety of the non-swimmers who may accidentally wander to the deep end of the pool, the Club has instituted a pink coloured wrist band to be worn by them when they check in at the swimming pool reception. This will assist the lifeguards to keep an eye on these non-swimmers, especially children, when they venture to the deep end of the pool.

### Membership Manager

– We welcome our new Membership Manager, Aveline Hon, who joined us in May 2017. This is a new position that the Club created to enable us to be even more effective at membership matters.



**NS Gold Mark.** The Club is proud to be awarded the National Service Gold Mark for recognising the contribution of our NSmen, appreciating their skills and values that are inculcated through National Service and actively supporting our NSmen to manage their National Service commitments.

# ONE NATION CELEBRATING TOGETHER

ALL ARE WELCOME!

Pre-order required  
for picnic basket\*!  
Member \$25,  
Public Officer \$40,  
Member's Guest \$45

## NDP SCREENING & PICNIC @ CSC CHANGI - 9 AUG '17

Singapore turns 52! Celebrate our Nation's Birthday in style at CSC Changi! Gather your family and friends for a picnic on the lawn. Catch a movie and watch the National Day Parade 'LIVE' on LED SCREEN. Members born in the month of August will receive a special birthday gift\*\*.

With games galore for the children and adults, and, lots of food and drinks – why wait? Register now!



**Date:** Wednesday, 9 Aug '17

**Time:** 2.30pm onwards

**Venue:** CSC Changi Clubhouse Lawn

**Contact:** Vanessa at 6391 5641 or [vanessachoo@csc.sg](mailto:vanessachoo@csc.sg)

\* 2 bananas, 2 apples, potato chips, 2 bottles of water, 4 hotdog buns, 2 hot coffee, 2 milo drinks, a party pack and a picnic mat.

### PROGRAMME AND SPECIAL HIGHLIGHTS:

TIME	PROGRAMME
2 – 4pm	GPS Challenge (Pre-registration required, refer to Pg 05)
2.30pm – 5.30pm	Fun Game and Bazaar Stalls
4pm	<ul style="list-style-type: none"> <li>Picnic</li> <li>Pixar's short films collection</li> </ul>
4.30pm	Live music by Christiane Mikaela
5pm	<ul style="list-style-type: none"> <li>Stage games</li> <li>Goodie bag* giveaway for the first 100 registrants online (redemption 5pm – 5.30pm only)</li> </ul>
5.30pm	Live music by Christiane Mikaela
6pm onwards	'live' telecast of NDP
Est 8.30pm (after NDP Screening)	<ul style="list-style-type: none"> <li>Birthday Celebrations!</li> <li>Members born in August get a gift**</li> <li>Lucky Draw</li> </ul>

Win a  
1 night superior  
suite stay  
@ CSC Changi!



Fun at Inflatables  
for Kids



Fun Game Booths



Free Chickpeas



Free goodie bag\* for  
the first 100 people



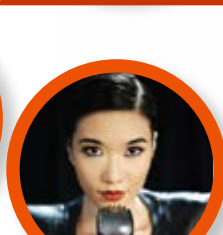
August Birthday gift\*\*



Free potong ice cream for  
the earlybirds\*\*\*! Giveaway  
from 5.30pm onwards.



Sale of durians!



Live Music by  
Christiane Mikaela



Bazaar Booths

#### Terms and conditions apply:

\* Goodies bags for first 100 people who registered online. Redemption from 5pm – 5.30pm at venue.

\*\* A birthday gift will be presented to members born in the month of August. "While stock lasts".

\*\*\* While stock lasts.



# INTERACTIVE GPS CHALLENGE

## One Nation Together

### @ CSC Changi

Join in CSC Changi's Amazing Race Challenge: One Nation Together and stand to win great prizes! Embark on an exploratory journey around the area with our Adventure App, answering trivia questions and complete the team challenges. Challenges revolve around heritage landmarks and various places to complete different tasks. 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 3 to 5 persons (Children must be 6 years old and above). Each team requires 1 mobile device i.e. a mobile phone or tablet, to participate in the challenge.

#### PRIZES FOR THE WINNING TEAMS

**1<sup>st</sup> Prize**  
\$200 worth of prize and voucher

**2<sup>nd</sup> Prize**  
\$100 worth of prize and voucher

**3<sup>rd</sup> Prize**  
\$50 worth of prize and voucher

Terms and conditions apply.

**Date:** Saturday, 9 Aug '17

**Time:** 2pm – 4pm

**Fees:** Member \$10, Public Officer \$20, Member's Guest \$30 (per team)

**Venue:** Meet @ CSC Changi

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

**Register By:** 1 Aug '17

#### How To Play

**Step #1** Register and make payment for your team in advance.

**Step #2** Attend our briefing session on 9 Aug '17 at CSC Changi.

**Step #3** Download the Adventure App from your App Store. Search 'Mobile Adventures'.

**Step #4** Scan the Game Code and enter your team details in the App to join the game.

**Step #5** Game begins! Follow the map and complete as many hotspots as you can to gain points. All teams must report at the ending point in CSC Changi by 4pm.

Scores of all teams will be tabulated at the end of the challenge. The top team with the highest score will win attractive prize!



## NATIONAL DAY WINE AND DINE

### BACK TO THE SIXTIES!

**Friday, 4 Aug '17**

7pm – 9.30pm

Qian Xi (Farrer Park) Restaurant, CSC @ Tessensohn

**Fees:** Member \$398, Public Officer \$448, Member's Guest \$488 per table

Celebrate Singapore's birthday with a bang at CSC @Tessensohn! Come dressed in our national colours of red-and-white and indulge in an 8-course feast featuring Five-Kind Cold Dish Combination, Bamboo Shoot Fish Maw Soup, Crispy Roasted Chicken, Fried Prawns with Salted Egg Yolk, Nonya Style Steamed Sea Bass, Braised Mushroom with Baby Kai Lan, Fried Ee Fu Noodle and Fruit Lemon Grass Jelly.

#### EVENT HIGHLIGHTS:

- Sumptuous 8-Course Dinner
- 5 bottles of wine per table
- Pre-Event Kampong Games
- Pre-Event Photo Badge Printing
- Kacang Puteh Giveaway
- Best-Dressed Contest
- Cake Cutting & Birthday Celebration
- Door gift for each Participant
- Birthday gift for participants born in the month of August

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

**Register By:** 24 Jul'17

Pre-Event Photo Badge Printing

Each participant will receive a Door Gift!

Save the date on Saturday, 28 Oct '17 for the Changi Party at CSC. Featuring music, food and booze!





# IN-HOUSE MOVIE TREATS

Catch your favourite movies for free in our newly renovated auditorium at Tessensohn Clubhouse.

We will be playing different blockbusters monthly. Be sure to go to [www.csc.sg/events](http://www.csc.sg/events) for updated dates and movie titles to be played in a high-quality space with top-notch acoustics and great seating.

**G.I Joe: The Rise of Cobra\***

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

**Time:** 7pm

**Marvel's Avengers: Age of Ultron\***

**Date:** Friday, 25 Aug '17

**Time:** 7pm

**Disney's The Jungle Book\***

**Date:** Friday, 29 Sept '17

**Time:** 7pm

**For all the above screenings:**

**Venue:** CSC @ Tessensohn Auditorium

\*Titles are subject to change, please refer to [www.csc.sg/events](http://www.csc.sg/events) for the latest updates.



Let us do the running, shopping, packing for you. Treat yourself to some peace of mind that all the preparation work for the party bags is being seen to. You will simply put up your feet, have that well-deserved rest or spend that quality time with your little ones.

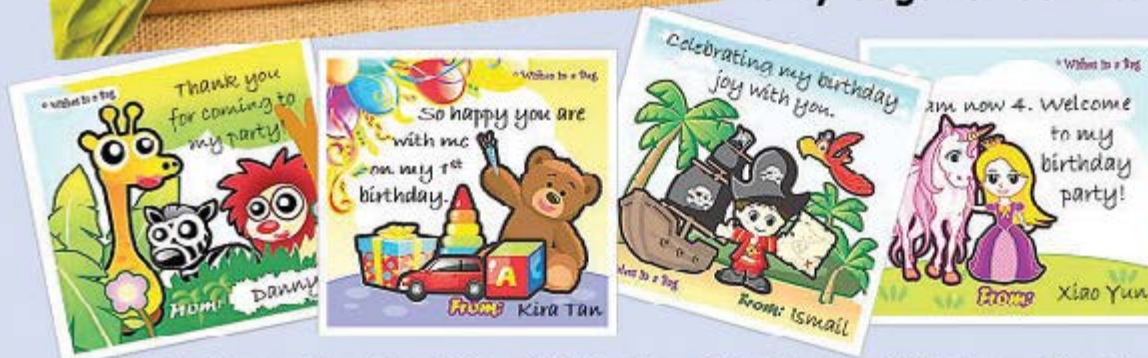


Wishes  
in a Bag



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

Party bags for our little precious ones



Party Bags • Teachers' Day Gift Packs • Gift Cards • Gift Bags • Candles • Party Needs





# FIRST EVER FAMILY & DOGGIES' DAY OUT

@ CSC CHANGI

The usual Sunday morning hum at CSC Changi was broken by occasional yelps and barks as many dog owners and their furry friends gathered for the Family and Doggie Carnival on 11 June. The full-day event kicked off with a stroll down Changi Board Walk, where both owners and dogs got to mingle.

"It's a family outing for us with the dogs," said Kathleen Seek who was there with her husband, her parents and her brother's family. "It's the first time I've visited CSC Changi. I'll come again if CSC has such events in the future. Our dogs made friends during the walk!"

The Carnival also featured a Bazaar which housed everything from personalised dog tags, to dog treats and supplements, to automatic feeders and a dress-up photo booth for dogs and their owners to take fun family portraits. Crowds browsed the stalls as live music streamed in the background and the emcee entertained the guests with a variety of stage games. There was also a vet talk by Dr Marese Ong, who gave practical tips on healthcare for dogs.

One of the highlights of the day was the best-dressed contest. Four owners and their well-heeled pooches, decked in an array of tutus and costumes, went up on stage for the audience to vote. In the end, it was Matthew Koh and his dog, Max, who stole the show dressed in

matching rocker outfits. "Max looked like he was in a rocker mood, so I dressed him up like this. I made the costume myself!"

Amidst all the fun and games, the event had a serious mission – to find our local street dogs their forever home. Staff and volunteers from Save Our Street Dogs (SoSD) came with 29 rescue dogs and puppies all eager to be adopted. As fosterers lead their dogs around the field, couples and families played with them and asked about their history and temperament, hoping to find a good fit.

One potential adopter was Anthony Loo, who came with his family and their recently adopted furkid. "Adopting is better as you can get support from the fosterer. We're considering getting another dog so this one has company. I like to join in dog events so he can meet other dogs. This event is quite big and is well organised."

Added Julie Chin, a volunteer fosterer with SoSD, "The environment is very suitable. There's a lot of greenery for the dogs and sheltered areas for respite from the heat."

The first ever Doggie event organised by CSC was well-received by members and we look forward to our next Doggie event.



- 01 Dog lovers enjoying a breezy walk with their fur kids
- 02 Owners and cute doggies posing for a photo
- 03 Ladies with their lovely dogs
- 04 Happy day out for families and friends at Changi Clubhouse with their furry friends
- 05 Adorable doggies for adoption

"It's the first time I've visited CSC Changi. I'll come again if CSC has such events in the future. Our dogs made friends during the walk!"

- Kathleen Seek



what's happening

# MID AUTUMN FESTIVAL CELEBRATION

This Mid Autumn Celebration promises to brighten your night! Get your family together for some fun and join in the Pomelo Peeling competition! There will be a lantern parade where you can feast your eyes on pretty and creative lanterns. Enjoy performances by pupils from Princess Elizabeth Primary School. Stand to win prizes in the lucky draw. Sign up now for a night of moonlit fun!

**Date:** Thursday, 5 Oct '17  
**Time:** 6pm – 8.30pm  
**Fees:** Member \$6, Public Officer \$12, Member's Guest \$14, Member's Child \$6, Public Officer/Member's Guest Child \$10, (Fees include door gifts and light refreshments)  
**Venue:** CSC @ Bukit Batok  
**Contact:** Gek Cheng at 6391 5624 or [kuagekcheng@csc.sg](mailto:kuagekcheng@csc.sg)  
**Register By:** 22 Sep '17



CIRQUE DU SOLEIL®

# KOOZÁ

PRESENTED BY



OPENS 12 JULY 2017

**CIVIL SERVICE CLUB MEMBERS  
ENJOY 15% OFF TICKETS**

**USE PROMO CODE: KOOZA15 THROUGH [SISTIC.COM.SG](http://SISTIC.COM.SG)**

Applicable to all categories except VIP, for Tuesday, Wednesday and Thursday shows.

OFFICIAL SPONSORS

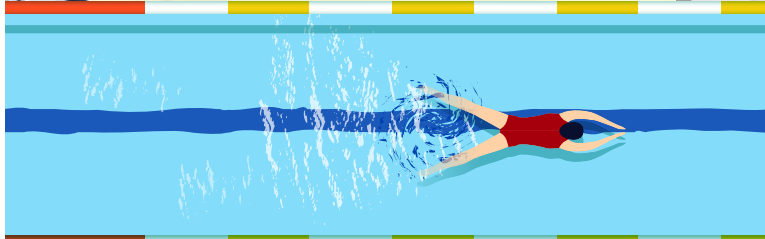


MEDIA PARTNERS



## NEW LOOK CHANGING ROOM AT SWIMMING POOL

To serve members and their guests better, Bukit Batok Clubhouse is giving a makeover to the Changing Room at its Swimming Pool. Those who wish to take a dip in the swimming pool can look forward to a refreshed and trendy looking Changing Room. Work is expected to be completed in the 4th quarter of 2017. The new look Changing Room is part of the improvement works at the Clubhouse so that members and guests can look forward to a better experience at CSC @ Bukit Batok.







# A TREAT FOR Mum

In a show of appreciation for mothers, families, some up to four generations large, packed Qian Xi Restaurant at our Tessensohn clubhouse on 14 May for the CSC Mother's Day Celebration lunch.

As the guests tucked into a mouthwatering spread featuring delights ranging from double-boiled chicken fish maw soup to salted egg yolk prawns and yam rings, the emcee entertained guests with her jokes, sing-along sessions and stage games. Guests were also treated to captivating song performances by a Fei Yu Qing impersonator, while Chef Lisa demonstrated the secrets behind making tasty rainbow rice cakes, or *muh chee*.

Besides savouring a good meal with their families, mothers got to pamper themselves with a complimentary head and shoulders massage as well as a paraffin wax hand treatment. "The hand treatment was good, it made my hands very smooth," said third-time participant Alice Tan, who was accompanied by her kids and mother.

Adding to the excitement was the "Best Dressed Mother" contest, which saw six of them gamely taking to the stage. Serene Tan took home the title with her impressive dance moves that clearly got the crowd going. "My passion is dancing so I thought I'd just have fun on stage."

Clinching this year's title of Most Senior Mum was a 95-year-old grandmother of 11 and great grandmother of three. Said her daughter Emily Tai, whose extended family had booked four tables, "My mum enjoys the food here. It's hard to get everyone together, so this is a good chance to gather the whole family."

Rounding up this fun-filled Sunday afternoon was the lucky draw, featuring prizes such as home BBQ grills and

Qian Xi Restaurant vouchers. The top prize of a Coach bag worth \$400 went to a very happy Nikko Chua. "It's a nice surprise to win!" To top it off, every table received a pink heart-shaped Mother's Day cake, courtesy of CSC.

The result was a sea of satisfied faces as summed up by Mark Sim, "The event is well organised and keeps everyone entertained. There's something for everyone."

"My mum enjoys the food here. It's hard to get everyone together, so this is a good chance to gather the whole family."

- Emily Tai

- 01 Cheers for our Most Senior Mum!
- 02 Celebrating with a heart-shaped cake just for mum!
- 03 Youngsters showing off their moves on stage with our emcee
- 04 Chef Lisa demonstrating the secrets behind making rainbow muh chee
- 05 Showing their love for Mum







# WE LIKE TO MOVE IT!



01



02

On Saturday, 13 May 2017, over 3,000 public officers and their families gathered at the Gardens by the Bay (Bay East Park) for an action-packed Saturday at CSC's annual Public Service Sports and Family Day.

Arriving mainly by shuttle buses, participants started the morning with an energetic Zumba workout. Once the crowd was properly warmed up, Mr Desmond Tan, Chief Executive Director of the People's Association, did the honour of flagging off the 5km Healthy Lifestyle Walk.

Down by the reservoir, dragon boat teams from various government agencies got ready for the ever exciting and competitive races. A total of 11 men and five women's teams from nine

ministries participated in this year's event. Mr Neo Kian Hong, Vice-President of CSC and Ms Ong Toon Hui, Deputy Secretary (Transformation), PSD gamely flagged off the finals.

Sherilyn Tan, captain of the MNDragons, said, "We train every Saturday. We're competitive, but we also recognise it's important to have fun too!" And their strategy paid off, with the women's team emerging as champions for the first time at the event. In the men's category, it was Ministry of Home Affairs who clinched



03



04

first place. "We're all from different departments within the Police Force. This event helps to build cohesiveness among us," said team captain, Vincent Lim.

Meanwhile, the shouts and cheers erupted across the lawn as the telematch competition got underway. Six teams sped through tricky challenges and obstacles – from navigating a three-legged race to balancing buckets of water on their heads. Strong teamwork and communication was key to winning, as proven by the winning team from





05



07



06

Inland Revenue Authority of Singapore.

As noon approached, over 30 cyclists led by Guest-of-Honour Mr Peter Ong, Head of Civil Service and President of CSC, reached the venue after having peddled about 30km from CSC @ Changi. Around the same time, teams from the event's first-ever Amazing Race trickled in. Travelling on foot and by bus from CSC @ Tessensohn, seven teams from five government agencies sped around the island, completing task after task at all 15 checkpoints. Snagging the top prize was an IRAS team. "We did 14,577 steps in 4.5 hours," said team member Zander Pek, checking his colleague's step tracker. "We're tired but we had fun."

“

"It's good for family bonding. Through the games you get to know more about each other."

- Picasso Lin



08



09

## AMAZING RACE

### RESULTS

Champion:	Inland Revenue Authority of Singapore (IRAS!)
1st Runner-Up:	Ministry of Education (Password)
2nd Runner-Up:	Inland Revenue Authority of Singapore (Taxtroopers)
3rd Runner-Up:	People's Association (Champs)

## DRAGON BOAT RACE

### RESULTS

#### Men's Category

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

#### Women's Category

Champion:	Ministry of National Development
1st Runner-Up:	Ministry of Home Affairs
2nd Runner-Up:	Land Transport Authority
3rd Runner-Up:	Housing & Development Board

## TELEMATCH COMPETITION

### RESULTS

Champion:	Inland Revenue Authority of Singapore (Team Incredible)
1st Runner-Up:	People's Association (Team Passion)
2nd Runner-Up:	Ministry of Defence (Team Camouflage)
3rd Runner-Up:	Ministry of Home Affairs (Captains of Lives)
4th Runner Up:	People's Association (Blue United)
5th Runner Up:	People's Association (High Octane)

- 01 Working up a sweat at our morning Zumba session
- 02 Rowing their way to victory
- 03 All geared up for the dragon boat race
- 04 Mr Desmond Tan, Chief Executive Director of the People's Association, flagging off the Healthy Lifestyle Walk

- 05 The funfair games proved to be a crowd favourite
- 06 Demonstrating teamwork at the telematch
- 07 Mr Peter Ong, Head of Civil Service and President of the Civil Service Club, celebrating with fellow cyclists after their 30km bike ride
- 08 All ready to ride!
- 09 Mr Peter Ong enjoying the camaraderie along the scenic ride



## event highlights

Families were not forgotten at the event. While the little ones joined in the art competition and played on the bouncy castles, older children and their parents tried their hand at sports like basketball, football, tennis and kayaking. There was even a family treasure hunt for everyone to join in the fun. "It's good for family bonding. Through the games you get to know more about each other. My son enjoyed the bouncy castles," said Picasso Lin who came with his wife, mother and two kids.

Throughout the day, participants snacked on free ice-cream, popcorn and candy floss as stilt walkers and animal mascots mingled with the crowd. Live music, photo booths, funfair games and bazaar stalls featuring an array of lifestyle products, snacks and health supplements completed the carnival atmosphere.

Up on stage, a balloon artist and ventriloquist enchanted the young

children with her performance and antics. Then, in a special tribute to mothers for the upcoming Mother's Day, Mediacorp Artiste Desmond Ng made an appearance and serenaded the crowd.

As the event wrapped up, all the winning teams headed to the stage to receive their prizes from Mr Peter Ong. At the same time, 50 lucky participants walked away with cash prizes from the lucky draw. While some were unsure what to do with their winnings, Vincent Lim was clear. "We'll use the prize for a group celebration."

The Civil Service Club would like to thank the People's Association, Sport Singapore and partners for supporting the event.



10



11

10 Delighting the kids with balloon sculpting

11 The IRAS telematch team members celebrating their win



## HEALTHY LIFESTYLE WALK @ KALLANG RIVERSIDE PARK

7 April 2017

Over 150 Public Officers got together for a 5km walk at the Kallang Riverside Park on 7 April 2017. The energizing walk is in line with CSC's effort to promote healthy lifestyle amongst Public Officers and to encourage them to set aside time for fitness activities as well as to make friends and bond together.

Flagged off by CSC Executive Committee Member Mr Ng Min Kwan, the participants set off at 4pm for the late afternoon walk along the scenic Kallang River. It was fitness day for everyone. Said participant Joanne Liew from Central Provident Fund Board: "It was quite a relaxing and fun event that allowed me to stay young and happy spirited with everyone".

Participants received fun packs containing sponsored items and took part in a lucky draw at the end of the event.







1 OCTOBER 2017 • MARINA BARRAGE



# REGISTRATION IS NOW OPEN!

The CSC Run By The Bay is back once again, and with Individual, Team and Ekiden categories as well as 21KM, 10KM, 5KM and 1KM race distances to choose from!

## RUNNER'S ENTITLEMENT

Check out the exclusive Mizuno Race Singlet all **#CSCRun2017** runners will receive! Participants in the 21KM race categories will also receive a Mizuno Finisher Shirt to don with pride and glory!



MALE SINGLET



FINISHER SHIRT



FEMALE SINGLET



CATEGORY	CSC MEMBER / PUBLIC SERVICE EMPLOYEE	
	EARLY BIRD (22 May 17 - 31 Jul 17)	NORMAL (1 Aug 17 - 10 Sept 17)
21KM - Men's, Women's	\$45	\$50
21KM - Ekiden	\$80 / Team	\$100 / Team
10KM - Men's, Women's	\$35	\$40
10KM Team of 4 - Men's, Men's Senior, Men's Active Agers, Women's, Women's Senior	\$140 / Team	\$160 / Team
5KM Fun Run - Individual	\$20	\$30
5KM Fun Run - Family Package	\$40 / Package	\$60 / Package
1KM Parent & Kids Dash	\$30 / Package	\$35 / Package

REGISTER NOW AT [WWW.CSCRUN.COM](http://WWW.CSCRUN.COM)



# CIVIL SERVICE CLUB CYCLING CLUB NEWS



NEWS

## CSC Sungei Renggit Bak Kut Teh Ride

*A leisurely ride turned into  
a race against time ...*

*by Oei Su Cheok*



What a trip! What a ride! Chow TM sprang into action as the bike technical expert of the day to fix four tyre punctures in time to catch the return ferry to Changi! Altogether 24 cyclists rode on this gourmet day-trip to Sungai Renggit. Unfortunately, the idyllic kampong road leading from the ferry terminal at Tanjong Pengelih to Sungai Renggit had been re-routed due to development work in Johor.



Nevertheless, we arrived at Sungai Renggit in good time to enjoy the breakfast of Bak Kut Teh (stewed pork) and even Chee Cheong Fun. Then time to catch up with our cyclist friends and get to know our new members. After a short rest and some free and easy time in the town, it was time for seafood lunch. Senior member Francis had picked the groupers from the fishmonger in the morning and had them steamed at the restaurant. Yummy seafood at very economical price!

After a day well-spent at Sungai Renggit, it was time for home. Twelve cyclists on Team B had the luxury of taking the later boat, and thus had some time to enjoy a scenic route through Seban Cove. For the uninitiated, it was a bit surprising to see this sprawling resort of golf course, yacht marina, clubhouse and chalets carved out from the land of oil palm. It was a good ride rolling our bikes through the scenic resort before exiting through the oil palm plantation! But we soon had to pay the price for the scenic trip. One after another, our bikes were punctured after traversing unsurfaced tracks of road.

The relaxing ride turned into a race against time as Chow sprang into action to fix the punctures in time for us to reach the ferry terminal to catch the ferry home.



Thanks to Aaron and Michelle for treating Team B to ice cream as reward for the teamwork in recovering from the situation and rushing to catch the ferry. Thanks to Gary and his artistic photography, we have good pictures to show you! Thanks also to James for spearheading this outing to Sungai Renggit! It turned out to be a rather memorable and enjoyable event. Kudos to everyone!

## Membership Benefits

Our Cycling Club membership for just a dollar a month allows club members to enjoy the friendship of our fellow members and also comes with a host of benefits:

Regular local rides	Participating members get a token of \$3 for refreshments
Regional rides (Malaysia & Indonesia)	CSC funding for support and safety vehicles
Designated Overseas rides (e.g. Taiwan)	CSC sponsorship for 2 sets of cycling jersey and shorts
Social events and activities	CSC funding to defray part of the cost of our gatherings
Local national cycling event	CSC sponsor the participation fee capped at \$50 for active members



Check out our Facebook page for our rides and other information

<https://www.facebook.com/CSCcycling/>





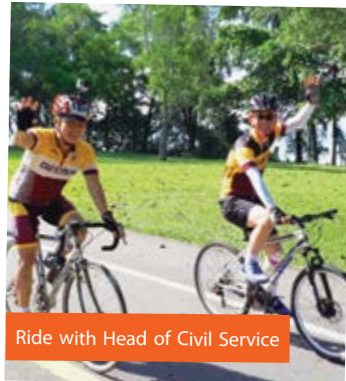


## Public Service Sports and Family Day

13 MAY 2017

The CSC Cycling Club is very honoured to have Mr Peter Ong, Head of Civil Service and President of Civil Service Club, flag off the CSC Cycle held in conjunction with the Public Service Sports and Family on 13 May 2017. Mr Peter Ong rode 30km with us from CSC Changi Clubhouse to Gardens by the Bay (Bay East). Together, we experienced the on-road bike lane of Tanah Merah Coast Road followed by the scenic ride along the park connector (PCN) at East Coast Park. Riders joined the festivities of the Public Service Sports and Family Day upon arrival at the Gardens by the Bay East.

Mr Peter Ong has posted on this event on Workplace by Facebook, highlighting his ride with us.



Ride with Head of Civil Service

## Local Ride To Simpang Kiri and Ulu Sembawang

8 APRIL 2017



Wet & fun on the go

A light drizzle made it a cool ride, to be cherished as not often do we approve riding in the rain! Through phases of sunshine and showers, this ride took us through Simpang Kiri park connector, with vegetation along the river banks. A quick photo snaps before the heavy downpour! The PCN emerged into a village road at the mouth of Sungei Simpang Kiri. Did we slow down to notice the mature Tembusu trees in Sembawang Park? The park was a bit quiet but with bit of imagination, we can visualise the family picnics in the park on a sunny day.

## OVERSEAS RIDES TO TAIWAN

The Cycling Club is inviting our members to join rides in Taiwan in December 2017. Participants can choose either Tour A, Tour B or both. The tours are:

- A. New Central Cross-Island Highway Tataka (塔塔加) Challenge
- B. Leisure Tour of Tainan (台南)

Package	Description	Total
Tour A	3D3N (15-18 Dec)	NT16,500
Tour B	6D5N (18-23 Dec)	NT25,875
Tours A&B	9D8N (15-23 Dec)	NT40,375



**Fees:** Inclusive of bike rental, insurance, transport (train/coach), food, accommodation (Except airfare)

**Register By:** 31 Jul '17

**For Details And Itinerary**

**Contact:** Paul Chan (91457388)



Leaving the park, our ride transited abruptly into the British colonial houses. Who lives here, we wonder. Moving on to Woodlands Waterfront, we chanced upon an Ofo Bike – dock-less concept of bike-rental. One can rent it from wherever it is with a handphone app. Our senior members gave critical review of the Ofo Bike: tyres without valves; no gear shift – features for greater reliability. We had to skip the Admiralty Park as it was being upgraded. Taking the Woodlands PCN, we had a glimpse of the Singapore Sports School, where our sports heroes are groomed. It was bustling with activities. Crossing under the SLE, we slide into Ulu Sembawang PCN. Riding through this undulating path of the rain forest (or forest in the rain) was another highlight of our morning ride. Is anyone game to ride this path in the night? It would be in total darkness under the trees as no lights are fitted on this path! We look forward to the next ride as we emerged from the forest. There is always something to delight us. Let's ride together again soon.



# SPORTS NEWS

## MINISTRY OF DEFENCE SWIM TO VICTORY AS OVERALL CHAMPION IN THE SWIMMING MEET 2017

22 APRIL 2017



MINDEF emerged victorious as the overall Champion in the Public Service Swimming Meet which was held on 22 April at CSC @ Tessensohn.

"The victory was only possible through the hard work that our swimmers put into their training, as well as the support from all Commanders," said 2WO Sia Yew Boon, SAFSA Swim Team Manager.

Title of 2nd overall champion went to Ministry of Education with Sport Singapore taking 2nd runner-up position followed by Ministry of Home Affairs and Republic Polytechnic taking joint positions as 3rd runner-ups. The women's team from Ministry of Education took the championship title in the women's category.

Altogether 185 participants from 14 teams representing the Public Service Sector took part in the one-day event.

### RESULTS

#### Women's Category

Champion: Ministry of Education  
1st Runner-Up: Ministry of Defence  
2nd Runner-Up: Sport Singapore  
3rd Runner-Up: Republic Polytechnic

#### Men's Category

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

#### Overall Position

Champion: Ministry of Defence  
1st Runner-Up: Ministry of Education  
2nd Runner-Up: Sport Singapore  
Joint 3rd Runner-Up: Republic Polytechnic  
Ministry of Home Affairs



## MINISTRY OF EDUCATION SHOOTS TO WIN POOL TITLE

19 APRIL 2017

Nothing could stop the Ministry of Education (MOE) teams from shooting its way to victory at the finals of Public Service Pool Competition 2017 held at the Snooker Zone (Toa Payoh) on the night of 19 April 2017. MOE Team 1 beat Ministry of Defence with a score of 3-1 in the finals to emerge champion while MOE Team 2 took the 3rd Runner-Up spot after defeating the Ministry of Home Affairs team.

Altogether 26 teams participated in the competition which was held over a period of one month from 19 March 2017 leading up to the finals on 19 April 2017. It was no easy feat for the winning team comprising teachers who had to divide time between teaching and training for the competition. Team Captain Audrey Chua was especially

elated as it had been an "emotional" journey for her and her team members Josiah Yeo, Lee Chong Min, Jonathan Koh, Chua Song Wei, Bernice Tan and Siva Kumar Menon.

"I have been in the public service for 6 years and I have only learnt about this game in 2016. Being teachers, it was difficult to find time to gather and train for this game. It was a really tough journey for us. We worked really hard, trained as much as we can, and eventually, hard work paid off. This win taught us one thing - with hard work and determination, anything is possible. We hope to inspire other fellow public servants, especially teachers, that it is possible to find that lost passion inside you and to reignite the flame" said Audrey Chua, team captain of champion MOE Team 1.



### RESULTS

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





## SWEET VICTORY FOR MOE IN TENNIS TOURNAMENT

23 MAY 2017

Twenty-three teams from 20 government agencies took part in this year's Public Service Tennis Tournament held over the period 24 April to 23 May 2017 at the Kallang Tennis Centre and the Yio Chu Kang Sports Centre.

It was sweet victory for Ministry of Education (MOE) which finally took the Tennis Championship title as well as the 1st Runner-Up title, after years of being

placed 2nd or 3rd position. "This 1st and 2nd Finish was something that we have been looking forward to but only achieved it this year after many tries," said Gerard Tham, Captain of MOE Team 2.

"We normally have a warm up session during March school holidays as the tournament starts in April. It was actually the sum of all individual players' commitment in the team that enabled us to move past every round up to the finals and I really appreciate all my team mates' presence", said Gerard Tham.

Guest-of-Honour and CSC Executive Committee Member Mr Addy Suhairi Selamat gave away the prizes to the winning teams.



### RESULTS

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

## MINISTRY OF HEALTH TAKES CHESS CHAMPIONSHIP TITLE 4TH YEAR IN A ROW

8 APRIL 2017

With fine strategic play, Ministry of Health (MOH) proved its mettle in Chess and once again walked away with the Championship title in the Public Service Chess Competition held at the Tessensohn Clubhouse on 8 April 2017.

It is the fourth year in a row that MOH Team 1 has won this annual competition, having lifted the trophy in 2014, 2015 and 2016. "This year, we beat our traditional rival MOE (Team 1) by a score of 4-0 in Round 3, which gave us a very comfortable lead over our rivals," said MOH

Team 1 Captain Alvin Ong, and added: "This annual tournament is significant for us not because we won the championship. It is significant in terms of the camaraderie between the players and the friendly competition among the various teams from the public sector. It provides us with an opportunity to meet together and enjoy the game of chess".

The winning teams received their prizes from Guest-of-Honour and CSC General Manager Mr Charlie Ng. Altogether, 15 teams from 11 government agencies participated in the competition.



### RESULTS

Champion:	Ministry of Health
1st Runner-Up:	Nanyang Technological University
2nd Runner-Up:	Ministry of Education
3rd Runner-Up:	Ministry of Defence

## MINISTRY OF EDUCATION LIFTS CHAMPIONSHIP TROPHY IN PUBLIC SERVICE 11-A-SIDE FOOTBALL TOURNAMENT

1 & 2 APRIL 2017

### RESULTS

Champion:	Ministry of Education (2)
1st Runner-Up:	Ministry of Education (3)
2nd Runner-Up:	SP Group
3rd Runner-Up:	Ministry of Home Affairs (SCDF)

Ministry of Education (MOE) lifted the Championship Trophy at the Public Service 11-A-Side Football Tournament held at the St. Wilfrid Field on 1 and 2 April 2017. A total of 25 teams from 12 government agencies participated in the 2-day event. Not only did MOE win the overall championship title, the agency also took the 1st runner-up position. The two MOE finalists (Team 2 and Team 3) qualified for the final after beating SP Group and Ministry of Home Affairs (SCDF) teams in the semi-finals.

"When we take part in any competition, the players have this self-belief to give their best and achieve success. This has always been the team philosophy. We have been playing together for many years and we tapped on each other strengths to bring out the best in our game. As a manager I am very proud

to have two of my teams compete in the final this year," said MOE Football Manager Abdul Nasir Bin Abdul Razzak.

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





# MINISTRY OF DEFENCE CHAMPIONS AGAIN IN OVERALL BOWLING TITLE

20 MAY 2017

The Public Service 10-Pin Bowling Competition, held at Westwood Bowl at CSC @ Bukit Batok over the period 29 April to 20 May 2017, saw the Ministry of Defence (MINDEF) clinching 1st position in both the Men's Active Agers and Mixed Categories, and eventually the Overall Championship.

The teams from Ministry of Education fought hard and managed to hold on

to its Overall 2nd Position with its Women's teams taking the Champion and 1st runner-up positions in the Women's Category.

Mr Ong Jun Kai, Captain of MINDEF's Mixed Team (2) praised his team for one of the best performances in recent time. "Kudos to all who played a part. The cheers, the encouragement and the belief that we can do it made the difference," he said, and added: "The results achieved will continue to serve as the backbone for future competitions. Bowling is imperfect, do your best and enjoy the games". Altogether, 183 teams participated in the event comprising the Mixed, Women and Men's Active Agers' categories.

The winning teams received prizes and trophies from Guest-of-Honour and CSC Executive Committee Member Mr Ho Siong Hin.



## RESULTS

### Women's Category

Champion: Ministry of Education (1)  
1st Runner-Up: Ministry of Education (2)  
2nd Runner-Up: Housing & Development Board  
3rd Runner-Up: Ministry of Defence

### Mixed Category

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

### Men's Active Agers

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

### Overall Position

Champion: Ministry of Defence  
1st Runner-Up: Ministry of Education  
2nd Runner-Up: Ministry of Health  
Joint 3rd Runner-Up: People's Association  
Housing & Development Board  
Land Transport Authority



15 OCTOBER 2017

## SPICE UP YOUR RUN. JOIN THE NEW BIKE-RUN CHALLENGE.

City60 is a premier Bike-Run Challenge with a unique cycle circuit and scenic run overlooking the city.

Take part as an individual or as a team of 3. Race for honours or for fun!

	DISTANCE	INDIVIDUAL	TEAM RELAY
City60	7km RUN + 46km BIKE + 7km RUN	18 years +**	Men, Women***
City30	3.5km RUN + 23km BIKE + 3.5km RUN	16 years +**	Men, Women**
City15	2km RUN + 11km BIKE + 2km RUN	Adults 16+ (FUN)	N/A
City6	750m RUN + 4.5km BIKE + 750m RUN	Adults 16+ (FUN)	N/A

\*\*Public Service Category ranking | \*\*\*Qualifies for the CSC STAR Games

### Exclusive 20% discount

Public Officers and CSC Club Members get an exclusive 20% discount on race entries and 2 FREE MetaSport Training Clinics to help you prepare for the race.

### CSC STAR Games

Take part as a team of 3 members (2 runners, 1 cyclist, same gender) at the City60 Team Relay to earn points for the CSC STAR Games.

REGISTER NOW!

[www.city60bikerun.com](http://www.city60bikerun.com)

Brought to you by:

**MetaSport**





## CSC MEMBERS' *Perks*

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

ENJOY UP TO  
**58%**  
OFF THESE  
ATTRACTIONS

Apply the promo code below at checkout to enjoy the exclusive discount

**CSC20A**

Adventure Cove  
River Safari  
Singapore Zoo  
SEA Aquarium

**www.GOtixs.com**

\*Promotion is only valid for Adventure Cove, Singapore Zoo, SEA Aquarium and River Safari

**GO** lux

### Your Worry-Free Vacation Starts With Travel Pro

Don't allow travel inconveniences to ruin that carefully planned trip. Be insured with Travel Pro®!

**Exclusively for members of Civil Service Club**  
**35% off** Single Trip plan (except Basic plan)\*  
**20% off** Annual plan\*

**Buy now:**  
<https://travelprosg.chubbinsured.com/70qst35s20a>

**For more information, please contact your dedicated agent:**  
Jonathan Quek, Financial Services Director  
E [thammc@singnet.com.sg](mailto:thammc@singnet.com.sg)  
M 9003 1000

\* Terms, conditions and exclusions apply.

Travel Pro is underwritten by Chubb Insurance Singapore Limited.

©2017 Chubb. Coverages underwritten by one or more subsidiary companies. Not all coverages available in all jurisdictions. Chubb®, its logo, Not just coverage. Craftsmanship.™ and all its translations, and Chubb. Insured.™ are protected trademarks of Chubb.

Chubb. Insured.™

**CHUBB®**

Singapore's first and largest 24 hr lifestyle spa

## \$50 Spa Admission u.p \$68

All Day Spa Facilities | Free Flow Gourmet Dining  
24 hr Facilities Usage Includes  
Hot Pool . Cold Pool . Steam Bath . Sauna  
Personal Lounge & Entertainment

**gspa**

Terms and conditions apply.  
Quote 'Fusion' to enjoy promotion.  
Applicable for first timers only.  
Promotion is valid until 31st August 2017.

102 Guillemard Road #02-02 S399719 Hotline 6280 8988





# 10<sup>TH</sup>

# ANNIVERSARY

## OPEN HOUSE

**ALL ARE  
WELCOME!**

**@ CSC BUKIT BATOK**  
Saturday, 9 September 2017  
9am - 4pm

**Win  
mini Ipad  
at our  
Lucky  
Draw!**

**Goodie Bag  
Redemption!  
(For members  
only)**

**Shop  
at Our  
Bazaar!**  
And many more!

**EXCLUSIVE FOR CSC MEMBERS – COLLECT YOUR GOODIE BAG!**

11am or 1pm

- Goodie bag redemption for CSC members only.
- Please present your CSC membership card for redemption.
- Strictly 1 redemption per member with 1 valid CSC membership card.
- Member must be present to redeem the goodie bag.
- Goodie bag redemption is only available on 9 Sep '17 at CSC Bukit Batok, while stocks last.
- Other terms and conditions apply.



TIME	ACTIVITIES	VENUE (Subject to change)
9am – 11am	Interactive GPS Race*	Seminar Room, Level 3
10am – 11am	Boogie Bounce*	Seminar Room Foyer, Level 3
10am – 12pm	Water Telematch*	Swimming Pool, Level 1
10am – 12pm	Fun LEGO Challenge*	Level 3
10am – 12.30pm	Balloon Sculpting by Interest Group	Level 3
10am – 3pm	Rojak Party!	Level 3
10am – 4pm	Bazaar	Level 3
10am – 4pm	CSC Membership Promotion	Level 3
11am – 12pm	Children's Colouring Competition*	Level 3
11am or 1pm	Goodie Bag Redemption (while stocks last)	Level 3
1pm – 3pm	Balloon Sculpting by Interest Group	Level 3
2pm – 4pm	Cooking Demo by Chef Lisa*	Seminar Room Foyer, Level 3
4pm	Lucky Draw	Level 3

\*Pre-registration required. A minimum fee will be charged.

### Boogie Bounce Try-Out

Bounce to the music and boogie your way to a fun-filled cardio workout on a mini trampoline for trial session. As there are limited trampolines at site, availability is on first-come-first-served basis.

**Date:** Saturday, 9 Sep '17

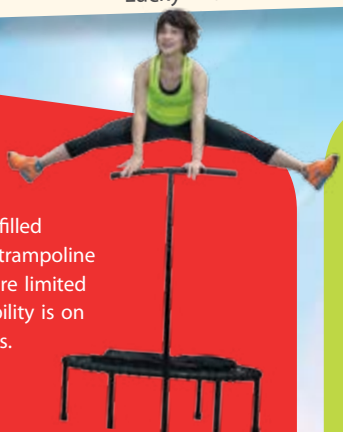
**Time:** 10am – 11am

**Fees:** Member \$3, Public Officer \$5, Member's Guest \$8

**Venue:** CSC @ Bukit Batok

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

**Register By:** 27 Aug '17



### Rojak Party!

Gather your family and friends for a Rojak Party! Savour the delicious local delight for free. A minimum of 10 pax to start the party, 10am – 3pm, while stocks last.



### Balloon Sculpture

Bring your children and friends for a fun time with balloons. Join in the Balloon Sculpture activity and learn how to transform ordinary balloons into interesting characters and models.



### On-The-Spot Children's Colouring Competition

For children age 7 – 12 years old

Let your children have fun! Sign up your kids for our Fun Colouring Competition and unleash their creativity through their love of colours. Winner will walk away with a Faber-Castell hamper and vouchers, total worth \$150!

**Date:** Saturday, 9 Sep '17

**Time:** 11am – 12pm

**Fees:** Member's Child \$3,

Non-Member's Child \$5

**Venue:** CSC @ Bukit Batok

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

**Register By:** 27 Aug '17



### Cooking Workshop with Chef Lisa Leong



Let Chef Lisa Leong share with you the secrets of cooking with herbs and spices such as turmeric and Lingzhi, said to enhance overall health by boosting immunity. Lingzhi is a herb that boosts longevity and has other anti-ageing effects. Learn to prepare the following dishes at her workshop:

- Turmeric Ayam Served with Nasi Kuningit
- Lingzhi Allswell Shroom Brewed

**Date:** Saturday, 9 Sep '17

**Time:** 2pm – 4pm

**Fee:** Member \$10, Public Officer \$12, Member's Guest \$14

**Venue:** CSC @ Bukit Batok

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

**Register By:** 28 Aug '17



FREE

## ICE-CREAM

- \* Strictly 1 coupon per person for each item.
- \* First-come, first-served basis.
- \* While stocks last.



FREE

## NESCAFE COFFEE

- \* Strictly 1 coupon per person for each item.
- \* First-come, first-served basis.
- \* While stocks last.



FREE

## MOCKTAIL DRINK

- \* Strictly 1 coupon per person for each item.
- \* First-come, first-served basis.
- \* While stocks last.



FREE

## SHOULDER MASSAGE

- \* Strictly 1 coupon per person for each item.
- \* First-come, first-served basis.
- \* While stocks last.



FREE

## KACANG PUTEH

- \* Strictly 1 coupon per person for each item.
- \* First-come, first-served basis.
- \* While stocks last.



## LUCKY DRAW COUPON

**Time:** 4pm

**Venue:** Level 3

(Unclaimed prizes must be collected by 5pm at Front Office.)

**Name:** \_\_\_\_\_

**NRIC:** \_\_\_\_\_



# Water Tele-match

Start the morning early and participate in an exciting water game challenge that will tickle your mind and increase your adrenaline rush. Have a splashing fun time with your family and friends and win attractive prizes in this fun water tele-match!

## HOW TO PARTICIPATE?

**FORM A TEAM OF MINIMUM 4 AND MAXIMUM 8 PARTICIPANTS. (CHILDREN MUST BE 8 YEARS OLD AND ABOVE)**

**\$200 NTUC VOUCHERS**

**for the Champion team**

**Date:** Saturday, 9 Sep '17

**Time:** 10am – 12pm

**Fees:** Member \$10 per team, Public Officer \$20 per team, Member's Guest \$30 per team

**Venue:** Club CSC @ Bukit Batok

**Contact:** Serene Cho at 6391 5620 or [serenecho@csc.sg](mailto:serenecho@csc.sg)

**Register By:** 27 Aug '17

## GAME RULES AND REGULATIONS:

- Each team must complete all the water tele-match games in their category in order to earn points.
- The champion team will be determined by the overall points awarded.
- Each team has to appoint a team leader as the point of contact.
- All participants must wear proper swimming attire. Other terms and conditions apply.
- Please log on to: <http://www.csc.sg/events> for more details.



# INTERACTIVE GPS RACE

Join the **Amazing Race Challenge: The Mystery 10!** and stand to win great prizes! Embark on an exploratory journey around the area with our **Adventure App**, answering trivia questions and complete the team challenges. Challenges revolve around heritage landmarks and various places to complete different tasks. 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 3 to 5 persons (Children must be 6 years old and above). Each team requires 1 mobile device i.e. a mobile phone or tablet, to participate in the challenge.

**\$100 worth of voucher and gift for the winning team!**

## How To Play

**Step 1#** Register and make payment for your team in advance

**Step 2#** Attend our briefing session on 9 Sep '17

**Step 3#** Download the Adventure App from your App Store. Search 'Mobile Adventures'.

**Step 4#** Scan the Game Code and enter your team details in the App to join the game.

**Step 5#** Game begins! Follow the map and complete as many hotspots as you can to gain points. All teams must report at the ending point by 11am.

**Date:** Saturday, 9 Sep '17

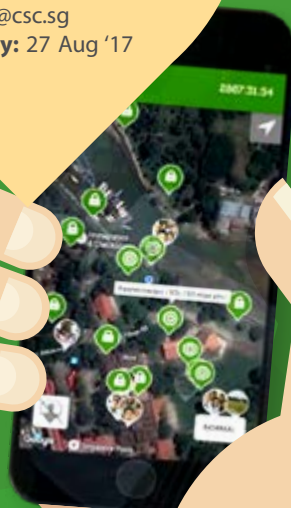
**Time:** 9am – 11am

**Fees:** Member \$10, Public Officer \$20, Member's Guest \$30 (per team)

**Venue:** Meet @ CSC Bukit Batok

**Contact:** For enquiries and registration, please contact Serene Cho at 6391 5620 or [serenecho@csc.sg](mailto:serenecho@csc.sg)

**Register By:** 27 Aug '17



- Scores of all teams will be tabulated and revealed at the end of the challenge. The top team with the highest score will win attractive prize! • Terms and conditions apply.



# FUN LEGO® CHALLENGE

Pit your skills against your fellow member teams and build LEGO® bricks on the theme **Fun @ CSC Bukit Batok** and walk away with \$200 worth of voucher and gift! LEGO® bricks will be provided by the organisers.

**Duration:** 90 minutes for planning and construction, 30 minutes for team presentation and judging.

**Date:** Saturday, 9 Sep '17

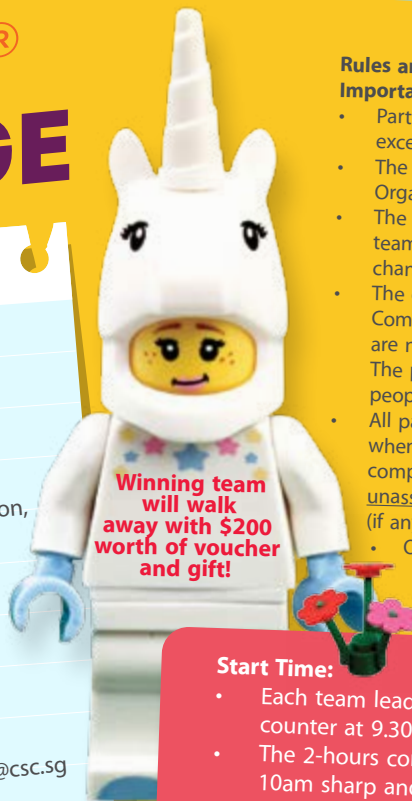
**Time:** 10am – 12pm

**Fees:** Member \$10, Public Officer \$20, Member's Guest \$30 (per team)  
Maximum 4 pax per team

**Venue:** CSC @ Bukit Batok

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

**Register By:** 27 Aug '17



## Rules and Regulations

### Important points to take note:

- Participants are not allowed to use any bricks sets except the sets provided by the Organising Committee.
- The teams are only allowed to open the set when the Organiser announces the start of the competition.
- The allocation of the competition table for each team will be determined by balloting. Requests to change the table allocated will not be entertained.
- The competition will be invigilated by the Organising Committee and appointed working official. Observers are not allowed to assist the participating teams. The participating teams who seek assistance from people who are not in their teams shall be disqualified.
- All participants are required to stop immediately when the Organiser announces the end of the competition. All teams must keep their unassembled pieces and the smaller blocks (if any) into the box.
- Other terms and conditions apply.

### Start Time:

- Each team leader shall report at the registration counter at 9.30am on 9 Sep '17.
- The 2-hours competition will commence at 10am sharp and end at 11.30am. There will be another 30 minutes for presentation and judging. All participants must be seated at the allocated tables by 9.50am sharp.
- Participants who are late will be disqualified.

## Anniversary Celebration Dinner @ Hilltop Garden Restaurant

Come celebrate Bukit Batok Clubhouse 10th anniversary with your family and friends. Treat them to a sumptuous 8-course\* dinner.

Don't fret if you think dinner without drinks is complete. Each table booked comes with 10 bottles of beer (651ml)! Let's celebrate and gear up for the party!



**Date:** Saturday, 9 Sep '17

**Time:** 7pm – 9.30pm

**Fees:** Member \$300 per table, Public Officer \$330, Member's Guest \$360 per table (include 10 bottles (651ml) of beer per table).

**Venue:** Hilltop Garden Restaurant, CSC @ Bukit Batok

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

**Register By:** 25 Aug '17

**\*8-course:** 5-Kind Cold Dish Combination; Double Boiled Chicken Soup with Mushroom Bamboo Shoots & Fish Maw; Crispy Roasted Chicken; Fried Prawn with Wasabi Sauce; Steamed Live Sea Bass with Golden Garlic; Mixed Vegetables in Yam Ring; Fried Rice with Dried Scallops in Lotus Leaf and Red Bean Paste with Lotus Seed for dessert.



\*Photos used are for illustration purpose only.

### Our Partners:







ALL ARE WELCOME!

Present your CSC card to enjoy more discounts!

10<sup>TH</sup> ANNIVERSARY

# Specials

JULY—SEPTEMBER 2017

Come join-in the celebrations with your family and friends!

The 10<sup>th</sup> Anniversary celebrations at CSC @ Bukit Batok are in full swing! To mark this milestone and to say “thank you” to our members, we have lined up a series of activities, workshops and programmes at Special Celebratory prices! Take advantage of the special offers and come celebrate with your family and friends.

## LET'S BOWL!

- 10 prepaid bowling games during non-peak hours at \$26 (usual: \$34) or during peak hours at \$34 (usual: \$40)
- 1 free bowling game voucher for every \$10 spent in a single receipt for swimming pool related expenses or tennis courts

Call us at 6513 7490 for more details. Terms & conditions apply.



FREE BOWLING GAME VOUCHER!



## TREEHOUSE BBQ SPECIALS

Gatherings at our 4 treehouses are perfect venues for a relaxing day.

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

Call us at 6513 7480 for more details. Terms & conditions apply.

## 10<sup>TH</sup> ANNIVERSARY GIFT PACK

Get your commemorative 10<sup>th</sup> anniversary gift pack worth \$100 with every minimum \$500 booking of our Function Rooms, Foyer, Children Party Room, Treehouses and Dance Studio.

Call us at 6513 7480 for more details. Terms & conditions apply.

GIFT PACK WORTH \$100!





**FEE  
WAIVED!**



**Club members will enjoy:**

- Fee waiver on registration (worth \$214) when you enrol for full-day childcare services during Jul – Sep '17.

Call us at 6316 6606 for more details. Terms and conditions apply.



**UP TO  
15%  
OFF!**

**Exclusive for CSC Members:**

- 10% off 6 months membership
- 15% off 12 months membership
- Waiver of \$30 joining fee for 12 months membership

Call us at 9111 0197 (8am – 5pm) for more details. Terms and conditions apply.

GYMMBOXX Pte Ltd reserves the rights to amend, abort or include any of the terms and conditions stated here without prior notice.

**Hilltop Garden Restaurant**

- \$50 discount on ala carte menu with minimum spending of \$100 (before GST and service charge) in a single receipt

- Not applicable with any other promotions
- Only for dine-in



Call us at 6316 5500 for more details. Terms and conditions apply.



**\$50  
DISCOUNT!**



**20-30%  
DISCOUNT!**



- 20% off all tuition fees for new sign ups
- 30% off all assessment books and examination papers

Log on to [www.thinkel.edu.sg](http://www.thinkel.edu.sg) or call 9069 2869 for more info. Terms and conditions apply.

**10% DISCOUNT FOR OUR  
CRAFT WORKSHOPS**

- For age 4 to 12 years old
- Must make an appointment in advance.
- Cannot be used on top of other promotions.
- Not exchangeable for cash.

Call us at 6316 3631 / 6472 0963 for more details. Terms and conditions apply.



**10%  
DISCOUNT!**

**10%  
DISCOUNT!**

**GLOW SLIM-EX**



- 10% discount for Eyebrow/ Lip/Eyeliner Embroidery

- Not applicable with any other promotions.

Call us at 6316 5316 for more details. Terms and conditions apply. (instagram/FB: Glow WellnessSG)

**\$10 off with min  
\$60 spending**  
(Only for dine-in)

**Dad's  
Corner**

Call us at 9011 5733 for more details. Terms and conditions apply.

**\$10  
OFF!**

**Kacia Design**

- Accessories Handcrafting Workshop (Exploratory) @ \$10, (Usual price @ \$25)!

- All materials included and toolsets provided. FREE gift for every 10<sup>th</sup> participant who signs up!

**ONLY  
\$10!**

- Check in store #03-07 for registration.

Call us at 9456 7012 for more details. Terms and conditions apply.



**Miss Liu Cafe**

- 10% off food and drinks (including set meals); Promotion is not applicable to off-shelf retail items such as ice-cream, cup noodles, and disposable partywares.

**10%  
OFF!**

**Pavilion Couple Spa Retreat**

at \$198 nett (110min, U.P. \$680 nett per couple). CSC members exclusive: \$168 nett

- HANN O2 Infusion at \$68 nett (60min, U.P. \$299.60). CSC members exclusive: \$58 nett

Call us at 6316 6451 for more details. Terms and conditions apply. [www.theultimate.com.sg](http://www.theultimate.com.sg)

**The Aesthetics Medical Clinic**

- Perfecting Skin Laser at \$88 + \$10 for Collagen Booster.

Call us at 6316 5282 for more details. Terms and conditions apply. [www.tamc.com.sg](http://www.tamc.com.sg)



**CSC  
MEMBER  
EXCLUSIVE!**

*the ultimate*





CSC  
MEMBER  
DISCOUNT!

- Stir-Fry Sliced Beef with Rice (Choose either Black Pepper or Ginger and Scallions) with egg plus a canned drink @ \$10, usual \$11.70
- Mixed Grill (Chicken Chop, Fish Fillet, Egg, Fries, Coleslaw, Chicken Sausage or Sliced Ham) with canned drink @ \$10, usual \$11.50
- Chicken Chop and Mushrooms Spaghetti with egg and canned drink @ \$10, usual \$10.70

Call us at 6100 6800 for more details. Terms & conditions apply.



**BISTRO  
BOWL**

degree lounge

- Erdinger beer at \$10 per bottle (original price S\$12.50 per bottle)
- Members must show their membership card
- Price before GST and service charge
- Limited to one bottle per day for each customer.

Call us at 6515 6007 for more details. Terms & conditions apply.



**\$10**  
PER BOTTLE!

## STRESS-FREE RETIREMENT!

Planning to retire? Here's a workshop to guide you on best planning strategies to protect your retirement nest egg. In this workshop, you will also learn to grow your wealth and pick up practical tips on safe and secure guaranteed returns.

**Date:** Saturday, 19 Aug '17  
**Time:** 12pm – 1.30pm  
**Fee:** \$10 per pax (includes 1 free lunch set)  
**Venue:** CSC @ Bukit Batok  
**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg  
**Register By:** 12 Aug '17



## HATHA YOGA TRIAL CLASS

Take some time off to relax and rejuvenate your body in a hilltop oasis. Try the Hatha Yoga, which is slow-paced with simple breathing exercises and meditation. Let the Yoga instructor teach you to enhance the harmonisation of your body, mind and soul in this trial class.

**Date:** Saturday, 26 Aug '17  
**Time:** 5pm – 6pm  
**Fees:** \$10 per pax  
**Venue:** CSC @ Bukit Batok  
**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg  
**Register By:** 20 Aug '17



## CARDIO TENNIS CLASS

Cardio Tennis is a tennis inspired workout similar to interval training which is periods of high intensity followed by short periods of rest. It is a healthy workout that generates amazing results. It is a social and fun class for players of all ability levels taught by certified Australian tennis/fitness instructors. If you've never played tennis before, it is a great way to be introduced to the sport and if

you are an experienced high level tennis player it is the best way to train for tennis.

**Date:** Saturday, 2 Sep '17  
**Time:** 9am – 10am  
**Fees:** \$10 per pax  
**Venue:** CSC @ Bukit Batok  
**Contact:** Hai Ming at 6391 5607 or onnhaiming@csc.sg  
**Register By:** 26 Aug '17



## CRYSTAL SINGING BOWLS SOUND MEDITATION WORKSHOP

Sound has been used for thousands of years as a healing tool in various cultures and in the modern world. Sound vibrations and frequencies affect our body, our mind, and our emotions directly through resonance and brain-wave entrainment. Enjoy a meditative session, as our trainer plays her crystal singing bowls. The pure and therapeutic sounds and vibrations from the bowls create a healing and

peaceful space to calm and de-stress the mind and relax the body, bringing it to its natural healing state.

**Date:** Saturday, 12 Aug '17  
**Time:** 5pm – 6pm  
**Venue:** CSC @ Bukit Batok  
**Fees:** \$10 per pax  
**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg  
**Register By:** 6 Aug '17







## AN IDEAL RETREAT FOR TEAM BUILDING AND SEMINAR

Searching for the perfect venue for your team building programme or a work plan getaway? There is no better place than CSC @ Changi, a tranquil coastal enclave, away from the hustle and bustle of the city – an ideal retreat place for bonding activities.

It offers new space to carry out team building activities such as GPS Interactive Challenge, a bowling session, kayaking or a BBQ get together. CSC @ Changi is also just a boat ride away for a day out to Ubin with your colleagues.

We are pleased to introduce a new venue for casual seminar/workshop. The Hornbill cafe with a pool view is the perfect venue to let the creative juices flow.

Whether you want to stay, meet or play, CSC @ Changi has the right package for you.

**For more info, email to:**

Trystan – [Trystanstim@csc.sg](mailto:Trystanstim@csc.sg)

May – [chiamaychen@csc.sg](mailto:chiamaychen@csc.sg)

**Tel:** 6709 4712

Interactive map for Amazing Race that is achieved by GPS



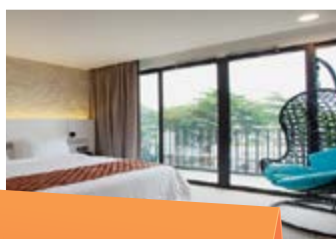
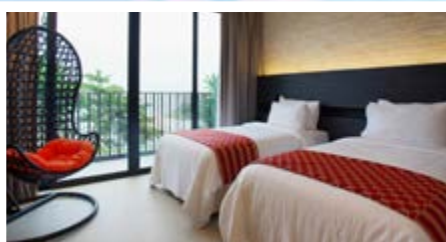
## CSC @ CHANGI

Good news for CSC Members and Public Officers planning a return stay at CSC Changi Resort. Enjoy a special 20% discount for any room type on your return stay during the month of July 2017. Don't miss the opportunity to get your family and friends together for another great staycation at the CSC Changi chalet for your celebrations from 1st – 31st July 2017.

For room reservation, kindly email to [rooms@csc.sg](mailto:rooms@csc.sg).

For any enquiries, please contact us at 6709 4706.

GET 20% OFF  
YOUR RETURN STAY







## A NEW KARATE SPACE AT TESSENSOHN

If you are looking for a training ground to learn Karate or want your child to be a Karate kid, look no further than CSC @ Tessensohn where a new space has been set up by the Shitoryu Karate Association (SKA). The new training ground (dojo) at Civil Service Club @ Tessensohn was officially opened on 22 Apr 2017 by Shihan K Kawata, the former Chief Instructor of SKA and currently the Honorary Adviser of Asia Pacific Shitoryu Karatedo Federation.

Classes have commenced and programmes offered are for beginners (from 5 years of age onwards) as well as for those with karate experience. The SKA at Tessensohn promises a fun and supportive environment for all to enjoy the benefits of karate – fitness, discipline, self-defence and a sense of camaraderie. Members also enjoy free access to the KHUS Fitness Gym.

With the expansive and open concept, plus the rubber mats, training here is most conducive. Why wait? Sign up now with your friends or find out more at SKA's website: [www.ska.org.sg](http://www.ska.org.sg).



## Line dance for wellness

Dance your way to wellness and keep in step with your health and fitness through Line Dancing. It is also an ideal platform to network and forge new friendships.

The health benefits of line dancing include the aerobic content for the heart, improvement of balance, flexibility and muscle strength. In addition, it retards the development of dementia in the elderly. It has been said that line dancers are also among the happiest and friendliest people on earth! Bring your friends along for a night of line dancing.

**Date:** Every Tuesday (No session on Public Holidays)

**Time:** 7pm – 10pm

**Fees:** Member \$3, Member's Guest \$4

**Venue:** Dance Studio CSC @ Tessensohn

**Contact:** Shamira at 6391 5623 or [shamirajohari@csc.sg](mailto:shamirajohari@csc.sg)







# CSC @ BUKIT BATOK GETS A FACELIFT

Members visiting CSC @ Bukit Batok can look forward to better facilities and a more conducive environment with the completion of upgrading works at the Clubhouse.

With a new vibrant main entrance signage, the makeover includes better pathways for pram accessibility with new railings and shelters.

Visitors to Block B2 will find a new side gate entrance that provides coverage all the way to the building, and a striking Block B2 entrance signage that can be seen from the main road! Handrails with LED lights have been added to lead everyone to the Clubhouse. That's not all, shelters have been added to allow better alternative pedestrian access to the staircase and to the block.

The upgrading work continues with a refreshed and trendy makeover to be given to the changing room at the Swimming Pool, expected to be completed in the 4th quarter of 2017.

With the completion of the new facelift and more to come, members and their guests can look forward to a better experience as CSC @ Bukit Batok gears up for its 10th anniversary celebrations this year.







## social activities

### ARTS

#### TIE DYEING ON FABRICS

Learn the art of tie-dye and the various techniques of tying and dyeing in this hands-on workshop. Bring your own t-shirts or tote-bag and create your own artwork.

##### Materials provided:

- Tie dye inks
- Rubber bands, strings and some basic cloth
- Trays, rags, containers, salt, colour fixer

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

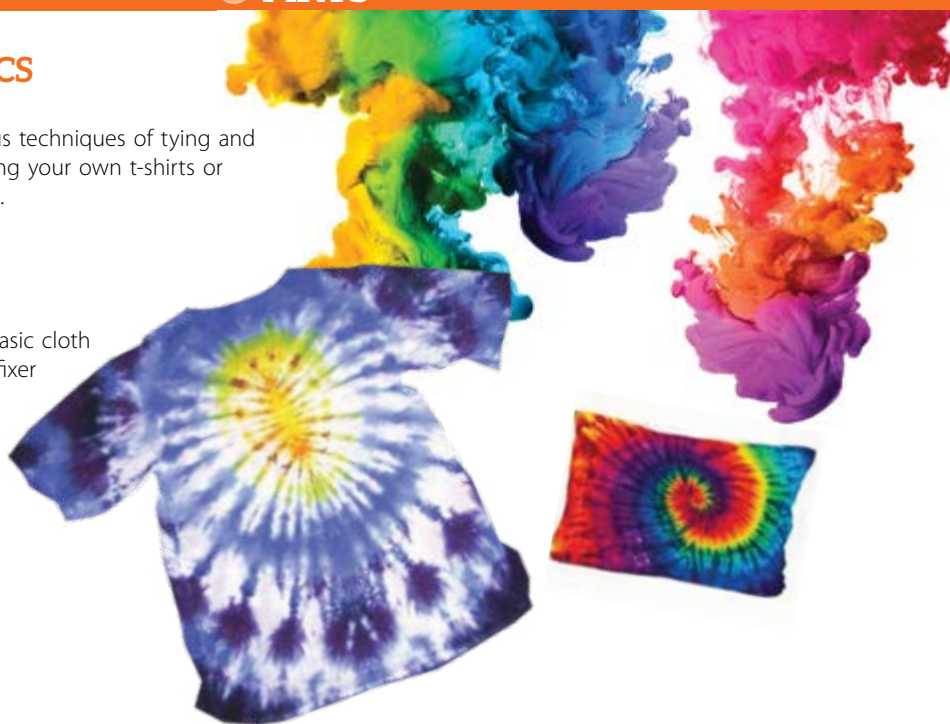
**Time:** 2.30pm – 4pm

**Fees:** Member \$42, Public Officer \$49, Member's Guest \$55

**Venue:** CSC @ Tessensohn

**Contact:** Serene Cho at 6391 5620 or [serenecho@csc.sg](mailto:serenecho@csc.sg)

**Register By:** 22 Jul '17



#### CHINESE INK PAINTING AND GONG BI CLASS

Get the best of both worlds! Chinese ink painting relaxes the mind and cultivates one's patience and calmness. In this workshop, you will learn the art of traditional ink painting and Gongbi and how to use basic brush strokes to create subjects. You will also understand how this form of painting differs from Western art of painting.

**Dates:** 8 Tuesdays, 18 Jul '17 – 5 Sep '17

**Time:** 7pm – 9pm

**Fees:** Member \$180, Public Officer \$190, Member's Guest \$200 (excludes \$20 material fee to be paid to instructor)

**Venue:** CSC @ Tessensohn

**Contact:** Vanessa at 6391 5641 or [vanessachoo@csc.sg](mailto:vanessachoo@csc.sg)

**Register By:** 10 Jul '17



#### CHINESE CALLIGRAPHY CLASS

Ever wished to learn Chinese Calligraphy? Instructor Wong Joon Tai will be glad to share the joy of this unique art form of brush strokes.

##### Course outline:

- The Chinese calligraphy as a unique form of Chinese arts: the philosophy, Chinese characters, etc.
- The appreciation of Chinese calligraphy.
- The practice of Chinese calligraphy: sitting postures, brush movements.
- Demonstrations on Chinese calligraphy writing.



**Dates:** 10 Thursdays, 31 Aug '17 – 2 Nov '17

**Time:** 7pm – 8.30pm

**Fee:** Member \$155\*, Public Officer \$165\*, Member's Guest \$175\*

(\*Fee exclude \$25 materials cost to be paid to Instructor)

**Venue:** CSC @ Tessensohn

**Contact:** Vanessa at 6391 5641 or [vanessachoo@csc.sg](mailto:vanessachoo@csc.sg)

**Register By:** 25 Aug '17



## BEAUTY

## DIFFERENT HAIRDOS FOR DIFFERENT OCCASIONS

Attending a wedding soon or few special functions lining up? Join an easy-to-follow hair styling workshop and learn how to create stunning hairdos for medium to long locks that even a newbie can master. Show up at the party with your gorgeous and elegant do-it-yourself looks.

**Date:** Saturday, 16 Sep '17

**Time:** 10am – 12pm

**Fees:** Member \$25, Public Officer \$32, Member's Guest \$35

**Venue:** CSC @ Tessensohn

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

**Register By:** 10 Sep '17



## BLEND YOUR OWN THERAPEUTIC PURE ESSENTIAL OIL

Create your own signature Emotional Well-Being Therapeutic Essential Oil Blends using organic ingredients. Conducted by UK Certified Aroma therapist, you will learn to experiment with different essential oils to find one that suits your personality. Open to those aged 15 years and above. You also get to take home your creation in a beautiful apothecary styled bottle.

**Date:** Saturday, 19 Aug '17

**Time:** 10am – 12pm

**Fees:** Member \$38, Public Officer \$45, Member's Guest \$48  
(Fee includes your own special blends in a 10ml Apothecary styled roll-on bottle)

**Venue:** CSC @ Tessensohn

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

**Register By:** 10 Aug '17



## MEDICAL AESTHETICS WORKSHOP

Medical aesthetics is not about looking better by fixing wrinkles or acne scars through plastic surgery. It is a journey to make you feel better by building your self-confidence and self-esteem. This workshop by Radium Medical Aesthetics™ (RMA), led by Medical Director Dr. Siew Tuck Wah and a team of experienced team of nurses and therapists, aims to help you achieve a healthy balance of the mind, body and spirit for a better quality of life through in-house proprietary medical aesthetic solutions such as lasers, non-invasive skin-lifting, filler injections, botox, thread lifts and chemical peels, specially tailored to suit your needs.

Dr Siew has been practising aesthetic medicine for more than ten years and is one of the most sought-after doctors offering safe and effective medical aesthetic treatments.



**Date:** Sunday, 27 Aug '17

**Time:** 2pm – 3pm

**Fees:** Member \$3, Public Officer \$9, Member's Guest \$15

**Venue:** CSC @ Bukit Batok

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

**Register By:** 20 Aug '17

## NAIL CARE AND FRENCH NAIL ART

No time to go to the Nail Salon? Fret not. This do-it-yourself interactive workshop will guide you to proper nail care routines for healthy and strong nails. Besides learning the basics of nail care, you will also pick up techniques of French nail art.



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

**Time:** 2pm – 4pm

**Fees:** Member \$25, Public Officer \$32, Member's Guest \$35

**Venue:** CSC @ Tessensohn

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

**Register By:** 20 Jul '17





## social activities

## FINANCE

### CPF CHANGES AND YOU



Many of us are overwhelmed by the various changes in CPF schemes and options, and find difficulty to understand. In this talk, you will learn how to optimise your CPF Funds and keep abreast of updates in Medishield and Medisave matters as well as investments schemes and children's education plans.

#### Learn how recent CPF changes affect you

- Medishield Life – What is it all about?
- Medisave Withdrawals – Limitation and implications
- Optimise your CPF Funds – Options available?
- CPF Life Annuities – What's in it for me? What can I expect from it?
- Buying properties or approved investments?
- Retirement plans? Learn how to stretch your dollar.
- Supplementary retirement scheme
- Children's Education
- Wealth Distribution, investment

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

**Time:** 12pm – 1.30pm

**Fees:** Member \$5, Public Officer \$9, Member's Guest \$15 (Fees inclusive of lunch)

**Venue:** CSC @ Tessensohn

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

**Register By:** 12 Jul '17

### LEARN NEW TRADING STRATEGIES

Let team from UOB Kay Hian Investor Centre show various Trading Strategies focussed on increasing returns from Blue-Chips, Large Cap counters and STI Component Stocks. In this seminar, you will learn methodologies such as Setup, Entry Signals, Exit Timing & Risk Management behind these trading strategies. Attend the seminar so that you can sign up for the trading signal notifications based on these strategies to enhance your profit potential.

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

**Time:** 1pm – 3pm

**Fees:** Member \$3, Public Officer \$9, Member's Guest \$15

**Venue:** CSC @ Bukit Batok

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

**Register By:** 21 Jul '17



### HOW TO TRADE IN FX EFFECTIVELY



Choose the best trading platform that suits your needs and regulated by recognized supervisory authority to increase your profitability and avoid substantial losses. In this workshop, you will understand the factors that affect FX rates and learn about currency pairs in trading and spreads/pips. The course will also cover on how to use leverage effectively, which can increase gains, but can also expose the trader to losses in excess of capital.

**Date:** Saturday, 9 Sep '17

**Time:** 9am – 12pm

**Fees:** Member \$3, Public Officer \$9, Member's Guest \$15

**Venue:** CSC @ Tessensohn

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

**Register By:** 2 Sep '17

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

Be prepared with the right skills to ensure the future of your financial well-being as well as that of your loved ones. Let Mr Kenneth Low, an Associate Financial Consultant and certified Associate Estate Planning Practitioner heading a team of Estate Planners, provide you with unique tips and practical ideas on finance through these talks.

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

Know more about LPA and the process involved so that you are better prepared with the right skills to decide as to whom to entrust your affairs with should you lose mental capacity in the future.

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

**Register By:** 21 Jul '17

#### Plan Your Will

This informative talk will help you acquire essential knowledge in planning your will and getting your estate in order to avoid family conflicts and unnecessary mistakes after your departure from this world.

**Date:** Saturday, 5 Aug '17

**Register By:** 28 Jul '17

#### For the above courses:

**Time:** 11am – 12.30pm

**Fees:** Member \$3, Public Officer \$9, Member's Guest \$15

**Venue:** CSC @ Tessensohn

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





## FOOD



### DINE AWAY WORKSHOPS WITH CHEF LISA 2017

Let Chef Lisa take you on a mouthwatering food adventure and bring out your cooking skills in this series of amazing workshops throughout the year.



#### Workshop Entrées — McCormick

Spice up your Entrees and bring new flavour to these dishes that will always be a favourite with everyone.

- Allswell Ayam Pongteh
- Cinnamon CHURROS
- Turmeric Hainanese Chicken Rice



**Date:** Sunday, 23 Jul '17

**Time:** 2pm – 5pm

**Register By:** 17 Jul '17

Ever tried 3D Jelly Mooncake or Broth? Here's a chance to add a new dimension to your cooking skills with these dishes.

- 3D Jelly Mooncake
- Veggie Macaroni Broth
- Turmeric Ayam

**Date:** Friday, 18 Aug '17

**Time:** 7pm – 9.30pm

**Register By:** 11 Aug '17



#### Food Adventures

Don't throw away the watermelon rind. Discover Thai-style curries and salads with these dishes.

- Gang Som Pleug Tang Mo (Thai watermelon rind Curry)
- Yum Woon Sen (Thai Crab Salad)
- Tiger Milk Shroom Fungus Brew



**Date:** Sunday, 10 Sep '17

**Time:** 2pm – 5pm

**Register By:** 4 Sep '17

#### Thai Food

Here are some Thai dishes that your sweet-tooth friends will drool over.

- Coconut DODOL
- BEET Sponge Rolls
- Thai Choo Chee Chicken



**Date:** Sunday, 22 Oct '17

**Time:** 2pm – 5pm

**Register By:** 16 Oct '17

#### Home Flavours

Nothing tastes as good as homemade dishes that warms the heart of your family and friends, as these dishes will prove.

- Tau Su Loofah
- Tau Su Making
- Homemade Lap Yuk



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

**Time:** 2pm – 5pm

**Register By:** 3 Nov '17

#### Festive Sensation

Ring in the festive season with these sensational Christmas specialties that will be talking points for your guests at the Christmas feast.

- Jingle X'mas Cioppino Chowder
- X'mas Strawberries Mousse
- Ginger Spiced Cookies



**Date:** Sunday, 10 Dec '17

**Time:** 2pm – 5pm

**Register By:** 4 Dec '17



#### For the above courses:

**Fees:** Member \$18, Public Officer \$24, Member's Guest \$30

**Venue:** CSC @ Tessensohn

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



Bringing kitchens to life





## social activities

### FOOD



#### THE ROMAN ALLSWELL WORKSHOPS WITH CHEF LISA 2017

Let Chef Lisa help you whip up some dishes that bound to whet anyone's appetite.

##### Workshop Entrées

Try your hands at using Bakwan for some special dishes

- Roman Bread M/C Bakawan
- Water Chestnut Bakwan Tang
- ALLSWELL Plum Ribs Special

**Date:** Sunday, 2 Jul '17

**Time:** 2pm – 5pm

**Register By:** 27 Jun '17

How about trying new style of presenting wings or a special Ondeh Cake

- HAF Hung Fung Wings
- Viet Star Fruit Soup
- Ondeh Cake Special

**Date:** Saturday, 12 Aug '17

**Time:** 2pm – 5pm

**Register By:** 4 Aug '17

Create 3D Jelly or serve savory He Yip Fan to your guests

- Basic 3D Jelly Demo
- Insomnia Tea Brew
- Savoury He Yip Fan

**Date:** Sunday, 24 Sep '17

**Time:** 2pm – 5pm

**Register By:** 18 Sep '17

Who can resist Peking Duck? Show off to your friends with this new skill

- Jelly Mellow Rolls
- Peking Duck Folders
- Peking Duck Skin Crisps

**Date:** Sunday, 8 Oct '17

**Time:** 2pm – 5pm

**Register By:** 2 Oct '17

Chilli Dips are always a welcomed dish on the table and what about making Zebra Bread!

- HAF Fa Teow Ji
- Special Chilli Dip
- Roman Zebra Bread

**Date:** Saturday, 4 Nov '17

**Time:** 2pm – 5pm

**Register By:** 27 Oct '17



Before you know, Christmas will be upon us. Wow the kids with X'mas Bacon Bread and 3D Teddy Bear Agar

- X'mas Artisan BACON Bread
- Wok Tie Tofu
- X'mas 3D Teddy Bear Agar

**Date:** Friday, 1 Dec '17

**Time:** 7pm – 9.30pm

**Register By:** 24 Nov '17

##### For the above courses:

**Fees:** Member \$18, Public Officer \$24, Member's Guest \$30

**Venue:** CSC @ Tessensohn

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

##### In Collaboration Partners:



#### BAKING BY HARRY

Let Harry show you the art of making flavourful sandwiches, delightful Nonya kuehs and all time favourite teatime cakes.

##### FlaSandwich Lovers

- Italian Herb Loaf
- Swedish Limpa Bread
- Coffee Buns

**Date:** Saturday, 5 Aug '17

**Fees:** Member \$55, Public Officer \$62, Member's Guest \$70

**Register By:** 28 Jul '17

##### Nonya Favourites

- Pulut Panggang
- Sago Melaka Lapis
- Kueh Sarlat

**Date:** Saturday, 19 Aug '17

**Fee:** Member \$50, Public Officer \$56, Member's Guest \$62

**Register By:** 11 Aug '17

##### Favourite Afternoon Classic

- Crème De Menthe Cheesecake
- Lemon Meringue Tart
- Chocolate Grand Marnier Cake

**Date:** Saturday, 26 Aug '17

**Fee:** Member \$65, Public Officer \$72, Member's Guest \$78

**Register By:** 18 Aug '17

##### For the above courses:

**Time:** 2pm – 5pm

**Venue:** CSC @ Tessensohn

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





## FOOD



## BAKING WITH CHEF AMY

Enjoy baking? Pick up new skills from Chef Amy and impress your family and friends with some delightful creations.

Have fun creating macarons in the shape of animal faces that appear three dimensional. Using French meringue method, you will learn simple techniques & tricks to create this delightful sweet dessert filled with dark chocolate ganache.

### Animal Cartoon Macarons

**Date:** Sunday, 16 Jul '17

**Fees:** Member \$100,

Public Officer \$106,

Member's Guest \$112

**Register By:** 10 Jul '17



### Asian Soft Breads

Learn to make 5 different styles of breads from one bread dough. Make sausage roll, ham & cheese bun, red bead twist, cinnamon rolls and pumpkin buns with homemade filling.



**Date:** Sunday, 20 Aug '17

**Fees:** Member \$60, Public Officer \$68, Member's Guest \$74

**Register By:** 14 Aug '17

### For all the above courses:

**Time:** 2pm – 5pm

**Venue:** CSC @ Tessensohn

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

## 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



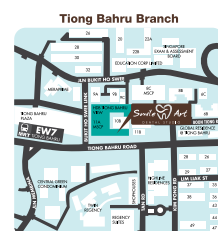
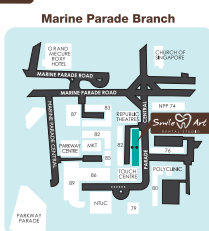
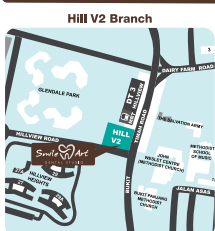
#### CENTER FOR BIOMIMETIC DENTISTRY

#### 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



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

**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)





## social activities

### FUN

## GARDENIA AND ANIMAL RESORT TOUR



Have a fun day out with your friends on a trip to the Kin Yan Agrotech farm where you can see how wheatgrass and other crops are produced. Get to feed some animals at an animal resort and end the tour with a visit to the Gardenia Factory and see how breads are made.

**Date:** Friday, 8 Sep '17

**Time:** 9am – 4.30pm

**Fees:** Member \$20, Public Officer \$26, Member's Guest \$32 (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:** 1 Sep '17



## BEGINNER ANGLER COURSE

Start a new hobby in fishing at the scenic Lazarus Island, one of Singapore's best kept secret. Make it a family outing and learn the basic and practical aspects of fishing. Upon completion of the course, you will be able to use a fishing setup confidently and handle a fish that is caught.

### Course includes:

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

### Note:

- 5-12 year olds must be accompanied by at least an adult who is also taking the course.
- Lunch is not provided. Please prepare lunch before leaving for the island.

**Dates:** Sunday 6 Aug '17 and/or Saturday 2 Sep '17

**Time:** 8.30am – 5.30pm (Ferry shall depart at 9.00am. Arrive 30 minutes before boat departure time. Please be punctual).

**Fees:** Member \$78, Public Officer \$84, Member's Guest \$90 (Min age 5 years old).

**Venue:** Marina South Pier.

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

**Register By:** 1 week before course



## THE CHEK JAWA ADVENTURE

Suitable for children aged 3 and above

Take the family on an adventurous tour to Chek Jawa and discover its six ecosystems and the diverse array of animals and species that reside there. Get up close and see fiddler crabs and monitor lizards and learn interesting facts of some faunas and floras and the importance of mangroves.

**Date:** Sunday, 23 Jul '17 or 20 Aug '17

**Time:** 8.00am – 11.15am

**Fees:** Member \$20, Public Officer \$25, Member's Guest \$30 (Fee includes a licensed nature guide and land transport to and fro Chek Jawa. Participants have to prepare \$6 for 2-way boat ride)

**Venue:** Assemble 8am at Changi Point Ferry Terminal

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

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

## YACHT FISHING TRIP

The waters of southern islands hold the largest reef eco-system in Singapore where there are a variety of fish species including snappers and giant groupers. If you are looking to break your personal heaviest catch record, fishing at the southern island waters is your best bet. You need to bring your own fishing rigs and open to maximum of 8 anglers only!

### Trip Includes:

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

### Note:

- 5 – 12 years old must be accompanied by at least an adult who is also taking the course.
- No lunch is provided. Please prepare lunch before leaving to the island.

**Dates:** Sunday, 20 Aug '17 and/or Saturday, 23 Sep '17

**Time:** 8am – 5pm

**Fees:** Member \$130, Public Officer \$140, Member's Guest \$150 (Min age 5 years old)

**Venue:** Republic of Singapore Yacht Club

### For trip details and things to bring:

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

**Register By:** 13 Aug '17







## social activities

### FUN

#### INLINE SKATING FOR BEGINNERS

Suitable for both adults and children aged 4 and above

Bond with your family and friends by learning inline skating. This much loved sport will help improve your fitness and mental health while having fun.

##### Weekday Group Class

**Dates:** 4 Mondays, 7 – 28 Aug '17 or 4 – 25 Sep '17

**Time:** 6.30pm – 7.30pm

**Venue:** Sengkang Basketball Court

**Dates:** 4 Thursdays, 10 – 31 Aug '17 or 7 – 28 Sep '17

**Time:** 6.30pm – 7.30pm

**Venue:** Choa Chu Kang Park

**Dates:** 4 Fridays, 4 – 25 Aug '17 or 8 – 29 Sep '17

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

**Venue:** Pinnacle @ Duxton

##### Weekend Group Class

**Dates:** 4 Saturdays, 5 – 26 Aug '17 or 9 – 30 Sep '17

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

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

##### For the above classes:

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

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

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



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

#### BRIDAL GARLAND (FRESH FLOWERS)



For the bride, there is always something new, something old, something bought, something borrowed ...and "something made". Make your own flower garland for your special day.

Participants will have hands-on experience of gathering flowers to make a head band that is bound to make heads turn, and, you get to take home your very own bridal garland!

**Date:** Saturday, 19 Aug '17

**Time:** 10am – 12pm

**Fees:** Member \$60, Public Officer \$70, Member's Guest \$80 (Inclusive of all materials)

**Venues:** CSC @ Tessensohn

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

**Register By:** 10 Aug '17

#### FUN TENNIS

Have fun on the tennis court with your family and friends by picking this basic tennis course and build up your foundation. Learn the important skills of footwork, coordination, court sense and even tactics.

Programmes	Time	Dates	Price
Beginners			
Adult @ Tessensohn	10am – 11.30am	6 Saturdays, 19 Aug – 23 Sep '17	Member: \$150
Junior @ Tessensohn	3pm – 4.30pm		Public Officer: \$160 Member's Guest: \$170
Intermediate			
Adult @ Tessensohn	1pm – 2.30pm	6 Saturdays, 19 Aug – 23 Sep '17	Member: \$175 Public Officer: \$185 Member's Guest: \$195
Adult @ Bukit Batok	5.30pm – 7pm	6 Sundays, 20 Aug – 24 Sep '17	
Advanced			
Adult @ Tessensohn	8.30am – 10am	6 Saturdays, 29 July – 2 Sep '17	Member: \$200 Public Officer: \$210 Member's Guest: \$220

\* 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

#### POLE DANCING CLASS

Fancy Pole Dancing?

Join a class that's the first of its kind! Pole dancing provides an intense but fun workout on a vertical pole. Get in shape while learning some beginner pole handling in a safe environment.



**Trial**

##### Trial Class

**Date:** Wednesday, 26 Jul '17

**Time:** 7.30pm – 8.30pm

**Fees:** Member \$10, Public Officer \$12, Member's Guest \$16

**Venue:** Waterloo Street

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

**Register By:** 20 Jul '17





## social activities

### FUN

## BALLOON SCULPTURING WORKSHOPS

Have fun with balloons and learn the twisting techniques to transform ordinary balloons into interesting characters and models.

### **Bride Balloon**

**(2ft to 2.5ft in height)**

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

**Venue:** CSC @ Bukit Batok

### **Garden Flower**

**Date:** Saturday, 5 Aug '17

**Venue:** CSC @ Tessensohn

### **For the above courses:**

**Time:** 9am – 11am

**Fees:** Member \$14,  
Public Officer \$20,  
Member's Guest \$25  
(excludes material fee of \$10)

**Contact:** Vanessa at 6391 5641  
or [vanessachoo@csc.sg](mailto:vanessachoo@csc.sg)

**Register By:** 1 week before class commences



## SSI OPEN WATER DIVING COURSE

Ever wished to learn scuba diving so that you can see what lies beneath? Want to explore the wonders of underwater marine life? Sign up for the SSI Open Water Diving Course, conducted by Gill Divers. It offers the most basic certification you can get as an independent recreational diver and it is recognized worldwide.

### **Course Includes:**

- Knowledge Development to understand basic principles of scuba diving
- How to assemble and take care of your equipment
- Confined Water Dives to learn fundamental skills
- Open Water Dives to review your skills and explore!
- Open Water Diving Certification (International License)
- Your Personal Dive Log
- 2 theory sessions and 1 pool session
- Instructor training fees
- Full board trip to Bintan Island - Bintan Agro Beach Resort
- Equipment Rental: Buoyancy Control Device (BCD), Tank, Weight belt, Wetsuit, regulators (breathing apparatus), Mask & Snorkel



### **Course Prerequisites**

- At least 15 years old for Open Water Course (10 – 14 year old divers earn a Junior Open Water Diver certification)
- Able to swim 200 meters or snorkel 300 meters
- Able to float for 10 minutes or tread for 10 minutes
- Anyone with regular health and fitness
- With your Open Water certification, you will be able to dive with a buddy to a maximum depth of 18m

**Theory Date:** Every Tuesday and Wednesday

**Theory Time:** 7pm – 10.30pm

**Theory Venue:** Gill Divers

**Pool Date:** Every Sunday

**Pool Time:** 9am – 4pm

**Pool Venue:** Swimming Pool @ Outram Secondary School

**Trip Date:** Any weekend of Aug – Oct '17

**Trip Departure Point:** Tanah Merah Ferry Terminal

**Venue:** Bintan Island, Indonesia

### **For details & itinerary:**

**Fees:** Member \$569, Public Officer \$589,  
Member's Guest \$599

**Contact:** Vanessa at 6391 5641  
or [vanessachoo@csc.sg](mailto:vanessachoo@csc.sg)

**Register By:** 2 weeks before the chosen date of travel  
or course commences



## FUN

## FUN BARISTA

Have fun pulling your own espresso shot, frothing and texturing the milk for your coffee. Bring out the artist in you with your own twist to latte art in our fun barista workshop for beginners. Have fun and be empowered in a new skill.

**Course Outline:**

- Fruit tasting
- Aroma quiz
- Comparative tasting of coffee origin
- Manual coffee brewing
- Espresso making and latte art

**Date:** Saturday, 12 Aug '17

**Time:** 9am – 11am

**Fees:** Member \$75, Public Officer \$80, Member's Guest \$85 (inclusive of materials)

**Venue:** Near Farrer Park

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

**Register By:** 7 Aug '17

TASTING OF SAKE  
BY REGIONALITY

Learn all about Sake and get a chance to taste Sake and discover the different types and styles of Sake from different regions of Japan.

- Learn how sake is made
- Differentiate the different grades of sake
- Discover the different types and styles of sake
- Learn how to read sake labels
- Learn about regionality of sake
- Why do sake taste different from different regions
- Tasting of 5 different sakes from different areas of Japan.

**Date:** Saturday, 9 Sep '17

**Time:** 11am – 1pm

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

**Venue:** Kallang Place

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

**Register By:** 3 Sep '17



## KARAOKE SINGING CLASSES

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

**English Karaoke Singing Class**

(Conducted by Ms Ivy Wee)

**Dates:** 10 Wednesdays, 19 Jul '17 – 27 Sep '17

**Time:** 7.30pm – 9.30pm

**Venue:** CSC @ Tessensohn



Ms Ivy Wee

**华语+福建歌唱技巧班招生**

(吴美香老师指导)

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

她将教导学员13种歌唱基本功夫和技巧包括:

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



**Dates:** 10 Wednesdays, 5 Jul '17 – 13 Sep '17 (exclude PH)

**Time:** 7.30pm – 9.30pm

**Venue:** CSC @ Tessensohn

**For the above courses:**

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

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

**Register By:** 1 week before class



Ms Teriesa Goh



## HEALTH

HYDRORIDER  
AQUABIKE FITNESS

Want to keep fit? Try the Hydrorider AquaBike, a unique form of exercise that allows you to pedal in water. The water density, buoyancy and hydrostatic pressure help shape your legs, get rid of cellulite, and achieve weight loss goals as well as improve your cardiovascular system and blood circulation. Remember to bring your own aqua shoes.



## Tuesday evening sessions

(Circuit Training, half hour aqua aerobics and half hour Aqua bike)

**Dates:** 4 Tuesdays, 1 – 24 Aug '17 or 5 – 26 Sep '17

**Time:** 6.30pm – 7.30pm or 7.30pm – 8.30pm

**Fees:** Member \$80, Public Officer \$90, Member's Guest \$100  
Max 10 pax

## Thursday evening sessions

**Dates:** 4 Thursdays, 3 – 24 Aug '17 or 7 – 28 Sep '17

**Time:** 7.30pm – 8.30pm

**Fees:** Member \$100, Public Officer \$110, Member's Guest \$120  
Max 5 pax

## For the above courses:

**Venue:** CSC @ Tessensohn

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

**Register By:** 1 week before class commences

## BOUNCE DANCE FIT

Bounce to the latest top hits for a total body workout which combines elements of dance, fitness and cardio. Bounce DanceFit is fun, addictive and easy to follow and fit for everyone!

**Dates:** 4 Mondays, 7 – 28 Aug '17 or 4 – 25 Sep '17

**Time:** 7pm – 8pm

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

**Venue:** CSC @ Bukit Batok

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

**Register By:** 1 Aug '17 or 29 Aug '17

## K-KARDIO DANCE

K-Kardio Dance stands for Kpop 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! It is a heart-pumping exercise session that increases heart rate and metabolic rate that results in effective fat loss and toning of muscles. Everyone can do it - no prior dance experience is required!

**Dates:** 8 Mondays, 14 Aug '17 – 2 Oct '17

**Time:** 8pm – 9pm

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

**Venue:** CSC @ Tessensohn

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

**Register By:** 9 Aug '17

## HIP-HOP FITNESS

Hip Hop fitness is a fun and effective way to burn calories and get your heart pumping with hip hop dance moves. Join our experienced instructor Joviene for a fast-paced dance class with hip-hop moves to the latest pop songs.



**Dates:** 4 Fridays, 4 – 25 Aug '17  
or 8 – 29 Sep '17

**Time:** 8pm – 9pm

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

**Venue:** CSC @ Tessensohn

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

**Register By:** 26 Jul '17 or 30 Aug '17

## BODY SCULPTURE CLASS

Tone up your body and stay healthy in this body sculpting (or core conditioning) workshop for beginners. The one hour muscle-toning class is non-aerobic, with the focus on core strength and cardio exercises.

**Dates:** 4 Mondays, 7 – 28 Aug '17 or 4 – 25 Sep '17

**Time:** 10am – 11am

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

**Venue:** CSC @ Bukit Batok

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

**Register By:** 1 Aug '17 or 29 Aug '17

BOOGIE BOUNCE EXTREME  
FITNESS

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



**Dates:** 8 Mondays, 17 Jul – 4 Sep '17 or  
8 Wednesdays, 2 Aug – 27 Sep '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:** 12 Jul '17 for Mon class or 26 Jul '17  
for Wednesday class



## HEALTH

## POUND® FITNESS

Try the latest workout in town! In POUND® Fitness uses Ripstix®, lightly weighted drumsticks. POUND® Fitness transforms drumming into an incredibly effective way of full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements. The class is run by instructors from the Grace Sagaya Team.

**Try-Out Class (1 session)**

**Date:** Thursday, 3 Aug '17

**Time:** 7pm – 7.45pm

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

**Venue:** CSC @ Tessensohn

**Classes**

**Dates:** 4 Wednesdays, 2 – 30 Aug '17 or 6 – 27 Sep '17  
(No lesson on PH)

**Venue:** CSC @ Bukit Batok

**Dates:** 4 Thursdays, 10 – 31 Aug '17 or 7 – 28 Sep '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:** 27 Jul '17 or 31 Aug '17



## KEEPING FIT THE MUAY THAI WAY

Looking to learn self-defense moves while boosting your fitness? Try Muay Thai, a traditional form of boxing. Conducted by Thien Wen Han, you will learn original Muay Thai techniques and the appropriate use of Thai boxing equipment to ensure a fun and injury-free experience!

**Adult Beginner Class**

**Dates:** 10 Saturdays, 29 Jul '17 – 30 Sep '17 (exclude PH)

**Time:** 11am – 12pm

**Adult Intermediate Class**

**Dates:** 10 Saturdays, 29 Jul '17 – 30 Sep '17 (exclude PH)

**Time:** 9am – 10am

**For the above courses:**

**Fees:** Member \$125,

Public Officer \$135,

Member's Guest \$145

**Venue:** CSC @ Bukit Batok

**Contact:** Vanessa at

6391 5641 or

vanessachoo@csc.sg

**Register By:** 20 Jul '17



## PILOXING FOR BEGINNERS

Get into shape with a non-stop cardio fusion of standing Pilates, boxing and dance that will push you past your limits for a sleek, sexy, powerful you! Let instructors Jacey and Elite Star Jeslyn take you through this unique programme that 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.

**Piloxing by Jacey**

**Dates:** 4 Sundays, 6 – 27 Aug '17 or 3 – 24 Sep '17

**Time:** 2pm – 3pm

**Piloxing by Elite Star Jeslyn**

**Dates:** 4 Thursdays, 10 – 31 Aug '17 or 7 – 28 Sep '17

**Time:** 7.30pm – 8.30pm

**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:** 3 Aug '17 or 30 Aug '17

## PILOXING FITNESS

Try this non-stop cardio fusion, a fitness programme that combines pilates, boxing and dance that will push you past your limits for a sleek, sexy, powerful you! Piloxing is a unique blend of power, speed, and agility of boxing with exhilarating dance moves and the targeted sculpting and flexibility of pilate to burn maximum calories, build lean muscles, and increase stamina.

**Piloxing by Elite Star Jeslyn**

**Dates:** 4 Thursdays, 10 – 31 Aug '17 or 7 – 28 Sep '17

**Time:** 7.30pm – 8.30pm

**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:** 5 Aug '17 or 2 Sep '17





## social activities

### HEALTH

#### KPOP X FITNESS

Revel in this fun aerobic workout as you jam to the most popular K-pop tunes. Burn up to 500 calories, while sweating out to 14 K-pop songs. Get into shape while feeling like a K-pop star!

**Dates:** 8 Saturdays, 12 Aug '17 – 30 Sep '17

**Time:** 12.10pm – 1pm

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

**Venue:** CSC @ Bukit Batok

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

**Register By:** 6 Aug '17



#### ZUMBA FITNESS @ CSC

Burn your calories on the dance floor and have fun with Zumba, a cardio dance program which incorporates basic Latin dance moves with resistance exercises. Zumba dance also includes floor work, circuit training and a good mixture of effective aerobic moves.

##### Zumba @ Bukit Batok

Let our experienced instructors Jeslyn, Haynia and Cheryl take you through a fitness exercise that incorporates dance, music and fun.

Monday (Zumba Gold)		Tuesday		Friday	
Instructor: Jeslyn		Instructor: Haynia		Instructor: Wendy	
No. of Classes	Date	No. of Classes	Date	No. of Classes	Date
4	7 – 28 Aug '17	4	8 – 29 Aug '17	4	4 – 25 Aug '17
4	4 – 25 Sep '17	4	5 – 26 Sep '17	4	8 – 29 Sep '17
9am – 10am		7pm – 8pm		7pm – 8pm	

##### Zumba @ Tessensohn

Let instructors Yumi, Jeslyn, Cheryl and Joviene show you the rhythmic of Zumba moves in this exhilarating dance movements that will burn your calories in no time.

Tuesday		Wednesday (Zumba Gold)		Wednesday		Friday	
Instructor: Jeslyn		Instructor: Jeslyn		Instructor: Cheryl		Instructor: Joviene	
No. of Classes	Date	No. of Classes	Date	No. of Classes	Date	No. of Classes	Date
4	8 – 29 Aug '17	4	2 – 30 Aug '17*	4	2 – 30 Aug '17*	4	4 – 25 Aug '17
4	5 – 26 Sep '17	4	6 – 27 Sep '17	4	6 – 27 Sep '17	4	8 – 29 Sep '17
9am – 10am		9am – 10am		8pm – 9pm		7pm – 8pm	

\*No lesson on public holiday

##### For above courses:

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

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

**Register By:** 2 or 30 Aug '17







## HEALTH

### STRONGER KNEES AND JOINTS EXPRESS CLASS

Don't let knee pain be a hindrance to carry out leisurely activities such as walking, climbing, etc. Learn the four steps framework to improve and strengthen your knee and joint functions. Pick up meridian flexercise, therapy techniques and practical food remedy tips for stronger knee and joints.

**Dates:** 2 Fridays, 28 Jul – 4 Aug '17

**Time:** 7.15pm – 9.15pm

**Fees:** Member \$70, Public Officer \$76, Member's Guest \$82

**Venue:** CSC @ Tessensohn

**Register By:** 21 Jul '17

### LOHAS ACCUPRESSURE & MERIDIAN SELF-THERAPY TECHNIQUES

Pick up acupressure and meridian self-therapy techniques that can help maintain healthy weight and detoxify naturally. This self-therapy session will teach you ways to strengthen your body and avoid health issues such as irregular bowel, sensitive skin, bloated stomach, weak liver function and high blood lipid.



**Date:** Saturday, 5 Aug '17

**Time:** 10am – 12pm

**Fees:** Member \$38, Public Officer \$44, Member's Guest \$50

**Venue:** CSC @ Tessensohn

**Register By:** 28 Jul '17

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

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

**Dates:** 6 Saturdays, 19 Aug – 30 Sep '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:** 12 Aug '17



#### For above courses:

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

### REBIRTHING BREATHWORK

Rebirthing breathwork is a powerful, safe and simple breathing technique that can help release stress from the body and increase your energy level. By learning to breathe consciously, you will release stored emotions and achieve optimum health. Join the workshop to understand this form of breathing exercise that can lead to inner peace.

#### **Note:**

- Wear comfortable clothes
- Bring drinking water, a towel and a shawl or jacket
- Have a light meal 2 hours before workshop starts

**Date:** Saturday, 12 Aug or 26 Aug or 9 Sep or 23 Sep '17

**Time:** 3pm – 6pm

**Fees:** Member \$25, Public Officer \$35, Member's Guest \$39 (per session)

**Venue:** CSC @ Tessensohn

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

**Register By:** 7 Aug '17 or 4 Sep '17



### BREATHE MEDITATION

Breathe Meditation is a means of interconnecting breath and body to calm your mind and develop inner serenity. By using breathing meditation on its own, or as a preliminary practice you will be able to reduce 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, 5 – 26 Aug '17 or 9 – 30 Sep '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:** 27 Jul '17 or 3 Sep '17

**Date:** Friday, 11 Aug or 25 Aug or 8 Sep or 22 Sep '17

**Time:** 7.30pm – 9pm

**Fees:** Member \$8, Public Officer \$12, Member's Guest \$15 (per session)

**Venue:** CSC @ Changi

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

**Register By:** 1 week before the class commencement date  
Participants to bring your own yoga mat.



## HEALTH

AUTHENTIC TCM GUASHA:  
ACUPOINT WORKSHOP

Understand GUASHA therapy and how it reflects on the internal health and acupoints of each meridian line. Participants will learn DIY self-acupoint tips for inner self-maintenance & wellness. One lucky attendee will also get to experience the award winning TCM GUASHA therapy on-site!



## Course Outline:

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

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

**Time:** 10.30am – 12pm

**Fees:** Member \$6, Public Officer \$10, Member's Guest \$12 (inclusive of lunch bento box)

**Venue:** CSC @ Bukit Batok

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

**Register By:** 10 Jul '17

INTRODUCTION TO  
MERIDIAN THERAPY

Bring new energy into your life and get rid of health issues such as flu, cough, fever and insomnia. Come explore in this practical and fun filled workshop where you will be introduced to meridian therapy, an effective holistic method based on combining the ancient TCM art of Guasha with biotech essential oils to help you achieve a healthier you.

**Date:** Saturday, 5 Aug '17

**Time:** 10am – 11.30am

**Fees:** Member \$15, Public Officer \$22, Member's Guest \$25 (Guasha board and essential oil will be provided)

**Venue:** CSC @ Tessensohn

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

**Register By:** 30 Jul '17



## TENNIS BY SINGAPORE TENNIS SCHOOL (STS)

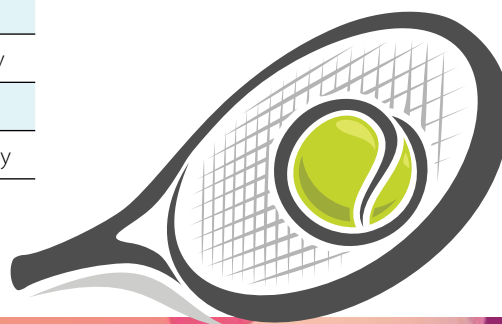
Keep fit by learning tennis from certified Australian tennis instructors. The Singapore tennis school offers a wide range of lessons to students of all ages and abilities. Please see below for weekly group class scheduling.

Activity	Time	Dates
<b>Adult Programmes (@ Tessensohn)</b>		
Beginner	8am – 9am	Every Sunday
Intermediate	9am – 10am	Every Sunday
<b>Cardio Tennis Programme (@ Tessensohn)</b>		
Cardio	10am – 11am	Every Sunday
<b>Junior Programmes (@ Bukit Batok)</b>		
Beginner	8am – 9am	Every Saturday

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

**Venues:** CSC @ Tessensohn and CSC @ Bukit Batok

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





## HEALTH

## SWIMMING FOR LADIES

Learn from an expert and overcome the fear of water. Armed with 10 years of coaching experience and part of the National Registry of Coaches, Ms Thipa Mogan has taught at various clubs. 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, 6 Jul – 31 Aug '17**Time:** 7.30pm – 8.30pm**Register By:** 1 Jul '17**Beginners' Class @ CSC Tessensohn Monday 7pm****Dates:** 10 Mondays, 10 Jul – 18 Sep '17**Time:** 7pm – 8pm**Register By:** 3 Jul '17**Intermediate Class @ CSC Tessensohn Monday 8pm****Dates:** 10 Mondays, 10 July – 18 Sep '17**Time:** 8pm – 9pm**Register By:** 3 Jul '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

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

CSC has teamed up with Swim Society to run our first-ever learn-to-swim programme! Guided by ex-national swimmer and Founder of The Swim Society, Marcus Cheah, you will gain water confidence and learn swimming styles like butterfly stroke in no time. Swim with the gracefulness of a merman or mermaid!

**Course Outline:**

- One term of 10 30-minute sessions
- Minimum of three students for class to commence
- Proficiency assessment conducted prior to the first session
- Taught at all levels: all four strokes and water safety
- Equipment provided; only goggles required for the lesson

**Venue:** CSC @ Tessensohn**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg for payment**Contact:** Marcus at marcus@theswimsociety.com for schedule and timeslot**Register By:** 12 Jul '17

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

Learn to swim	Dates	Time	Fees ( Group Lessons)	Fees ( Private Lessons)
July 2017 term				
Kids	10 lessons, once every week from 17 Jul to 23 Sep 2017 week. Mon/Fri/Sat	AM: 8 – 11 PM: 3 – 7 30 minutes per lesson. *Choose any preferred time from AM/PM timeslot	Member: \$330, Public Officer: \$430, Member's Guest: \$450	45 minutes per lesson. Member: \$900, Public Officer \$950; Member's Guest: \$970
Adults				

## KARATEDO FOR KIDS AND ADULTS

Karatedo is an art of self-defence and a sport that is now widely practised in Japan, Europe and the Asian region. This form of karate training provides a vigorous exercise programme where you will learn to defend yourself, remain fit, healthy and alert with a sense of self-confidence and good sense.

Children's Class	Adult's Class
<b>Time:</b> 2pm – 3pm	<b>Time:</b> 3.30pm – 5pm

**For the above classes:****Dates:** 12 Sundays, 1 Oct – 17 Dec '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:** 24 Sep '17



## social activities

### KIDS

#### SCRAPBOOK ALBUM

Learn the different types of scrapbook techniques and create your own scrapbook album. There will be lots of cutting, painting and pasting for this session. At the end of the workshop, you will be able to form a 6" x 6" mini album.

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

**Time:** 11am – 1pm

**Fees:** Member \$50, Public Officer \$56, Member's Guest \$60  
(Fee inclusive of all materials)

**Venue:** Yew Tee

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

**Register By:** 16 Jul '17



#### MELT & POUR PROCESS SOAP MAKING

For children aged 5 – 12 years old

Your child will learn the melt and pour soap making method which is one of the safer and simpler techniques. They will also learn the states of matter and experience both fun and creativity in creating their own soap.

**Date:** Saturday, 26 Aug '17

**Time:** 10am – 11.30am

**Fees:** Member's Child \$45, Public Officer's Child \$48, Member's Guest's Child \$49  
(All materials are provided)

**Venue:** Yew Tee

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

**Register By:** 20 Aug '17



#### CLASSICAL BALLET FOR KIDDOS

Classical ballet is a formal style of dance that employs techniques based on formalised movements through positions 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 experienced ballet instructor certified by Royal Academy of Dance.



##### Kinder Ballet 1

For children aged 3.5 – 4.5 years old  
This unique and effective syllabus helps children learn the foundation of ballet and prepare them for the RAD Graded syllabus.

**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

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

##### RAD Pre-Primary

For children aged 6 years old and above  
The Royal Academy of Dance Graded examination syllabus will be taught, with self-choreographed training exercises 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, 27 Aug – 29 Oct '17

**Venue:** CSC @ Tessensohn

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

**Register By:** 20 Aug '17

#### TASTY FUNZ WORKSHOPS

(Parent-Child Bonding)

For Children aged 6 – 12 years old

##### 'Funtasea' Fondant Workshop

Have fun time with your child in making cute cupcakes that will put big smiles on their faces. Transform plain cupcakes into glasses of intriguing art pieces that are sweet and edible!



**Date:** Saturday, 12 August 2017

**Time:** 2pm – 4pm

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

**Venue:** CSC @ Tessensohn

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

**Register By:** 5 Aug '17

##### Tsum Tsum Pooh Bear & Piglet Snowskin Mooncake Making

(Parent-Child Bonding)

For Children aged 6 – 12 years old

Celebrate this Mid-Autumn Festival with cute surprises for your loved ones.

Have fun transforming traditional snowskin mooncakes into adorable 3D cartoon characters like Tsum Tsum Pooh Bear and Piglet mooncakes that can melt one's hearts. There is nothing better than sharing your irresistible creations with your loved ones on a special occasion.



**Date:** Sunday, 10 September 2017

**Time:** 10.30am to 12.30pm

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

**Venue:** CSC @ Tessensohn

**Contact:** Hai Ming at 6391 5607

**Register By:** 3 Sep '17





## social activities

### KIDS

#### KIDS CAN BAKE

(Parent Child Bonding)

For children aged 3 – 11 years old

Make your weekends a fun time with your child and together create beautiful cakes and cookies that are good to look at as well as good to eat. A great way to bond with your child and show off your skills to friends and family.

##### Giraffe Print Swiss Roll

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

**Time:** 4pm – 6pm

**Register By:** 3 Jul '17



##### Mini Teddy Cake

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

**Time:** 10.30am – 12.30pm

**Register By:** 7 Jul '17



##### Red Velvet Cupcakes

**Date:** Saturday, 12 Aug '17

**Time:** 1.30pm – 3.30pm

**Register By:** 4 Aug '17



##### National Day Cookies

**Date:** Sunday, 20 Aug '17

**Time:** 4pm – 6pm

**Register By:** 14 Aug '17



##### For the above courses:

**Fees:** Member \$65, Public Officer \$75, Member's Guest \$78 (Fee for 1 parent & child)

**Fees for additional child:** Member \$35, Public Officer \$40, Member's Guest \$45

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

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

#### LEGO® MINDSTORM NXT WORKSHOP

For children aged 7 – 12 years old

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

He will also get to take home a customized mini-figure and a Polaroid photo at the end of the camp.

**Date:** Wednesday, 6 Sep '17

**Time:** 9am – 12pm

**Fees:** Member's Child \$70, Public Officer's Child \$80, Member's Guest's Child \$90

**Venue:** CSC @ Tessensohn

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

**Register By:** Friday, 1 Sep '17



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

#### PARENT & CHILD CHESS BEGINNER WORKSHOP

(Parent & Child Bonding)

For children aged 6 and above

Learn Chess together as a family and bond with your child over a game of Chess! Not only does Chess promotes analytical thinking, it also develops the memory and promotes problem-solving skills.

The instructor has more than 10 years of experience playing and teaching chess and is a FIDE chess trainer with FIDE rating 2171.



**Date:** Saturday, 26 Aug '17

**Time:** 10am – 12pm

**Fees:** Member \$120, Public Officer \$140, Member's Guest \$150

(Fees for 1 parent and 1 child)

**Venue:** CSC @ Tessensohn

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

**Register By:** 17 Aug '17



#### BRICK TOYS ENGINEER

For 6 – 8 years olds only

Let your child learn to be a toy engineer by building Elastic Band Glider or use Lego Bricks to build a crossbow and catapult! This workshop will introduce Science concepts to students through hands-on activities and experimentation. Other activities include building a rocket car and finding out forces that move the inventions.



Your child will get to bring home some of the toys build except those using Lego bricks.

**Date:** Monday, 4 Sep '17

**Time:** 10am – 12.30pm

**Fees:** Member \$45, Public Officer \$52, Member's Guest \$60

**Venue:** CSC @ Tessensohn

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

**Register By:** 28 Aug '17





## KIDS

## FUTSAL SOCCER CAMP

Which child doesn't enjoy kicking a ball around? Make it fun time for your kid during the upcoming school holidays by attending a 2-day Futsal soccer, aimed at building friendship and teamwork. The 3-hour camp is guaranteed to make your kid have fun and experience the beautiful sport of football.

**Dates:** Tuesday and Wednesday, 5 & 6 Sep '17

**Time:** 9am – 12pm

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

**Venue:** Stadio @ Civil Service Club Tessensohn (Rooftop)

**Contact:** Hai Ming at 6391 5607

or onnhaiming@csc.sg

**Register By:** 20 Jun '17



Advised to bring along a water bottle and light snacks to have during break time.



## INTRO TO CHINESE SPEECH AND DRAMA

For children aged 6 – 9 years old

This engaging and interactive programme for children aims to develop their Chinese literacy skills through activity-based learning. The dramatization and role plays are extracted from local folklore, literature, and popular fairy tales, with intentional reference and illustrations to draw out meaningful learning from the children's experiences. The trainer will engage Howard Gardner's theory of Multiple Intelligences and make the Chinese Language come alive, enhancing their comprehension and oral literacy skills, improve their self-confidence and raise their ability to express themselves.

**Date:** Wednesday, 6 Sep '17

**Time:** 9am – 12pm

**Fees:** Member \$65, Public Officer \$72, Member's Guest \$75

**Venue:** CSC @ Tessensohn

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

**Register By:** 23 Aug '17



## CREATIVE COMPOSITIONS – BRING STORIES TO LIFE!

Learn to write creative compositions with phenomenal phrases of your own for every situation. The workshop is specially designed for primary 5 and 6 students preparing for PSLE. It is run by UK Instructor Mumtaz BBM Hussain, who holds a BSc (Hons) and an MSc in Science. She will guide the students through a series of genres such as adventure/action, suspense/mystery, horror, science fiction, fantasy and romance.

ALL PSLE Students!

**Date:** Saturday, 5 Aug '17

**Time:** 2pm – 4pm

**Fees:** Member's Child \$35, Public Officer's Child \$42, Member's Guest \$48 (Fee includes course notes)

**Venue:** CSC @ Tessensohn

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

**Register By:** 28 Jul '17







## MUSIC

### BEATBOXING WORKSHOP FOR ALL

Pick up the rhythm of music through Beatboxing - a versatile art form to make music without an instrument. It is a creative and exploratory art form that allows learners to use their vocal instrument extensively. This course is open to all age groups, from 5 year olds, to teens and adults who want to learn new form of music and a great family bonding activity.



**Dates:** 6 Thursdays, 20 Jul – 24 Aug '17

**Time:** 7pm – 8pm

**Fees:** Member \$180, Public Officer \$190, Member's Guest \$200 (Min 10 pax to start)

**Venue:** CSC @ Tessensohn

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

**Register By:** 12 Jul '17

### PLAY THE KEYBOARD

(Fee includes materials and instrument is provided)

The keyboard is a versatile instrument that can add colour to your music. You can play an array of songs, from classical to pop and rock, by just a touch of the keyboard and few chords taught by instructor Titus Chia has been teaching piano, keyboard and organ for the past 5 years.

#### Keyboard Course (Beginners) @ Tessensohn

**Dates:** 10 Wednesdays, 6 Sep – 15 Nov '17

**Time:** 7 pm – 8pm

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

#### Keyboard Course (Intermediate) @ Tessensohn

**Dates:** 10 Wednesdays, 6 Sep – 15 Nov '17

**Time:** 7 pm – 8pm

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

**Venue:** CSC @ Tessensohn

**Register By:** 30 Aug '17

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

**Dates:** 10 Mondays, 4 Sep – 6 Nov '17

**Time:** 7.30pm – 8.30pm

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

**Venue:** CSC @ Bukit Batok

**Register By:** 28 Aug '17

#### For above courses:

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



### LEARN TO PLAY VIOLIN

(Fee includes materials and instrument is provided).

Let the soothing sound of the violin add music to your life. Learn to play the violin, a portable string instrument, from Instructor Leong Gah Chiong, who holds a Diploma in Teaching (Violin) from Trinity College London. You will learn how to handle the violin, bowing techniques, postures, note reading in this enjoyable music workshop.

#### Violin Course (Beginners & Advance) @ Tessensohn

**Dates:** 10 Mondays, 18 Sep – 20 Nov '17

**Time:** 7pm – 8pm

#### Fees for Beginners Course:

Member \$155, Public Officer \$165, Member's Guest \$175

#### Fees for Advance Course:

Member \$185, Public Officer \$195, Member's Guest \$205

**Venue:** CSC @ Tessensohn

**Register By:** 11 Sep '17



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

**Dates:** 10 Wednesdays,

13 Sep – 22 Nov '17 (except 18 Oct '17)

**Time:** 7.30pm – 8.30pm

**Fees for Beginners:** Member \$155, Public Officer \$165, Member's Guest \$175

#### Fees for Intermediate:

Member \$170, Public Officer \$180, Member's Guest \$190

**Venue:** CSC @ Bukit Batok

**Register By:** 6 Sep '17

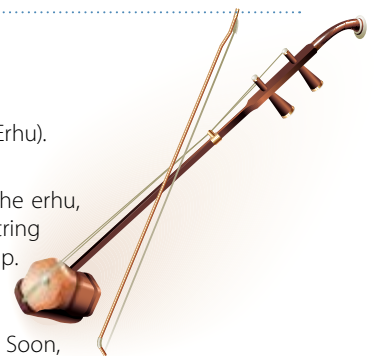
#### For above courses:

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

### MASTER THE ERHU

(Participants must bring their own Erhu).

Love oriental music? Learn to play the erhu, one of the most popular Chinese string instruments, which is easy to pick up. You will be able to play a tune within minutes, under the tutelage of instructor Mr Pang Chin Soon, who has a diploma in erhu and more than 20 years of experience playing this instrument. At least 6 participants needed to begin the class.



**Dates:** 10 Wednesdays, 13 Sep – 22 Nov '17 (Except 18 Oct 17)

**Time:** 7.15pm – 8.15pm (Session 1)

8.15pm – 9.15pm (Session 2)

**Fees:** Member \$175, Public Officer \$188, Member's Guest \$194

**Venue:** CSC @ Tessensohn

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

**Register By:** 6 Sep '17



## FLOW STATE FOR PRODUCTIVITY AND WELLNESS

Despite the advancement in technology and increasing availability of new productivity tools, employees are working longer hours and experiencing greater stress in the workplace than before. The Flow State workshop helps train the mind in measuring and achieving high coherence level between our mind and heart. The guidance provided by biofeedback tools makes the training a lot more fun with quantitative milestones.

**Date:** Saturday, 23 Sep '17

**Time:** 2pm – 4pm

**Fees:** Member \$3, Public Officer \$9, Member's Guest \$15

**Venue:** CSC @ Tessensohn

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

**Register By:** 16 Sep '17

## MANAGING YOUR TRUE SELF WITH THE SCIENCE OF NUMBERS

Let Dr Bernard Yeo, who holds a Hon PhD in Human Capital Development and Profiling, help reveal your Universal Character to unlock your unique secret codes so as to achieve success in all aspects of life - health, wealth, academic, career, relationships and family. Using 21st Century Human Profiling Methodology, he will reveal:

- Unexplored passion
- Untapped skills
- Soul purpose in life
- Unique "MILLION DOLLAR TALENT" that you are not using
- Hidden potentials and talents, blind spot for better life outcome

**Date:** Saturday, 19 Aug '17

**Time:** 2pm – 4pm

**Fees:** Member \$3, Public Officer \$9, Member's Guest \$15

**Venue:** CSC @ Tessensohn

**Contact:** Hai Ming at 6319 5607 or onnhaiming@csc.sg

**Register By:** 12 Aug '17

## CONVERSATIONAL MANDARIN

Designed for whom Mandarin is not a first language, this course is conducted in Mandarin with English translations. The class focuses on simple and functional daily dialogues and is open to all races. Instructor Tan Swee Liang is a member of Singapore Writer Association and a Mandarin Trainer at People's Association since 2002 and has been teaching Mandarin and English Language at Queenstown PAP Community Foundation Continual Learning Center since 2005.

**Dates:** 6 Saturdays,

26 Aug – 30 Sep '17

**Time:** 7.30pm – 9pm

**Fees:** Member \$65, Public Officer \$75, Member's Guest \$85

**Venue:** CSC @ Tessensohn

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

**Register By:** 19 Aug '17



## BASIC MALAY LANGUAGE COURSE

Learn the basics of the Malay language from Instructor Ms Sharifah Narimah and, at the same time, learn the skill of Malay baking. Emphasis will be on construction of simple sentence for everyday conversations.

**Dates:** 8 Mondays, 4 Sep – 23 Oct '17

**Time:** 7pm – 9.30pm

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

**Venue:** CSC @ Tessensohn

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

**Register By:** 28 Aug '17

## BASIC FRENCH

Planning a holiday to Paris or any French-speaking country? Be prepared to converse in the French language by picking up basic French lessons. Let instructor Freddie, who has a Master degree (Hons) in French to guide you in 4 skill-sets of reading, listening, speaking and writing. The course also lays a strong foundation for those who plan to take the International DELF Diploma awarded by the French Ministry of Education and preparatory courses for the DELF exams conducted at CSC.

### Trial/Lesson 1 @ Tessensohn

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

**Date:** Monday, 21 Aug '17

**Time:** 7.15pm – 8.45pm

**Fees:** Members \$3, Public Officer \$9, Member's Guest \$15

**Register By:** 14 Aug '17

### French Beginner Course

#### Lesson 2 - 7 @ Tessensohn

**Dates:** 6 Mondays,

28 Aug – 20 Oct '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:** 21 Aug '17

## IMPROVE YOUR DIALECT

Don't let dialects die out! Learn to speak Hokkien so you can communicate with your elders. Help preserve this language, which is part of Singapore's culture.

### Conversational Hokkien For Beginners

**Dates:** 4 Mondays, 7 – 28 Aug '17

**Time:** 7.30pm – 9pm

**Fees:** Member \$45, Public Officer \$55, Member's Guest \$65

**Venue:** CSC @ Tessensohn

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

**Register By:** 31 July '17





## SELF IMPROVEMENT

### THE STORY OF TCM HERBS

Know more about traditional Chinese medicine and the many herbs which are commonly used and remain effective since 3000 years ago. This course, conducted by Singapore Registered TCM Physician Ms Ong Ah Tian, covers the medicinal properties and tastes, meridian entered, function and application of Chinese herbs. The course will enable you to understand the herbs so that when you see them in your prescriptions, you will know why they are being included.

**Dates:** 4 Saturdays, 5 – 26 Aug '17

**Time:** 10am – 12pm

**Fees:** Member \$60, Public Officer \$68, Member's Guest \$75

**Venue:** CSC @ Tessensohn

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

**Register By:** 29 July '17



### VIDEO EDITING FOR BEGINNERS

This fun filled hands-on practical-based course is a must for anyone who wants to turn ordinary photos or home shot movies into an entertaining movie. You will learn the correct, quick and easy way to make movies and equip you with the know how to identify, arrange and put together your photos and movies with music and effects that will impress your audience. With the right approach and techniques, you don't need to be a pro to produce your own movie!

**Date:** 1 Aug '17

**Time:** 9am – 5pm

**Fees:** Member \$205, Public Officer \$215,  
Member's Guest \$230

**Register By:** 21 Jul '17

### MICROSOFT EXCEL 2010 ADVANCED

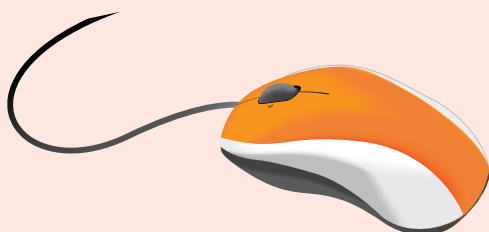
This 2-day hands-on course is designed to equip users with features in Microsoft Excel 2010 that will enable you to perform better data analysis and create more complex and comprehensive reports. Learn how to consolidate data and use Excel like a database to filter and retrieve data using Excel functions.

**Dates:** 19 – 20 Jul '17 or 6 – 7 Sep '17

**Time:** 9am – 5pm

**Fees:** Member \$310, Public Officer \$320,  
Member's Guest \$330

**Register By:** 9 Jul or 26 Aug '17



### POWERPOINT 2010 ADVANCED

The 1-day hands-on course is designed to equip experienced users with know how to create a presentation that can be used on different audiences without creating separate presentation files. You will learn techniques on how to manage presentations that require large number of slides. This course will help you make your presentations more appealing with the use of visual and web elements. You can even edit your video directly from PowerPoint 2010!

**Dates:** 31 July'17 or 31 Aug'17 or 8 Sep '17

**Time:** 9am – 5pm

**Fees:** Member \$195, Public Officer \$205,  
Member's Guest \$215

**Register By:** 21 Jul or 21 Aug or 29 Aug '17

### PHOTOSHOP CS6 FUNDAMENTALS

This 3-day hands-on and fun filled foundation building course is the first of a series of 3 modules. It will enable you to understand and correct some of the most common problems in digital photographs with emphasis on concepts explained in layman terms to enhance understanding. The course is designed for end-users with little or no knowledge in digital editing or Adobe Photoshop, and with a well balance of content (syllabus). Upon completion of this Photoshop course, you will have a good understanding and foundation of the essential principles and concepts of Photoshop CS6 in handling photos. This is not so much of tips and tricks course but a foundation building Photoshop training.

**Dates:** 6 – 8 Sep '17

**Time:** 9am – 5pm

**Fees:** Member \$450, Public Officer \$460,  
Member's Guest \$470

**Register By:** 25 Aug '17

#### For the above courses:

**Venue:** The Adelphi, 1 Coleman Street.

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



## social activities

### TRAVEL

#### 3D2N KUANTAN TOUR

Go on a holiday getaway to the east coast of Peninsular Malaysia for a 3day/2 nights stay in Kuantan. Get to visit Charah Cave a limestone cave, well known for an impressive stone sculpture of the "Sleeping Buddha". Stroll along the beach and catch the sea breeze at the popular Telok Chempedak beach with your family. Visit the Cherating Turtle Sanctuary and, if lucky, you may get to see their egg-laying on shore at night. Buy some handmade local products and "salted fish" before heading home.

##### Included:

- 3Day use 40 seater air-conditional coach
- 2 breakfast, 3 lunch, 3 dinner
- 2Night stay @ Holiday Villa Beach Resort Cherating 4\* or similar
- Meal & entrance as per itinerary
- Experience tour guide
- Tipping S\$4.00
- Included Group Travel Insurance Max S\$500 medical & S\$10,000 accidental  
(Claims during tour are to be self-paid and NOT by our tour managers or guides)

	Twin/ Triple	Single	Child W Bed (below 12 years old)	Child W/O Bed
<b>Member</b>	S\$280	S\$365	S\$260	S\$200
<b>Public Officer</b>	S\$295	S\$375	S\$275	S\$210
<b>Member's Guest</b>	S\$305	S\$385	S\$280	S\$215

**Dates:** Friday to Sunday,  
1 – 3 Sep '17

**Time:** 6.30am

**Venue:** Assemble at  
CSC @ Tessensohn Lobby

**Register By:** 14 Aug '17

**Tour By:** Amazing Explorer Pte Ltd

##### For details and itinerary:

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



#### 1DAY SRI TANJUNG LEISURE FARM TOUR

Spend a leisurely Saturday with your family at the Sri Tanjung Leisure Farm and get a glimpse of farm life across the causeway. Visit a mini animal farm, see a fishing village and if in season, get to pluck fruits like rambutan, mata-kuching and many more. Stop for a shopping spree at Sutera Mall. Package includes lunch and dinner.

	Adult	Child
<b>Member</b>	S\$75.00	S\$65.00
<b>Public Officer</b>	S\$85.00	S\$75.00
<b>Member's Guest</b>	S\$90.00	S\$80.00

\* Child: 4 – 11 years old.

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

\* Passport minimum must have 6-month validity from the date of your departure

**Date:** Saturday, 16 Sep '17

**Time:** 6.30am

**Venue:** Assemble at CSC @ Tessensohn Lobby

**Register By:** 6 Sep '17

**Tour By:** Amazing Explorer Pte Ltd

##### For details and itinerary:

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



#### 2D1N MALACCA TOUR

Malacca is always favourite destination for many Singaporeans. Go on a heritage tour of this historic Malaysian state and visit the Upside Down House, go for a walk along the famous Jonker Street, visit the Baba Charlie Nyonya Kuih to purchase some local delicacies and visit the Machap Night Market for souvenirs and gifts.

Hatten Hotel or similar	Twin/ Triple	Single	Child W Bed (below 12 years old)	Child W/O Bed
<b>Member</b>	S\$160.00	S\$200.00	S\$140.00	S\$120.00
<b>Public Officer</b>	S\$170.00	S\$210.00	S\$150.00	S\$130.00
<b>Member's Guest</b>	S\$180.00	S\$220.00	S\$160.00	S\$140.00

\* Passport minimum must have 6-month validity from the date of your departure

**Dates:** Saturday to Sunday,  
19 – 20 Aug '17

**Time:** 6.30am

**Venue:** Assemble at  
CSC @ Tessensohn Lobby

**Register By:** First-come,  
first-served

**Tour By:** Amazing Explorer Pte Ltd

##### For details and itinerary:

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





## TRAVEL

## 4D BANGKOK/KANCHANABURI (RIVER KWAI)

Fly to Bangkok and go on a historical journey to the enchanting town of Kanchanaburi for a visit to the River Kwai, and take memorable ride on the Thai-Burma Railway. Visit the Wat Khao Cave Temple, catch a tribal performance and shop to your heart's content at the Siam Paragon and Platinum Fashion Mall. Make it a memorable holiday for the family.

Hotel : PJ Water Gate or Equivalent Fee: Includes airport tax	CSC Member (per pax)	Public Officer (per pax)	Member's Guest (per pax)
Adult (twin sharing)	\$620.00	\$640.00	\$660.00
Adult (Single)	\$720.00	\$740.00	\$760.00
Child with Bed	\$600.00	\$620.00	\$640.00

**Dates:** Friday to Monday, 27 – 30 Oct '17

**Time:** To be advised

**Venue:** Assemble at Changi Airport

**Register By:** First-come, first-served

**Tour By:** Transinex Pte Ltd

**For details and itinerary:**

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



## 7D5N SEOUL, SOUTH KOREA TOUR

This tour is specially tailored to give you a glimpse of some of the best places to see in South Korea such as visit to Mount Seorak, where the rocks "stay white like snow", and a trip to Soomy Village where you can learn to make Korean Rice Cake plus a visit to the Daewallyeong Wind Village where you can try your hand at cheese making. Of course, a trip to Seoul is not complete without a visit to the Gwangjang market for some authentic Korean street food such as the ever popular mung-bean pancake known as "bindaettok". Wander through the many lanes in this market and pick up a memento or that handicraft item for a friend back home.

Fees: Includes airport tax	CSC Member (per pax)	Public Officer (per pax)	Member's Guest (per pax)
Adult (twin sharing)	\$1,433.00	\$1,453.00	\$1,473.00
Adult (Single)	\$1,665.00	\$1,685.00	\$1,705.00
Child with Bed (6-11 years old)	\$1,068.00	\$1,088.00	\$1,108.00

**Dates:** Friday to Thursday, 13 – 19 Oct '17

**Time:** To be advised

**Venue:** Assembled at Changi Airport

**Register By:** First-come, first-served

**Tour By:** Transinex Pte Ltd

**For details and itinerary:**

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



## 6D5N NORTHERN VIETNAM &amp; SAPA

This 6D5N tour is packed with some of the best places not to be missed. You will start your journey with a visit to the historical Ho Chi Minh Mausoleum, One Pillar Pagoda, Hoan Kiem Lake and Temple of Literature, built in 1070. Not to be missed is the world-famous Vietnamese Water Puppet Show. Then board an overnight train to the hill town of SAPA and be amazed by stunning terraced paddy fields, friendly ethnic tribes and picturesque shops where you can purchase unique handicraft and silver items.

A trip to Hanoi is not complete without a cruise along Halong Bay, a UNESCO World Natural Heritage site. Marvel at the hundreds of majestic-looking limestone rocks that jut out dramatically from the sea.

Hotel: Hanoi Romance Hotel & Golden Sun Sapa Hotel Fee: Includes airport tax			
	CSC Member (per pax)	Public Officer (per pax)	Member's Guest (per pax)
Adult (Single)	\$1,090.00	\$1,130.00	\$1,170.00
Adult (Twin sharing)	\$990.00	\$1,030.00	\$1,070.00

**Dates:** Friday to Wednesday, 10 – 15 Nov '17

**Time:** To be advised

**Venue:** Assembled at Changi Airport

**Register By:** First-come, first-served

**Tour By:** Transinex Pte Ltd

**For details and itinerary:**

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





## CLUB CSC @ TESSEN SOHN

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
<b>AQUA AEROBICS (TUE PM)</b>	12 Tuesdays, 22 Aug – 7 Nov '17 (No lesson on PH)	6.30pm – 7.30pm	Ms Antonia	\$80	\$90	\$105	18 persons (max)	15 Aug '17	Vanessa at 6391 5641
<b>AQUA AEROBICS (SUN)</b>	12 Sundays, 15 Oct '17 – 7 Jan '18 (No lesson on PH)	9am – 10am	Ms Vikki	\$80	\$90	\$105	18 persons (max)	8 Oct '17	Vanessa at 6391 5641
<b>AQUA AEROBICS (WED)</b>	12 Wednesdays, 25 Oct '17 – 10 Jan '18 (No lesson on PH)	6.15pm – 7.15pm or 7.15pm – 8.15pm	Ms Vikki	\$80	\$90	\$105	18 persons (max)	18 Oct '17	Vanessa at 6391 5641
<b>DEEP AQUA AEROBICS (SAT)</b>	10 Saturdays, 7 Oct – 9 Dec '17 (No lesson on PH)	8am – 9am or 9am – 10am	Ms Anthea	\$85	\$95	\$110	18 persons (max)	30 Sep '17	Vanessa at 6391 5641
<b>DEEP AQUA AEROBICS (TUE AM)</b>	10 Tuesdays, 17 Oct – 19 Dec '17 (No lesson on PH)	8am – 9am	Ms Vikki	\$85	\$95	\$110	18 persons (max)	3 Oct '17	Vanessa at 6391 5641
<b>DEEP AQUA AEROBICS (THU)</b>	10 Thursdays, 12 Oct – 14 Dec '17 (No lesson on PH)	6.30pm – 7.30pm	Ms Anthea	\$85	\$95	\$110	18 persons (max)	10 Oct '17	Vanessa at 6391 5641
<b>DEEP AQUA AEROBICS (FRI)</b>	10 Fridays, 29 Sep – 1 Dec '17 (No lesson on PH)	7pm – 8pm or 8pm – 9pm	Ms Vikki	\$85	\$95	\$110	18 persons (max)	22 Sep '17	Vanessa at 6391 5641
<b>BEGINNER BALLROOM WALTZ</b>	10 Tuesdays, 8 Aug – 10 Oct '17	8pm – 9pm	Mr Wu	\$70	\$75	\$80	12 persons (min)	1 Aug '17	Gek Cheng at 6391 5624
<b>BALLROOM INTERMEDIATE BALLROOM QUICKSTEP</b>	10 Sundays, 6 Aug – 8 Oct '17	2pm – 3pm	Jacie	\$70	\$75	\$80	12 persons (min)	1 Aug '17	Gek Cheng at 6391 5624
<b>BALLROOM BEGINNERS ROCK &amp; ROLL</b>	10 Sundays, 6 Aug – 8 Oct '17	3pm – 4pm	Jacie	\$70	\$75	\$80	12 persons (min)	1 Aug '17	Gek Cheng at 6391 5624
<b>BALLROOM INTERMEDIATE BALLROOM (SLOW WALTZ)</b>	10 Sundays, 6 Aug – 8 Oct '17	4pm – 5pm	Jacie	\$70	\$75	\$80	12 persons (min)	1 Aug '17	Gek Cheng at 6391 5624
<b>PILATES BY MABELINE</b>	10 Mondays, 17 Jul – 25 Sep '17	7pm – 8pm	Ms Mabeline	\$85	\$95	\$100	12 persons (min)	12 Jul '17	Serene Cho at 6391 5620
<b>SWIMMING LESSONS AT TESSEN SOHN (CHILDREN)</b>	4 Lessons Jul / Jun '17 Choice of Sunday	Depending on swimming & age (Instructors will advise)	Mr Kurusamy / Seng Yung / Derick / Chang	Child \$70	Child \$80	Child \$85	15 persons	15 Jul / 15 Aug '17	Vanessa at 6391 5641
<b>SWIMMING FOR LADIES (BEGINNER)</b>	10 Mondays, 25 Sep – 27 Nov '17 (No lesson on PH)	7pm – 8pm	Ms Thipa	\$210	\$220	\$230	12 persons	18 Sep '17	Vanessa at 6391 5641





## CLUB CSC @ TESSENSOHN

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
<b>SWIMMING FOR LADIES (INTERMEDIATE)</b>	10 Mondays, 25 Sep – 27 Nov '17 (No lesson on PH)	8pm – 9pm	Ms Thipa	\$210	\$220	\$230	12 persons	18 Sep '17	Vanessa at 6391 5641
<b>TRADITIONAL TAEKWON-DO FOR ADULTS (MON)</b>	12 Mondays, 2 Oct – 18 Dec '17 (No lesson on eve or PH)	8.30pm – 10.30pm	Singapore Taekwon-Do Academy	\$60	\$70	\$80	10 persons	25 Sep '17	Hai Ming at 6391 5607
<b>TRADITIONAL TAEKWON-DO (SAT)</b>	13 Saturdays, 7 Oct – 30 Dec '17 (No lesson on eve or PH)	3pm – 4.30pm (Beginner & Coloured Belt) or 4.30pm – 6pm (Red & Black Belt only)	Singapore Taekwon-Do Academy	\$60	\$70	\$80	10 persons	30 Sep '17	Hai Ming at 6391 5607
				\$100 parent and child pair \$150 parent and 2 children					
<b>WING CHUN KUNG FU, "CHI SAU" THUR – AUG</b>	5 Thursdays, 3 – 31 Aug '17 (No lesson on PH)	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 persons	27 Jul '17	Hai Ming at 6391 5607
<b>WING CHUN KUNG FU, "CHI SAU" (ADULT BEGINNER) – AUG</b>	4 Saturdays, 5 – 26 Aug '17 (No lesson on PH)	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 persons	29 Jul '17	Hai Ming at 6391 5607
<b>WING CHUN KUNG FU, "CHI SAU" (CHILDREN 6 – 12 YEARS) – AUG</b>	4 Saturdays, 5 – 26 Aug '17 (No lesson on PH)	10.30am – 11.30am	Sifu Ken Lau	Child \$90	Child \$95	Child \$100	10 persons	29 Jul '17	Hai Ming at 6391 5607
<b>WING CHUN KUNG FU, "CHI SAU" (ADULT INTERMEDIATE) – AUG</b>	4 Saturdays, 5 – 26 Aug '17 (No lesson on PH)	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 persons	29 Jul '17	Hai Ming at 6391 5607
<b>WING CHUN KUNG FU, "CHI SAU" THUR – SEP</b>	4 Thursdays, 7 – 28 Sep '17 (No lesson on PH)	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 persons	31 Aug '17	Hai Ming at 6391 5607
<b>WING CHUN KUNG FU, "CHI SAU" (ADULT BEGINNER) – SEP</b>	5 Saturdays, 2 – 30 Sep '17 (No lessons on PH)	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 persons	26 Aug '17	Hai Ming at 6391 5607
<b>WING CHUN KUNG FU, "CHI SAU" (CHILDREN 6 – 12 YEARS) – SEP</b>	5 Saturdays, 2 – 30 Sep '17 (No lesson on PH)	10.30am – 11.30am	Sifu Ken Lau	\$90	\$95	\$100	10 persons	26 Aug '17	Hai Ming at 6391 5607
<b>WING CHUN KUNG FU, "CHI SAU" (ADULT INTERMEDIATE) – SEP</b>	5 Saturdays, 2 – 30 Sep '17 (No lesson on PH)	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 persons	26 Aug '17	Hai Ming at 6391 5607
<b>YOGA BY HUAY LIN</b>	10 Fridays, 7 Jul – 15 Sep '17 (No lesson on PH)	7.30pm – 8.30pm	Ms Huay Lin	\$75	\$80	\$85	12 persons (min)	19 Jun '17	Serene Cho at 6391 5620



## CLUB CSC @ BUKIT BATOK

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
<b>DEEP AQUA AEROBICS (SAT)</b>	10 Saturdays, 9 Sep – 11 Nov '17 (No lesson on PH)	8.30am – 9.30am	Mr Kelvin	\$85	\$95	\$110	18 persons (max)	2 Sep '17	Vanessa at 6391 5641
<b>DEEP AQUA AEROBICS (TUE)</b>	10 Tuesdays, 22 Aug – 24 Oct '17 (No lesson on PH)	7pm – 8pm	Ms Anthea	\$85	\$95	\$110	18 persons (max)	15 Aug '17	Vanessa at 6391 5641
<b>AIKIDO (CHILDREN)</b>	12 Sundays, 1 Oct – 17 Dec '17 (No lesson on PH)	10am – 11am	Mr Steven Goh	Child \$120	Child \$130	Child \$135	20 persons	24 Sep '17	Hai Ming at 6391 5607
<b>AIKIDO (ADULT)</b>	12 Sundays, 1 Oct – 17 Dec '17 (No lesson on PH)	11am – 12pm	Mr Steven Goh	\$120	\$130	\$135	20 persons	24 Sep '17	Hai Ming at 6391 5607
<b>TRADITIONAL TAEKWON-DO</b>	13 Saturdays, 7 Oct – 30 Dec '17 (No lessons on eve and PH)	3pm – 4.30pm	Singapore TaeKwon-Do Academy	\$60	\$70	\$80	10 persons	30 Sep '17	Hai Ming at 6391 5607
				\$100 parent and child pair \$150 parent and 2 children					
<b>SWIMMING LESSONS (CHILDREN)</b>	4 Lessons Jul / Aug '17 Choice of Sunday	Depending on swimming level & age (Instructors will advise)	Mr Silas / Yusman / Ishaak / Paul / Vishnu	Child \$70	Child \$80	Child \$85	15 persons	15 Jul / 15 Aug '17	Vanessa at 6391 5641
<b>SWIMMING FOR LADIES</b>	10 Thursdays, 21 Sep – 23 Nov '17 (No lesson on PH)	7.30pm – 8.30pm	Ms Thipa	\$210	\$220	\$230	12 persons	15 Sep '17	Vanessa at 6391 5641
<b>PILATES BY AGNES YONG</b>	10 Saturdays, 17 Jul – 9 Sep '17 (No lesson on PH)	11am – 12pm	Ms Agnes	\$85	\$95	\$100	12 persons (min)	12 Jun '17	Serene Cho at 6391 5620
<b>YOGA BY RITA</b>	10 Tuesdays, 7 Jul – 15 Sep '17	7pm – 8pm	Ms Rita	\$75	\$80	\$85	12 persons (min)	13 Jul '17	Serene Cho at 6391 5620

## CLUB CSC @ CHANGI

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
<b>SWIMMING LESSONS (CHILDREN)</b>	4 Lessons Jul / Aug '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 Jul / 15 Aug '17	Vanessa at 6391 5641





DREAM CRUISES



Civil  
Service Club  
Members  
enjoy **\$100 off**  
per cabin!

Book by  
4 Aug 2017



Chef Eric Teo

Lee Teng

MediaCorp artiste  
managed by Left Profile

**Genting Dream**  
**8D7N Singapore – Hong Kong –**  
**Naha – Miyakojima FlyCruise**  
**2 – 9 Sep 2017**

Fr **\$1,399**  
per person

**Package includes:**

- 5 nights cruise on Genting Dream • Free 2 nights stay in Hong Kong
- All transfers • Exclusive onboard group dinner • Exclusive onboard cooking demo • Excursions in Naha and Miyakojima

Fare shown is per person based on twin-share in an Inside Stateroom and includes flights, hotels, transfers and shore excursions. Travel document & Visa fee, port charges, airport taxes, gratuity fee and other incidental charges are not included. Other terms and conditions apply.

## ENJOY THE FLAVOURS OF OKINAWA WITH CHEF ERIC TEO AND LEE TENG

This September, let Genting Dream take you to the enchanting islands of Okinawa. Visit the 14th century Shujiro Castle, explore the underwater world at the Miyakojima Marine Park, and more. Chef Eric Teo and TV host Lee Teng will be our special guests, bringing you cooking demos and other activities. Don't miss this multi-faceted getaway!

To start your Dream vacation, please call our  
booking hotline **6808 2288**

Website: **[dreamcruiseline.com](http://dreamcruiseline.com)**

Email: **[sg.sales@dreamcruiseline.com](mailto:sg.sales@dreamcruiseline.com)**

**f** **[facebook.com/DreamCruisesSingapore](https://www.facebook.com/DreamCruisesSingapore)**



### 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.



# CSC SINGING STAR 2017



**IS SINGING YOUR HIDDEN TALENT? DREAMT OF MAKING IT BIG  
ON STAGE? HERE'S YOUR CHANCE TO SHOW OFF YOUR VOCAL  
PROWESS AND WIN HEARTS PLUS ATTRACTIVE PRIZES!**

The CSC Singing Star is back! There are up to **\$5,200** worth of prizes to be won!  
Sign up now and be discovered as the next CSC Singing Sensation!

## POP IDOL CATEGORY

(Below 40 years old)

**English Language**  
(Min 15 pax to start)

### CHAMPION

\$800 + Trophy

### 1ST RUNNER-UP

\$400 + Trophy

### 2ND RUNNER-UP

\$200 + Trophy

### REGISTRATION FEES:

CSC Member \$12,  
Public Officer \$20

**Chinese Language**  
(Min 15 pax to start)

### CHAMPION

\$800 + Trophy

### 1ST RUNNER-UP

\$400 + Trophy

### 2ND RUNNER-UP

\$200 + Trophy

### REGISTRATION FEES:

CSC Member \$12,  
Public Officer \$20

## EVERGREEN CATEGORY

(40 years old and above)

**English language**  
(Min 15 pax to start)

### CHAMPION

\$800 + Trophy

### 1ST RUNNER-UP

\$400 + Trophy

### 2ND RUNNER-UP

\$200 + Trophy

### REGISTRATION FEES:

CSC Member \$12,  
Public Officer \$20

**Chinese Language**  
(Min 15 pax to start)

### CHAMPION

\$800 + Trophy

### 1ST RUNNER-UP

\$400 + Trophy

### 2ND RUNNER-UP

\$200 + Trophy

### REGISTRATION FEES:

CSC Member \$12,  
Public Officer \$20

\* English and Chinese language sub-category will be combined if there is insufficient sign-ups.

\* Participants can register for either English or Chinese sub-category but are not allowed to register for both sub-categories.

**TWO SELECTION ROUNDS PLUS VOCAL LESSONS FOR FINALISTS**

**Venue: CSC @ Tessensohn**

### Qualifying Round

**Date:** Sun, 5 Nov '17

**Time:** 12pm onwards

### Vocal Lessons for Finalists

**Date:** Fri, 17 Nov '17

**Time:** 7pm – 9pm

### Final Round

**Date:** Sat, 25 Nov '17

**Time:** 12pm onwards

### Registration Closing Date:

Fri, 27 Oct '17

**Genre:** Mandarin or English only

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

**Click here for online registration form:**

[www.csc.sg/cscsingingstar17](http://www.csc.sg/cscsingingstar17)

Official Music School:

