

fusion

ONE MEMBERSHIP, THREE CLUBHOUSES, THREE DISTINCT EXPERIENCES

SEPTEMBER-OCTOBER 2017 ISSUE



CSC RUN BY THE BAY

Find out more on page 04.

13
Singapore
Turns 52!

19
Braving the Storm
to Trikor Kelong

Civil Service Club

ORDINARY MEMBERSHIP PROMOTION

(For Public Officers)

Promotion ends 31 Oct '17

Sign up now at 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

5

Year Ordinary
Membership
\$360



Promo code: **ARB5**

Arbutus
Automatic Watch
RRP \$492

OR



Promo code: **CRN2N**

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

3

Year Ordinary
Membership
\$216



Promo code: **KGRILL**

K-Grill Infrared Grill
RRP \$299

OR



Promo code:
CBG - Gents CBL - Ladies

Claude Bernard Gents
or Ladies Watch*
RRP \$283

2

Year Ordinary
Membership
\$144



Promo code:
ACTSW

Actxa Swift
Plus Fitness
Tracker
(Grey)
RRP \$69.90

\$6

Per Month
Ordinary
Membership
(Deductable via Payroll)



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RRP \$10

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<http://www.csc.sg> 6391 5604 / 6514 6396

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.

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fusion

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CSC @ Tessensohn

60 Tessensohn Road,
Singapore 217664
Tel: 6294 8933

CSC @ Changi

2 Netheravon Road,
Singapore 508503
Tel: 6709 4709

CSC @ Bukit Batok

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



<http://www.csc.sg>



Civil Service Club



feedback@csc.sg



Dear members,

Welcome to the 2nd half of 2017. We just celebrated our biggest birthday bash, the National 52nd Birthday. What a grand birthday celebration! There was the ever-popular Red Lion parachuting display, the showcasing of the latest military hardware to commemorate the NS 50, the reassurance that our total defence is prepared against terrorist attacks and the use of technology in the entertainment segment, best showcased with the drones synchronisation display.



CSC @
CHANGI NOP
SCREENING

Civil Service Club (CSC) also celebrated this very special occasion by organising a Live Telecast at Changi Clubhouse. We had a pre-event segment from 2pm to 5pm, followed by the live telecast and with a post event segment inviting all August babies to a happy birthday cake cutting celebration! This year, we had an App-based amazing race around Changi Village for family bonding, free games booths set up by staff and bazaar stalls with food and beverages to fight the heat and hunger pangs. Participants also received complimentary goodie bags and snacks. Everyone was able to sing along and enjoy the afternoon with familiar national tunes performed live by the singer we engaged. The turnout of the participants was the best so far. Members appreciated the effort put in by the staff to make this birthday celebration a memorable one. We look forward to even more participants coming to Changi Clubhouse to celebrate the 53rd National Day in 2018. Please refer to page 13 for the details.

ACTIVITIES OVER THE PAST FEW MONTHS

Renovation & Upgrading

CSC @ Bukit Batok

Re-zoning of facilities – The newly renovated family karaoke lounge, relocated from L3-Blk B to L3-Blk C, had its official opening on 20 Aug '17. It has 5 nicely refurbished private rooms, a big electronic darts and pool table hall, a comfortable common singing area and a well-furnished private room for those

who want some peace and quiet while sipping their favourite whisky or wine. This is part of our plan to congregate the sports and entertainment segment to Blk C, and converting Blk B to a family area with F&B, art and craft, learning hub, children's indoor playground and kindergarden. The children's indoor playground and the party room will be fully renovated by the first week of Sep '17.

Swimming Pool Changing Rooms –

The renovation is in full swing and is expected to complete by mid-Nov '17. When completed, swimmers will be able to enjoy a full glass shower cubicle with rain shower and matching interiors throughout the bathroom. Even the walkway leading to the changing rooms will be refreshed with natural landscaping which culminates in a waterfall feature on one side of the walkway. We hope to provide swimmers with a complete therapeutic experience from their time in the pools even till they arrive in the changing room. Page 28 showcases some artistic details of the changing rooms.

CSC @ Changi

The bag drop-off and pick-up shelter for chalet occupants was completed as scheduled. This will enable occupants to load and unload their things for their stay without being impacted by the weather.

CSC @ Tessensohn

The tender to upgrade the façade of the Clubhouse was closed on 17 Aug '17 and the evaluation committee will be evaluating the submissions. We are looking forward to some exciting proposals to transform the look and feel of the Clubhouse façade. As this is a major project, the renovation work will take between 8 to 10 months to complete. We will do it in phases so that inconvenience caused to our members will be minimised. Members will be progressively updated on the renovation work.

Social Activities

National Day Wine & Dine – This event had 437 family members, public service officers and friends bonding to celebrate National Day at Qian Xi Restaurant, Tessensohn, on 4 Aug '17. The door gift was a customised wine glass. The pre-event booths featured kampong games such as marbles and five stones. The event was a roaring success as the participants filled the ballroom with

National Day songs like Home, Stand Up for Singapore and Count on Me Singapore.

Mantin Tour – The Club recently introduced a new tour programme to Mantin, a town in Seremban District, Negri Sembilan. 24 members and public officers ventured for this tour and we received many positive feedbacks from them. The itinerary included accommodation in a lake view villa, set in a deep forest, surrounded by nature. Highlights included mountain climbing, visits to animal farms, bird sanctuary and vegetable farm. This is truly a beautiful getaway for those who are looking for tranquillity and serenity from the city life. Do check out the next Mantin Tour scheduled on 7 and 8 Oct '17.



WEDDING
SHOWCASE
AT CSC @
CHANGI

Wedding Showcase at CSC @ Changi –

In our continual effort to provide more varied activities, we partnered an event organiser to stage a wedding showcase at CSC @ Changi on the 29 Jul '17. We were surprised by the big turnout of members and public service officers. A number of wedding deals were done. Besides the bridal companies, there were fashion shows of wedding gowns, live entertainment and delicious food and creative beverages. CSC @ Changi is definitely a unique sea-fronting wedding venue. We look forward to more of such partnerships with event organisers who can showcase interesting events to the Club.

Sports Activities

Beach Activities – We are expanding the range of beach related sporting activities for our public service officers. We started last year with only Beach Volley Ball and Captain's Ball. This year, we even included Frisbees as a competitive event. All these activities were held at Diamond Silosa Beach in Sentosa on 1 Jul '17. It was heartening to see an increase in the number of participants, many of whom were in their 20s' and 30s'.

Healthy Lifestyle Walk – Besides organising the 37 STAR games for public service officers, the Club also organises

“

I wish all members and their families a blessed Hari Raya Haji and Happy Deepavali.



Charlie Ng
General Manager, CSC

about 12 healthy lifestyle walks (HLW), annually. These monthly walks are organised in the various scenic parks of Singapore. The HLW held at Tampines ECO Green Park on 28 Jul '17, was a good example. Besides providing all the organisational support, a lucky draw was held for all the participants who completed the walk. We look forward to more Government Ministries and Statutory Boards coming forward to plan their monthly healthy lifestyle activities for their staff to coincide with that organised by the Club.

OVER THE NEXT FEW MONTHS

Renovation & Upgrading

Clubhouse Signage – The information and direction signage of CSC @ Bukit Batok will be refreshed to enhance the experience of our members when they visit the Clubhouse. Most of the signages will be lighted and will include all the latest locations of our tenants and facilities. The new signage will be installed by Oct '17.

Social Activities

CSC @ Bukit Batok's 10th Anniversary Celebration – Come 9 Sep '17, CSC @ Bukit Batok will be celebrating her 10th Anniversary. There will be an open house at the Clubhouse and all are welcome. Goodie bags will be given to all members (while stocks last). Free snacks and beverages such as ice-cream, Nescafe coffee, kacang puteh and mocktail drinks will be offered to all members when they redeem their redemption coupons. Visitors will be treated to an array of activities for both the young and old such as a cooking demonstration, Lego competition, water tele-match, Boogie Bounce, interactive GPS Amazing Race, children's colouring contest and balloon sculpting. Even shoulder massages will be provided free for members after a day of shopping and participating in the activities. Of course, there will be a lucky draw for the participants. The Open House commences at 9am and ends at 4pm. So, keep your 9 Sep free and bring your family to CSC @ Bukit Batok for a fun-filled day bonding with them and partake in the activities that we have arranged for you.

Mid-Autumn Celebration – This year, the Mid-Autumn celebration will be held at CSC @ Bukit Batok on 5 Oct '17. All members are welcome to bring

their family members to join in the celebration. The Club has also partnered Princess Elizabeth Primary School to present a Mid-Autumn centric cultural show. Also, as part of the Club's CSR programme, we have invited the residents of the Bukit Batok Home of the Aged to share in the activities. The programme includes performances by the school, entertainment provided by the Club, package dinner, mooncake eating, Pomelo peeling competition and a lantern walk around the Clubhouse. Please refer to page 06 for the details.

Beer Night @ Tessensohn & Changi

– Make a date at CSC @ Tessensohn on 6 Oct '17 for an enjoyable evening of free flow of beer, delicious food platter, great music and a lucky draw.



For members and public service officers staying in the EAST, fret not! CSC @ Changi is also organising a Beer Night on 28 Oct '17. There will be a sumptuous buffet spread of pork knuckles, sausages, pork loin and many more! There will also be an hour of free flow beer. Check out the details on page 07 & 08.

Sports Activities

Run By The Bay – Run By the Bay will be held on 1 Oct '17. It will start and end at the newly refurbished Marina Barrage. Besides the interesting sponsored items in the goodie bag, all participants will receive a Mizuno singlet, race bibs and finisher medal. 21 km runners in individual and Ekiden events will also receive an exclusive Mizuno finisher's t-shirt on completion of their race. There will be entertainment, fringe activities, free massage corner and bazaar booths. **Register now to participate in this fun and competitive event, be it individually, under your Ministry/Stat Board or with your family.** Please refer to page 04 for more details.

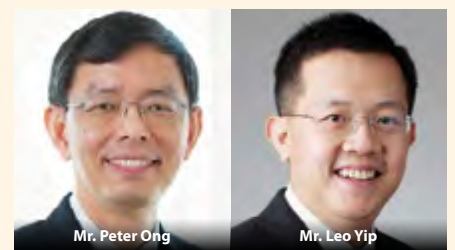
City 60 – Bike-Run Challenge – This year, the Duathlon will be shifted from East Coast Park to the city. Participants will have the opportunity to enjoy the city skyline and iconic buildings

when they run or cycle past them. The Club is the main title sponsor for this event. The public service officers get a discount for their participation. They can compete among themselves in the Public Service Category or in the open category. **The Club is looking forward to more public service officers participating in this event, especially those from the uniform groups.** Please refer to page 05 for more details.

Sports Seminar on STAR Games – The Club is organising a Public Service Sports Seminar at CSC @ Tessensohn on 27 Oct '17 from 2pm to 6pm. This will be followed by a buffet dinner. The intent is to assemble all the Sports Liaison Officers and sports activists to discuss on how to move the STAR games to the next lap and the challenges that they have encountered. There will be keynote speakers sharing their experience, workshops to gather feedback and a panel discussion to round off the seminar.

DID YOU KNOW

Membership Portal – The Club has enhanced the membership portal with the inclusion of the membership auto password system. Members will be able to reset their password online and proceed to book the Club facilities, membership renewal and apply for supplementary card.



Change of Club President – The Club would like to record a word of thanks and appreciation to the outgoing Club President Mr. Peter Ong, for his leadership, guidance and active participation in the various Club events. We wish him the very best in his future posting as he steps down as Head Civil Service effective 1 Sept '17. We take this opportunity to welcome Mr. Leo Yip, the new Head of Civil Service and President of Civil Service Club. We look forward to his guidance and support of the Club.

With that, I wish all members and their families a blessed Hari Raya Haji and Happy Deepavali.



A FRESH NEW SPORTING CHALLENGE IN TOWN!



There are events for everyone, whether you are a competitive or recreational runner. The routes, passing by Gardens By The Bay, will offer runners an enjoyable experience and a spectacular view of Singapore's scenic waterfront.

The CSC Run By The Bay 2017 comprises the Public Service Category and Open Category. Preferential rates are extended to officers working in government agencies and Civil Service Club members.

Please contact your Sports Liaison Officers if you wish to represent your agency in

Sunday, 1 Oct '17 at the Marina Barrage

team events. For recreational runners, they can sign up for the non-competitive 5km Fun Run or the 1km Parent & Kid Dash.

Runners' entitlements includes Mizuno singlet, race bibs, finishers' medals and sponsored items. 21km runners in individual and Ekiden events can look forward to receiving exclusive Mizuno finisher's t-shirt on completion of their races. Don't forget to take part in the novelty events and stand a chance to walk away with prizes. A lucky runner will walk away with the top lucky draw prize of a Garmin GPS Watch.

Register now at www.cscrun.com to avoid disappointment!

The CSC Run By The Bay comprises the following races:

PUBLIC SERVICE CATEGORY	OPEN CATEGORY
21KM Men	21KM Men
21KM Women	21KM Women
10KM Men (Individual / Team of 4)	10KM Men
10KM Men's Senior (Individual / Team of 4)	10KM Women
10KM Men's Active Agers (Individual / Team of 4)	21KM Ekiden Men (Team of 3)
Women 10KM (Individual / Team of 4)	21KM Ekiden Women (Team of 3)
10KM Women's Senior (Individual / Team of 4)	5km Fun Run
21KM Ekiden Men (Team of 3)	1km Parent & Kid Dash
21KM Ekiden Women (Team of 3)	
5km Fun Run	
1km Parent & Kid Dash	





city60

SINGAPORE
BIKE-RUN CHALLENGE



Thinking forward and giving a taste of what SG60 could look like with more car-free streets and cycle lanes, the City60 Bike-Run Challenge, taking place on 15 Oct '17, is the latest addition to the Singapore sporting scene.

With its main venue, start and finish line at the Singapore Sports Hub, the event is a modern and more inclusive version of what has been traditionally called a duathlon. Organised by MetaSport, the City60 Bike-Run Challenge, offers runners, cyclists, general exercisers and complete newbies a unique opportunity to experience multi-sport.

The race format consists of a run, followed by a bike ride and topped off by a second run. Four race distances are on offer; the City60, City30, City15 and City6. The number represents the total number of kilometers that participants run and cycle for each of the race distances. The City30, for example, is a 3.5km run followed by a 23km bike ride and another 3.5km run. Participants can do it alone or as part of a team relay of two or three members.

Athletes are treated to a high-quality bike course on totally closed roads. The bike ride course is designed to be safe and fast, taking place on a 11km circuit overseeing the city skyline. The first and second run follow the same route, allowing athletes to strategise and giving team mates the opportunity to compare times.

The Civil Service Club, loyal to its vision and mission of promoting a healthy lifestyle, has taken up the title sponsorship of the event. As part of the CSC contribution to the event, public officers and CSC members enjoy a 20% discount off their race entry and are ranked in a dedicated Public Service category. Teams of three showing their mettle on the City60 distance will be in contention for CSC Star Games points.



Registration is open for the event at www.city60bikerun.com and aspiring participants are encouraged to sign up before the prices go up on the 13 Sep '17.

"The Civil Service Club has been actively organising major sporting events for public officers since its inception, so we are thrilled to be the title sponsor of this new exciting event" said Charlie Ng, General Manager of Civil Service Club.

Unlike other multi-sport events in Singapore that rank participants by age groups and reserve the shortest distances for the younger ages, the CSC City60 Bike-Run Challenge offers an entry-level distance for adults with little fitness base. Adults, as well as

kids, can register for the City6, allowing family members and friends of different generations to share the same start line, bike and run experience.

To celebrate the launch of this new event, athletes are treated to generous perks and goodies, including a limited-edition t-shirt, bag and water bottle. Public officers can also enjoy two free training clinics by multi-sport market leader MetaSport. Event merchandise is also available in the form of hats and cycling jerseys.

EVENT

DISTANCE

City60

7km Run + 46km Bike + 7km Run

City30

3.5km Run + 23km Bike + 3.5km Run

City15

2km Run + 11km Bike + 2km Run

City6

750m Run + 4.5km Bike + 750m Run

For more details and registration, visit: www.city60bikerun.com

what's happening

MID AUTUMN

FESTIVAL CELEBRATION

THURSDAY, 5 OCT '17

AT CSC @ BUKIT BATOK



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

Register By: 22 Sep '17



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DENTAL PACKAGES

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Inclusive of:

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- * 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

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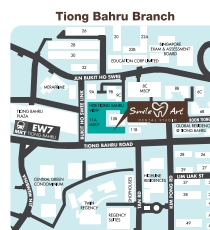
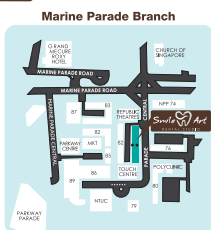
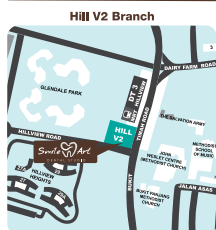
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(Next to Buangkok MRT station)
email: smileartsbk@gmail.com
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HillV2 Branch Tel: 6354 0111
4 Hillview Rise #02-15 HillV2 S667979
email: smileartshillview@gmail.com
Mon, Tue, Thurs: 9am - 9pm
Wed, Fri,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



Scan this QR Code to visit our website
www.smilearts.com.sg



FREE-FLOW BEER NIGHT

AT CSC @ TESSENSOHN

Plan a Friday night out with family and friends. Make a date at Tessensohn Club on Friday 6 Oct '17 for an enjoyable evening of good food, free-flow beer, Live Band performances and great music with lucky draw prizes to be won. Why wait? Register now!

Date: Friday, 6 Oct '17

Time: 7pm – 9pm

Fees: Member \$28, Public Officer \$38, Member's Guest \$45

Package for 4 pax: Members \$112, Public Officer \$152, Guest \$180

Venue: CSC @ Tessensohn

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

Register By: 25 Sep '17

ENJOY
**2HRS FREE-FLOW
BEER**
ONLY \$28 NETT
PER MEMBER

Purchase a package for 4 pax
& receive a complimentary
Food Platter!

Photos used are for illustration purpose only.

TEAM UP WITH US

At CSC, we're all about building bonds.

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

**FROM PLANNING TO EXECUTION,
WE DO IT ALL.**

ORGANISE

Organise and execute the event on site.

Take care of logistics.

LOGISTIC

DEVELOP

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

**AND WE OFFER
A WIDE RANGE OF
EVENTS THAT CATERS
TO DIFFERENT
INTERESTS:**

- GPS Amazing Race App Game
- LEGO challenges
- Hands-on cooking class or cooking demonstrations
- Enrichment workshops
 - Fitness classes
 - Nature walks
- Water-telematches

Contact Samantha at 6391 5613 or samanthachin@csc.sg to kick off your next team-building experience!



what's happening

IN-HOUSE MOVIE TREATS

Watch your favourite movie for FREE at the newly renovated auditorium at the Tessensohn Clubhouse!

We will be playing different blockbusters monthly. Be sure to go to 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.

Disney's The Jungle Book*

Date: Friday, 29 Sep '17

Time: 7pm

Disney's Beauty and the Beast*

Date: Friday, 24 Nov '17

Time: 7pm

Fantastic Beasts and where to find them*

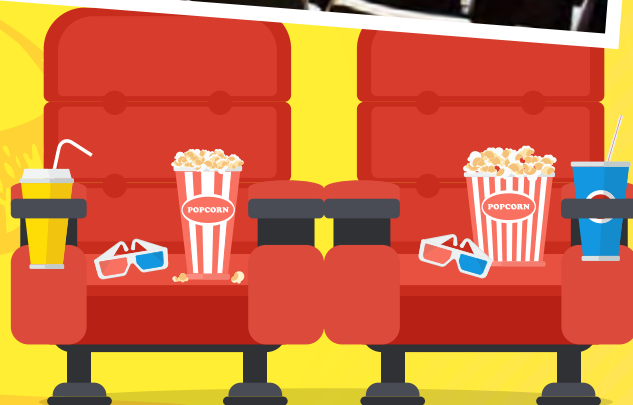
Date: Friday, 20 Oct '17

Time: 7pm

For all the above screenings:

Venue: CSC @ Tessensohn Auditorium

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



THE CHANGI PARTY BEER•FOOD•MUSIC

Buffet spread featuring pork knuckles, sausages, pork loin etc till 10pm! 1-hour free flow Carlsberg Beer (commence upon entry)

Date: Saturday, 28 Oct '17

Time: 6pm till late

Fees:

	Early Bird (purchase before 28 Sep '17)	Fees	Special Bundle Deal (4 tickets)
CSC Member	\$45	\$55	\$200
Non-Member	\$60	\$65	-

Venue: Meyer House Courtyard at CSC @ Changi
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg

Sale of beer* available after free flow timing:
Carlsberg \$5++, Blanc/Asahi/Somersby \$8++,
Brooklyn Craft Beer \$11++

*Prices of beers on sale are per 300ml.





MOVIE TREATS

PRESENT TO YOU BY CSC

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

Thor Ragnarok



Imprisoned, the mighty Thor finds himself in a lethal gladiatorial contest against the Hulk, his former ally. Thor must fight for survival and race against time to prevent the all-powerful Hela from destroying his home and the Asgardian civilization.

2 Nov '17 (Thu)
Time: 6.30pm (TBC)
Shaw Lido
Register by: 19 Oct '17

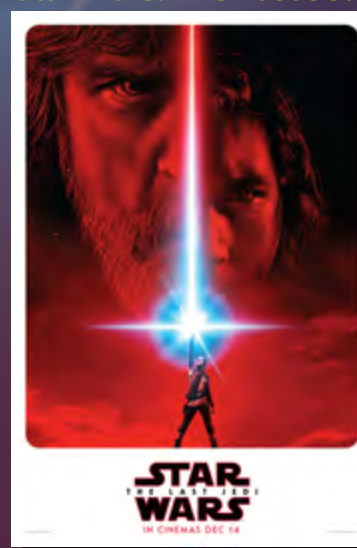
Justice League



Months after the events of *Batman v Superman: Dawn of Justice* and inspired by Superman's apparent sacrifice for humanity, Bruce Wayne and Diana Prince assemble a team of meta-humans consisting of Barry Allen, Arthur Curry, and Victor Stone to face the catastrophic threat of Steppenwolf and his army of Parademons who are on the hunt for three Mother Boxes on Earth.

23 Nov '17 (Thu)
Time: 6.30pm (TBC)
Shaw Lido
Register By: 9 Nov '17

Star Wars: The Last Jedi



Having taken her first steps into a larger world in *Star Wars: The Force Awakens* (2015), Rey continues her epic journey with Finn, Poe and Luke Skywalker in the next chapter of the saga.

21 Dec '17 (Thu)
Time: 6.30pm (TBC)
Shaw Lido
Register By: 7 Dec '17

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

FEES:

- **CSC Main Card Holder \$10 for 2 movie tickets, \$20 for 4 movie tickets**
- **Public Officer/Guest \$8.50 per ticket**
- Each CSC main card holder is entitled to 1 pair of movie tickets and/or 1 set of 4 movie tickets for the same movie. CSC main card holder can purchase additional tickets at \$8.50 each.
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HOW TO PARTICIPATE:

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

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Min \$300 spend. Expiry: 30 June 18

More Details: www.foodline.sg/deals

*This promotions above starts from 28 Aug '17



CSC SINGING STAR 2017



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(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

Official Music School:



A TOAST TO THE NATION



On the evening of 4 Aug '17, CSC @ Tessensohn was awash with red and white as 440 members and guests packed the Diamond Ballroom for the CSC National Day Wine & Dine. This year's theme was "Back to the 60s" and early birds were treated to a fun photo booth and pre-event games which included chatek and five stones. Up for grabs were special National Day badges, mini-flags and kachang puteh. Participants received a wine glass as door gift. Each table also received a selection of five different wines specially handpicked for the event.

As the Ballroom filled up, the event kicked off with a cake-cutting ceremony to mark the nation's 52nd birthday. All August babies were invited up on stage to join Mr Charlie Ng, General Manager of CSC, in blowing out the candles and singing Happy Birthday. As a special birthday surprise, they each received a present in honour of the occasion.

Amidst the singing, laughter, cheers and shouts of "yum seng", mouth-watering aromas filled the air as Qian Xi Restaurant brought out course after course of delicious Chinese fare. "The food is good. CSC has a good standard. It's something different compared to what you get outside," said Indira Devi.

Her friend and CSC member, Shinder Kaur, agrees. "I book CSC events quarterly to catch up with friends. It's very entertaining. I like the cohesive atmosphere. The pre-games segment also brought back memories."

Throughout the evening, the MC drew laughs from the crowd with banter and a variety of stage games.

Catherine Yeo, who was part of the winning charades team, said, "I've been coming here for the past few years. It's value for money. I always make it a point to join in the games."

The event also featured Suzie Wong and her entourage who took to the stage belting out popular 60s songs in line with the theme. As the evening drew to a close, everyone sang their loudest and hardest when National Day favourites were aired, and readily cheered on the winners of the lucky draw.

"For me, the highlight of the evening was the National Day songs. It felt good to sing along with everyone and you feel very patriotic," said Shen Yen Ek, who was also the lucky draw's top prize winner of a \$200 Qian Xi voucher. "I didn't expect to win. I'm very happy. I'll be using the prize to treat my MOM colleagues."



“

"We booked three tables and are celebrating five birthdays as an extended family. We come every year. The people are warm and genuine. We love it here!"

- Constance Tan, CSC member



- 01 Celebrating as one big extended family
- 02 One of the many toasts of the evening
- 03 Fun and laughter during the stage games
- 04 August babies celebrating their birthdays and National Day together
- 05 Suzie Wong delighting the crowd with classics from the 60s

SINGAPORE TURNS 52!

On 9 August, CSC Changi transformed into a carnival as we celebrated the nation's 52nd birthday with members and guests at the NDP Screening & Picnic.

Game booths, bazaar stalls and bouncy castles sprung up across the lawn as participants streamed in dressed in red and white. The adventurous groups joined in the Amazing Race GPS Challenge which saw family teams speeding around Changi Village to complete various challenges.

Back at the Club, the party was revving up. Laughter and screams filled the air as youngsters jumped and spun about the bouncy castles. The game stalls also proved to be a hit, as the crowd tried their hand at mini-golf, darts and shooting games, with many happily clutching prizes like soft toys and traditional games and snacks. "We enjoyed the game booths, my kids played the bowling and shooting games, and they get to mingle," said Raimah Sani from the Ministry of Education.

The crowd browsed the bazaar stalls packed with an array of health products, accessories, snacks, BBQ food and durians, while they snacked on complimentary kacang puteh and ice-cream. Meanwhile, Christiane Mikaela entertained them

with her melodic renditions of local and pop favourites as the emcee hosted stage games and a series of Pixar's short films was screened on the side.

But of course, the highlight of the day was the screening of the National Day Parade. When evening came, the game booths were taken down and quickly replaced with picnic mats. Early birds who pre-ordered their picnic baskets, received a basket filled with tasty goodies which they tucked into as they enjoyed the Parade.

The crowd got into the swing of things, singing and waving their flags in solidarity with fellow Singaporeans at the Marina Bay Floating Platform. "It's a nice atmosphere here, celebrating National Day with everyone here, instead of staying at home," said Peter Ho, who was there with his wife and daughter.

While fireworks signalled the close of the Parade, the celebrations continued at the Club as we marked all August birthdays with cake and presents as the crowd sang "Happy Birthday". The event wrapped with a lucky draw, which saw Raminah Selamat walking away with the top prize of a one-night stay at CSC Changi chalet.

For third-time participant Daniel Toh, it was indeed a day well-spent for him and his family. "We joined the GPS Challenge earlier on and had a nice family bonding time. The event keeps improving every year. This year they added new things like the game booths and picnic basket. We get to enjoy our dinner as we watch the parade. It's fantastic!"



03



02



04



01



05

- 01 Trying their hardest for a prize
- 02 Reciting our pledge with pride
- 03 Crowds surrounding the games booths

- 04 Enjoying the picnic and the parade
- 05 Celebrating all August birthdays

CSC HEALTHY LIFESTYLE WALK @ TAMPINES ECO GREEN



Over 110 officers from CPF Board, HDB, MOE, MUIS (MCCY), Sport SG and PA took part in the CSC Healthy Lifestyle Walk @ Tampines Eco Green held on 28 Jul '17. Organised by the Civil Service Club, the regular Healthy Lifestyle Walks is part of an ongoing programme to encourage public officers to stay active and healthy.

After a half-hour warm-up at the Pasir Ris Sports and Recreation Centre, they were flagged off by Guest-of-Honour and CSC Honorary Treasurer Mr Wee Tee Heng. Reaching Tampines Eco Green after a short walk, they were

greeted by the wealth of biodiversity as they passed by different species of trees, plants and freshwater wetlands. On completion of the walk, participants received a fun pack each and took part in a lucky draw.

Ms Mukminah Abdul Razak, who joined the walk with her colleagues from MUIS, said that the CSC Walk was not only an opportunity to exercise but also a great way to interact and network with staff from the other government agencies. A regular participant in such Healthy Lifestyle Walks, Ms Mukminah has taken part

in such walks with community groups like Orange Ribbon (Race Against Racism) and Mercy Relief Ground Zero walk, carrying a 5kg load!

And the best part of the Tampines Eco Green Walk? Winning the 2nd prize lucky draw! "I was happy for my luck and will spend the cash prize to treat my colleagues who participated in the walk," said Ms Mukminah.

The Club would like to thank ActiveSG of Sport Singapore for supporting the event.



HEALTHY LIFESTYLE WALK ALONG THE SENTOSA BEACH

The breeze and sandy shores of Siloso Beach in Sentosa was the setting for some 100 public officers who took part in the CSC Healthy Lifestyle Walk on Saturday, 1 Jul '17. The event, held in conjunction with the Public Service Beach Games, aims to promote a healthy lifestyle as well as to foster interaction amongst the public officers.

Dressed in their leisurely walking gear, participants from CPF Board, HDB, MTI, MOT, PA, MCI and MOE did a half-hour warm-up session before being flagged off by Mr Jerry Lim, CSC Executive Committee Member. They embarked for the walk which took them through the Mount Imbiah Trail and along the beaches before ending at the finishing point.

Ms Diana Kwok Pui Chun, said she joined in the walk as she wanted to explore Sentosa on foot and find out about the interesting spots there.

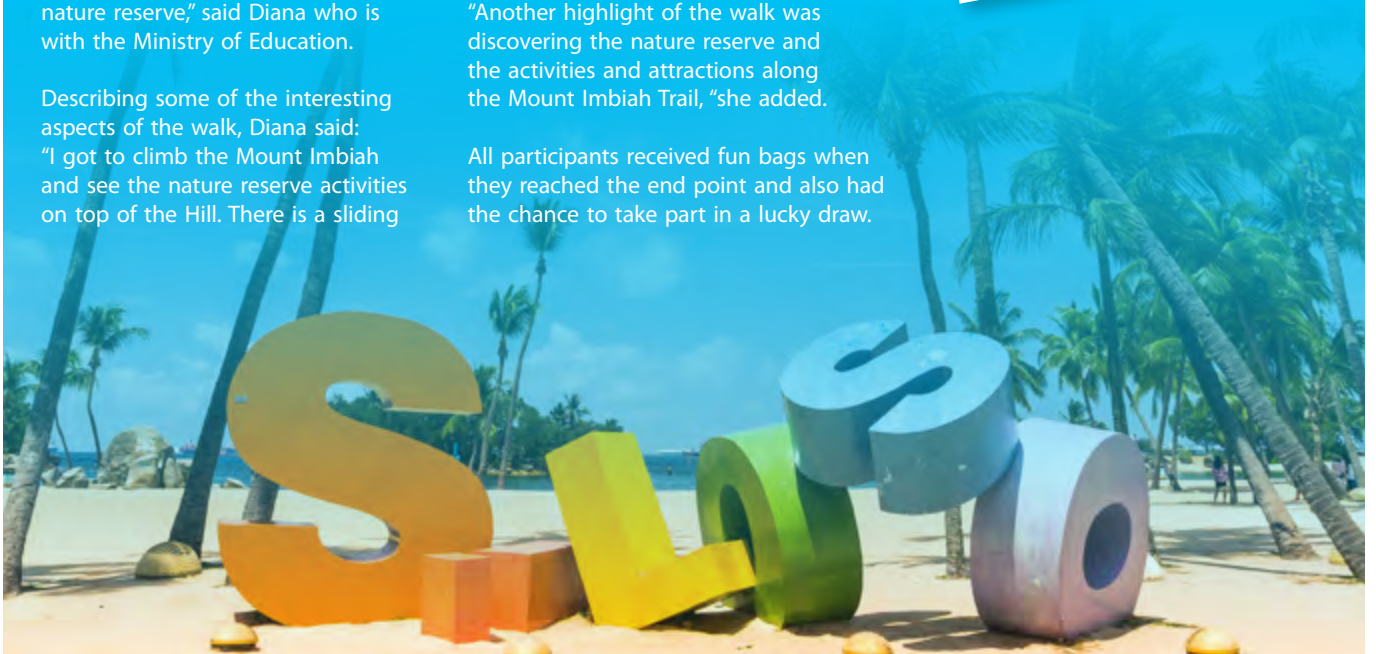
"I needed the exercise and it would be safer to walk in an organised group especially when we are climbing up the Sentosa Hill where there is small nature reserve," said Diana who is with the Ministry of Education.

Describing some of the interesting aspects of the walk, Diana said: "I got to climb the Mount Imbiah and see the nature reserve activities on top of the Hill. There is a sliding

stationed for able bodied individuals to slide down the hill. I am grateful for the volunteers who station themselves at various checkpoints to facilitate the walk. We got lost at the foot of the hill as there were many activities and attractions at the base. However, we managed to find our way back to the starting point where the tentage was".

"Another highlight of the walk was discovering the nature reserve and the activities and attractions along the Mount Imbiah Trail," she added.

All participants received fun bags when they reached the end point and also had the chance to take part in a lucky draw.



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RUNNING CLUB: FEATURING OUR MEMBERS



In this issue of the Fusion magazine, we take the opportunity to feature two of our Running Club members. One of them is the founding member of the Running Club, Paul Chan and the other is our current president, Abraham Chan. Both of them share a passion in running, which was the key reason that drove them to set up the Club and participate in the club's running activities regularly. We got them to share more about themselves...



Paul Chan leads an active lifestyle

Paul Chan is the immediate past president of the Civil Service Club (CSC) Running Club and the current president of CSC Cycling Club. He actively juggles between organising and leading various activities for the two clubs. 58-years-old Paul does not look his age as he leads an active lifestyle and would be a good role model in our initiative to promote active aging. We asked him how he got started in becoming the founding president of the CSC Running Club. It all started in 2009 when he would cycle around Changi Village and would often visit the CSC Changi Clubhouse. This was noticed by the then Sports Executive who approached him to organise regular Saturday morning runs so as to get more people to use the CSC Changi Clubhouse. Without hesitation, Paul started organising regular Saturday morning runs, hence the birth of the CSC Running Club. Initially, the runs were organised on every first Saturday of the month but has now extended to the first and third Saturdays of each month.

When asked about his running experiences, Paul shared that he is also a member of the running club in his workplace, the Housing and Development Board (HDB). To date, he has completed 16 full marathons and one 84 kilometres ultra-marathon. He further shared that running has made him physically fit and mentally alert and in developing him to be more determined in his work life and as a person.

Abraham, who has been a member of the CSC Running Club for four years, became the club's president in 2016. He started on running to stay healthy and joined the club to run with others who enjoyed running too. He added that since joining the club, he has made many friends and had fun being with them.

Both Paul and Abraham shared the many benefits Running Club membership offers. First, the CSC Running Club provides a supporting environment with both good and casual runners. Beginners and new

members can start off by casual walking before progressing to running with some of our faster runners. Secondly, there is always fun and laughter in the Saturday runs through interaction with others besides participation in other activities such as CSC mass events, overseas trips, chalet stays and barbecues. Thirdly, the CSC is very generous in supporting the Running Club by sponsoring active members in participation of local running events. In addition, reimbursement for breakfast is provided after every one of their regular Saturday runs.

Finally, when asked about their tips on running, Paul shared that for marathon training, one needs to train at least three to four months before the actual marathon event to clock in enough weekly mileage. Personally, he thinks the weekly mileage should at least be 60 kilometres. Abraham, a more casual runner, often shares quotes on running. For example- "Life is better in running shoes". He often shares these quotes through his regular emails to members. To get more of these inspiring or funny quotes from him, join the CSC Running Club!



Abraham (extreme left) at the Public Service Sports and Family Day 2017

To find out more, you can contact the CSC main office or enquire at any of its service counters in either Tessensohn or Changi Clubhouses.

CIVIL SERVICE CLUB
CYCLING CLUB

NEWS



NEWS

Leisurely Sentosa, Mt Faber, Labrador!

8 Jul '17

There remains much for us, the cyclists, to discover and re-discover in Singapore! This leisurely ride helped us to touch base with the history of Labrador, the almost legendary Long Ya Men (龙牙门), our container port and the continual development of this port area for leisure and luxury living. Rejoice, as we ride into Sentosa once more. It's familiar and yet always refreshing!



Cyclists turned tourists -
stopping by the replica rock of
Long Ya Men (龙牙门)



Fairyland time at Sentosa

Sizzling Joint BBQ
Time-off cycling! Time-off running!

5 Aug '17

Members of Cycling Club and Running Club held a joint BBQ on 5 Aug '17 at Villa at Changi Clubhouse. It was a privilege to enjoy this luxurious unit at CSC Changi. It was an opportunity for members to get to know our fellow members - thanks to Pui Leong's "Get to Know Members" game. Thanks to Jasmine and Shihua for manning the BBQ stove and grill the combo platter of seafood, chicken, otak and many other delights for our flavourful dinner. There was plenty of food and we ate to our heart's content.



Many thanks to our chefs of the day

Membership Benefits

Club members enjoy the friendship of our fellow members. In addition, membership with CSC Cycling Club comes with a host of benefits.

Regular local rides	Participating members get a token of \$3 for refreshments
Regional rides (Malaysia & Indonesia)	Funding for support and safety vehicles
Designated Overseas rides (e.g. Taiwan)	Sponsorship of cycling jersey and shorts
CSC Run By The Bay	CSC sponsor the participation fee capped at \$50 for active members

CSC reserves the right to change the sponsorships and fundings. Members must fulfill the required criteria.



Check out our Facebook page for our rides and other information
<https://www.facebook.com/CSCcycling/>





Sunshine day at Trikora Kelong – a day after the storm

Braving the Storm to Trikora Kelong

27 – 28 May '17

By Ooi Su Cheok

The meteorologist got it right for this day - sunshine and thunderstorm, all within a day in Bintan. This had been predicted in the days ahead of this trip. It was humid and sunny when we arrived at the ferry terminal and jabbed by heavy raindrops the next moment. It was no holds barred once we decided to enjoy the thrill of the storm, with bikes splashing through puddles and even fending off the waves of passing vehicles – and warm water from the road! This turned out to be a bonus of bike wash! Fear not, we kept going to reach our destination.

Biking challenges aside, some of us came on this trip for the seafood feast in mind. The thought of plain steamed flower crabs plus freshly prepared fruit juice at Alim Seafood Restaurant in Tanjung Pinang, was worth looking forward to. The succulent white meat of the flower crab with its carapace (shell) packed with roe was an exquisite treat that was a fitting finale of our trip. We'll be back for more! (*Granted, we have to accept whatever is available in Bintan like the "Bintan mee rebus"- instant noodle with an egg!*).

This Bintan ride was not the first for many fellow CSC participants. Familiar scenes flew by. This is the power of the human memory in recollecting our experiences without relying on electronic technology. "Shagged! How many hills are there?" our new Bintan riders asked after accomplishing the first uphill. It's countless and we're in Bintan to roll along the hills! It's simply mechanics: conservation of energy, momentum, and work done ... these are the stuff we learnt in school. Thanks to



education! We just needed to fit the theory into practice. Build our momentum downhill for the following uphill! Conserve kinetic energy as gravitational potential energy! We just needed to visualise our simple mechanics right and we were on our way to Trikora Kelong. We enjoyed the rolling hills of Bintan (simply mechanics!) We certainly enjoyed the seafood and the company of fellow CSC riders with our common objective on this ride. Together, we braved the storm to ride to Trikora Kelong.



Yummy Seafood!

SPORTS NEWS

PUBLIC SERVICE BEACH GAMES 2017

BEACH CAPTAIN'S BALL TOURNAMENT

1 JULY 2017

It was fun and laughter as teams from the various Public Service sectors pitted their skills to out run each other in the Public Service Beach Captain's Ball tournament, which was held at the Siloso Beach in Sentosa on 1 Jul '17, with team from Ministry of Environment and Water Resources emerging Champions.

"Our winning strategy was good teamwork and coordination as well as understanding and analyzing how other

teams play the game and their tactics," said winning team captain Melissa Tay, from PUB.

"The team also tried to train at least twice a week, whenever possible, to prepare for the tournament. Training was concentrated more on the basics such as footwork and ball passing etc to minimize unnecessary turnovers," she added. Another plus point was that the team players knew each other and have played together for various tournaments and everyone had some background in playing netball, making it easy for team coordination," she said.

Describing some of the highlights of the tournament, Melissa said: "In the beginning we had a 50:50 percent chance of winning as we knew one of the MOE team was strong and we lost to them by 1 point in the 1st round of game. But when we met again in the finals and won, it was real joy and relief."

Players from all the winning teams received cash prizes and medals from Mr Jerry Lim, CSC Exco Member who was the Guest of Honour.



RESULTS

Champion:	Ministry of the Environment and Water Resources (1)
1st Runner-Up:	Sport Singapore (2)
2nd Runner-Up:	Ministry of Education (1)
3rd Runner-Up:	Sport Singapore (1)



MTI LIFTS CHAMPIONSHIP TROPHY IN BEACH FRISBEE TOURNAMENT

1 July 2017

It was fun time for men and women from the various government agencies as they gathered together for the Public Service Beach Mixed Frisbee Tournament held

at Siloso Beach, Sentosa, on 1 Jul '17. And, tossing the Frisbee was no big deal for team from the Ministry of Trade & Industry (MTI) as they walked away with the 2017 Championship Trophy.

Team player Yap Cheng Boon from MTI, highlighted the strategies the team members took to make sure victory on their side. "The key strategy was to have defined roles that played to each member's strengths. For instance, some team members focused on defence and intercepting opponents' passes, while the more seasoned players took on more offensive positions and helped to charge for the score line," he said.

Although the team trained on an ad hoc basis due to work commitments, the team was able to bring good chemistry and strong communication to the game as most of the members in the team work very closely in their daily jobs," said Cheng Boon.

The team was also confident of carrying the championship trophy as they had good team captains who gave clear roles and drilled them in both offensive and defensive strategies, he said.

Though he was elated at winning the competition, the highlight of the event for Cheng Boon was building camaraderie and bonding between competing teams. "The most unforgettable moments were team huddles between competing teams at the end of each match. It really helped all players to put friendship above the competition, and adds a lot meaning to the games," he said.

RESULTS

Champion:	Ministry of Trade & Industry
1st Runner-Up:	Sport Singapore
2nd Runner-Up:	Monetary Authority of Singapore (1)
3rd Runner-Up:	Monetary Authority of Singapore (2)



HOME TEAMS MAKE SWEEPING VICTORY IN BEACH VOLLEYBALL TOURNAMENT 2017

1 JULY 2017



With a strong presence of 10 teams, including 3 women's team, Ministry of Home Affairs (MHA) swept to victory in the Public Service Beach Volleyball tournament, held at the Siloso Beach in Sentosa on 1 Jul '17. Besides being crowned the Overall Champions, the Home Teams also took the 1st and 2nd Runners Up spots in the Men's Open category. MHA's women's forces were not to be outdone, taking the 1st and 2nd runners up position in the Women's category.

This is not the first time that MHA has won the title. "MHA has been the overall champion since 2009 till date", said INSP Edwin Yeo, team Captain (MHA1). "It is due to the unwavering support from Home Team Sports and Recreation Association (HTSRA), Police Sports Association (PSA) and the dedication of

the players that contributed to the teams' success", he added.

Kudos too go to the women's team from Ministry of Education (MOE) for winning the Overall Championship title in the Women's Open category. What made their victory much sweeter was the fact that it was the only women's team from MOE which had participated in the tournament. This is the 3rd consecutive year that MOE has emerged Champion for Women's category in the Public Service Beach Volleyball Tournament. "This year's semi-finals and finals were determined by a 1-set game, so it was a tough battle. We were determined to emerge victorious again, said team captain Sharon Teo Teng Lai @ Nadine Teo. "It's all about teamwork, said team mate Ng Hui Min.



"I had an awesome captain and teammates who never let me forget that at the end of the day, we don't just play to win, we must have fun playing the game we love", added Bai Yi Rang.

RESULTS

Women's Open

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

Men's Open

Champion: Ministry of Home Affairs (1)
1st Runner-Up: Ministry of Home Affairs (4)
2nd Runner-Up: Ministry of Home Affairs (3)
3rd Runner-Up: Ministry of Defence (1)

Overall Position

Overall Champion: Ministry of Home Affairs
2nd Position: Ministry of Education
Joint 3rd Position: People's Association
Ministry of Defence

Guest of Honour at the event was Mr Jerry Lim, CSC EXCO Member, presented the prizes to the winning teams of the Beach Captain Ball, Beach Frisbee and Beach Volleyball tournaments.

A RECORD 5TH SUCCESSIVE WIN IN DARTS FOR MINISTRY OF HOME AFFAIRS

12 AUGUST 2017

Teams from Ministry of Home Affairs (MHA) proved that they are a force to be reckoned with by lifting the Championship Trophy in the Public Service Star Games 2017 Darts for the 5th year in a row.

The Competition was held on 12 Aug '17 at the AUPE Club in Upper Paya Lebar Road.

Well prepared for the competition and determined to cling on to the title as defending champions for the 5th time, the MHA teams trained rigorously together at least once a week for a month prior to the event.

"One month before the competition, we held centralized training sessions on weekly basis at the AUPE Club itself," said Mr Saravanan Muthiah who, as Convener for the competition, was responsible for coordinating the MHA teams.

"Winning the title five years in a row is indeed wonderful and we are proud to have kept the MHA flag flying high," said Mr Muthiah proudly, and added that it will be a greater challenge next year with "new teams coming up and old rivals" determined to snatch the title away.

RESULTS

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

Guest-of-Honour for the event was Mr Teo Tse Fang, CSC Executive Committee Member, who gave away the prizes to the winners.



MINISTRY OF EDUCATION CLIMB TO VICTORY IN ROCK CLIMBING COMPETITION

15 July 2017



The teams from the Ministry of Education (MOE) proved their strength in rock climbing with both their Men's and Women's teams clinching the top positions in the Public Service Rock Climbing Competition 2017, held at the Climb Asia at Tessensohn Clubhouse on 15 Jul '17. Twenty three teams from six agencies took part in the event. MOE's Women's team not only carried the Championship Trophy but also took the 1st Runner-Up and 3rd Runner-Up titles. The 2nd Runner-Up title went to Ministry of Defence (1) team.

Team Captain Daniel Benjamin Balhetchet from MOE attributed the victory to his team's commitment and training prior to the competition. "During the training, we familiarised ourselves with the route and movements of the climb. I would say that the commitment and dedication of my team mates was what led the teams to victory," he said. "For many of my team mates, it was their first time competing in a climbing competition. Our intention was to have fun together and to experience what speed climbing is," added the Senior Outdoor Adventure Educator.

"It was the first time in many years that MOE had sent such a big team. It was a heart-warming experience for me as many of my team mates took time off from their hectic schedules to train on Sundays. I took on the role of managing the team as I wanted to relive the wonderful memories of climbing and competing together as a team, with team mates from different schools and divisions in MOE," said Daniel.



All winners received cash prizes and medals from Mr Jackson Koh, CSC Executive Committee Member and Guest-of-Honour.

RESULTS

Women's Open

Champion: Ministry of Education (2)
1st Runner-Up: Ministry of Education (4)
2nd Runner-Up: Ministry of Defence (1)
3rd Runner-Up: Ministry of Education (3)

Men's Open

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

Overall Position

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

MINISTRY OF EDUCATION SCORE SCRABBLE CHAMPIONSHIP TITLE

15 JULY 2017



Getting the right words across was no challenge for defending champion Ministry of Education (MOE) in the Scrabble Competition 2017 which was held on 15 Jul '17 at Tessensohn Clubhouse. 29 teams from 11 agencies participated in the event. MOE's Team 1 lifted the Championship Trophy while 2nd position went to Ngee Ann Polytechnic.

Housing & Development Board (HDB) teams too did well with HDB (2) taking the second runners up position and HDB (3) placed 3rd runners up.

Said team Captain Mr Lee Sze Yong. "Altogether, 3 teams from MOE participated in this Scrabble Tournament. Some hard work and a lot of luck contributed to our win. We practiced as much as we could but due to other commitments, we could only manage coming together once. We played online as well, so that helped us to brush up on our vocabulary and strategies," added Mr Lee.

Mr Charlie Ng, General Manager of Civil Service Club, who was the Guest-of-Honour at the event, gave away the prizes to the winners.

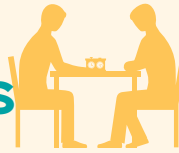
RESULTS

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



MINISTRY OF HEALTH ARE CHINESE CHESS CHAMPIONS

22 July 2017



Ministry of Health swept to victory in the 2017 Chinese Chess Competition, which was held at Tessensohn Clubhouse on 22 Jul '17. Playing strategically with great concentration, the MOH team (1) beat contestants from other government agencies.



"This year's competition has proved to be more challenging. Traditionally, the powerhouses for this competition have been between MOH and MOE since 2011. This year, the standard of competition has been significantly raised by the debut of some new players. With the injection of fresh blood, the team from MINDEF toppled MOE's dominance and emerged runner-up," said Chau Sian Lim, captain of winning team from MOH.

"Our pharmacist player Low Yi Hao, using his lightning quick reflexes and competition experience, managed to eke out a draw from a disadvantaged position. His opponent, a veteran teacher and chess coach, could not find a way through Yi Hao's defenses under the tight time conditions and offered a draw. This helped us to tip to an overall 6-4 victory against MOE," added Mr Chau. Captain Chau's team included Loo Swee Tian, Koh Yong Kun, Kwok Kah Meng, Fiona Tan Min Fang, Low Yi Hao.

All winners received cash prizes and medals from Guest-of-Honour and CSC ESCO member Mr Lau Wah Ming.



RESULTS

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

MINISTRY OF HOME AFFAIRS CLINCHES CHAMPION SNOOKER TITLE

26 July 2017



The teams from Ministry of Home Affairs (MHA) showed their skills in snooker as they shot to victory in the Public Service Star Games Snooker Competition held at Tampines SAFRA on 26 Jul '17. While the Home team (3) carried the Championship trophy, MHA team (4) took the 2nd runner-up position.

Winning the competition was no easy feat for the MHA team as it had to face tough opponents, said Bernard Tan, the Deputy Team Leader (A). But the team was well-prepared for the competition.

"Our main strategy was to stay focused and keep a calm composure under pressure so as to make every shot count. Also, as all our players are of similar standard, we would determine our line-up based on players who were on their best form that day," said Bernard.

Furthermore, the winning team had been training together regularly for many years, meeting up at least once a week once a week during the non-competition season and more frequently nearer the competition," added Bernard, who is attached to Bedok South NPC.

When asked how confident were the MHA teams in their expectation of winning the Snooker competition, Bernard replied:

"We were confident as we were training regularly and had a slight advantage in terms of experience – most of our players have been in the team for the past 10 years. Being the defending champions also spurred us to perform better. However, we were mindful not to be too over confident and complacent as the standard of the competition is increasing quickly every year".

RESULTS

Champion:	Ministry of Home Affairs (3)
1st Runner Up:	Ministry of Defence (1)
2nd Runner Up:	Ministry of Home Affairs (4)
3rd Runner-Up:	Singapore Power Group



SPORTS SEMINAR ON CSC STAR GAMES

THE CIVIL SERVICE CLUB IS THE ORGANISER OF THE PUBLIC SERVICE STAR GAMES. FIRST HELD IN 1972 AS INTER-MINISTRY GAMES, THE OBJECTIVES OF THE STAR GAMES ARE TO PROMOTE A HEALTHY LIFESTYLE AND FOSTER CAMARADERIE AMONG PUBLIC OFFICERS.

Participation in the public service-wide STAR Games has been rising steadily over the past years from 3,400 in 1997 to over 19,000 in 2016. The STAR Games which are participated by public officers from more than 35 government agencies, comprise the following games.

A) Championship STAR Games

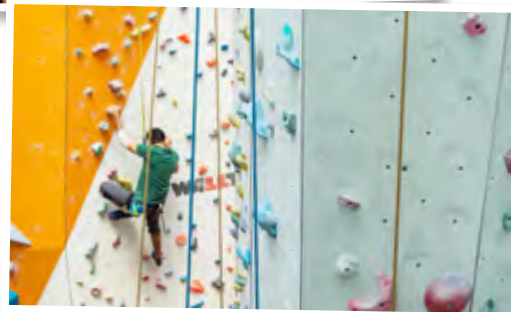
- Badminton • Netball • Basketball
- CSC Run by the Bay • Bowling (10-Pin)
- Scrabble • Chess • Sepaktakraw (Inter-Team) • Chinese Chess • Snooker • Darts
- Squash • Dragon Boat Race • Swimming
- Duathlon • Table-Tennis • Football (7-A-Side) • Tennis • Futsal • Volleyball
- Golf

B) Non-Championship STAR Games

- Aerobics • Frisbee (Mixed) • Basketball (3-On-3) • Netball (Mixed) • Beach Games
- Night Run • Beach Volleyball • Rock Climbing • Bowling (9-Pin Tap) • Pool
- Cycling • Sepaktakraw (Inter-Regu)
- Floorball (Mixed) • Sports and Family Day
- Football • Healthy Lifestyle Walks

Come 27 Oct '17, Sports Liaison Officers and sports activists from various government agencies will be congregating at the Tessensohn Clubhouse for a sports seminar on the Public Service STAR Games. They will be involved in group discussions as well as questions and answers session by panel of experts.

At the event, they shall share their success stories and challenges in getting their fellow colleagues to join the STAR Games. All these are part of an effort by the Civil Service Club to get more public officers to stay healthy and active by joining the STAR Games.



CSC @ BUKIT BATOK DECLARED WINNER OF THE HARI RAYA PUASA DECORATIONS CHALLENGE

Bukit Batok Clubhouse was declared winner of the CSC Hari Raya Puasa Decorations Challenge.

Judges felt Bukit Batok Clubhouse made the best use of recycled materials to produce the winning entry. The theme chosen was also commendable, which was based on the kampong spirit of celebrating Hari Raya with the other races.

Hari Raya Puasa, which was celebrated in Singapore on 25 Jun '17, signals the end of Ramadan, the Islamic holy month of fasting. This special occasion begins with prayers and is followed by celebrations and feasting among family and friends. To share the festive spirit with CSC members, the three Clubhouses were beautifully decorated, using recycled materials, with the aim to clinch the Hari Raya Deco Challenge. The challenge was also to encourage team work and bonding among the staff of each Clubhouse and for staff to think of best ways to use recycled materials in the decorations.

Congratulations to CSC @ Bukit Batok for its winning entry!



CSC @ Bukit Batok



CSC @ Bukit Batok



CSC @ Tessensohn



CSC @ Changi

CHANGI CLUBHOUSE CAPTURES SPIRIT OF SINGAPORE TO WIN NATIONAL DAY DECORATIONS CHALLENGE

CSC @ Changi is winner of the National Day Decorations Challenge, with its beautiful set up that told the story of Singapore from its beginnings as a trading port along the Singapore River to its growth as the country with one of the best airports in the world.

It beat last year's winner with its colourful submissions capturing the spirit of Singapore – from the time of Sang Nila Utama's trading days at the port to the landing of Sir Stamford Raffles and subsequent clean-up of the river, to winning accolades for the Changi Airport.

From the submission by the team from CSC @ Changi for the Challenge, it was clear that many rounds of brainstorming had gone into creating the National Day decorations. An eye-catching piece of the decoration was the map of Singapore with handprints of the Clubhouse staff, signifying the contribution of every Singaporean towards the success of Singapore.

There is no doubt that the interpretation of Singapore's importance both at sea and air captured the hearts of the judges to declare it winner of this year's National Day challenge.



CSC @ Changi



CSC @ Changi



CSC @ Bukit Batok



CSC @ Tessensohn



CSC @ CHANGI

For a Unique Event



Searching for a unique venue for your wedding or a different atmosphere for that special occasion?

Look no further than CSC @ Changi, a clubhouse set against the backdrop of the seafront with its luscious greenery for a beautiful lawn party.

CSC @ Changi offers a unique destination and experience for a memorable event of a lifetime.

So start your plans for your dream wedding or a special event at the Changi Clubhouse lawn or in our beautiful villa settings.

For more information, please contact us at 6709 4712 or email us at changi@csc.sg



Photo credit to
@behindthescenes_photography

WEDDING PARTNERS

SINGAPOREEVENTS

Wedding Solemnisation &
Decor by Singapore Events
Contact Person: Martin Cheong
Mobile: (65) 8399 5665
Email: sgevents.info@gmail.com



Singapore Tentage &
Rental Services Pte. Ltd.
Contact Person: Melly Cheam
Mobile: (65) 8233 8342
Email: info@singaporetentage.com



The Warehouse Bridal by
TheWarehouseCompany Pte. Ltd.
Mobile: (65) 9237 0327
Email: thewarehousebridal@hotmail.com

50%

off the lower rate,

when you book 2 nights for the
Deluxe Suite or the Superior Suite

BACK BY POPULAR DEMAND



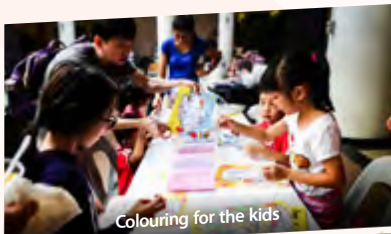
- Valid for stay between 1 Aug – 17 Nov '17
- During Off Peak Period only
- Not valid with other promotions or Voucher Redemption



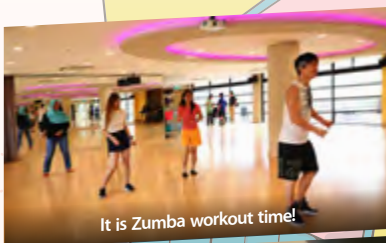
Summer Arrives at CSC @ Tessensohn for DB Schenker



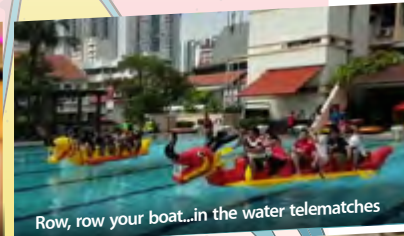
Playing with inflatables



Colouring for the kids



It is Zumba workout time!



Row, row your boat...in the water telematches



A shot to victory



It's about team work and agility



Hands-on for the chefs



Shopping time

Fun was held by all at the Summer Carnival, which took place at Club CSC @ Tessensohn with something for everyone, from the adrenaline-fuelled water and land telematches to the more sedate movies screening and bazaar stalls.

650 staff and family members can't wait to build bonds through the various games, workshops, and carnival activities. The Summer Carnival unleashed a huge wave of energy with an explosion of colours, joy, music and creativity in a sea of fun. All had one mission, bond and have fun!

Held on Saturday, 15 Jul '17 from 8am to 3pm, the Carnival was officially opened by Ms Catherine Soo, Vice President of DB Schenker.

It was an event for all, young, old and young at heart. Children had the chance to enjoy themselves at the activities,

carnival games stalls as well as posing for candid shots at photo booths while enjoying free popcorn and candy floss.

Watching anxiously as her ball was about to impact the pins at the end of the bowling lane, was Mdm Norfisah who took part in the carnival's bowling competition. Her daughter and two grandsons were also there to cheer her on. "The atmosphere was fantastic and it was a great opportunity for a meaningful family bonding time" said Norfisah who is into her third year with Schenker.

Shouting and cheering, Soh Teck Siong who came with his wife and daughter stood by for his colleagues who participated in the various competitive activities while taking breathers to browse the bazaar stalls.

"We wanted to have an event that appealed to the whole family thanking the hard work

that the team puts in, but also thanking the wider Schenker family that helps this company to continue to grow and prosper. This year's event was a very special one as we were able to achieve a complete carnival atmosphere at Civil Service Club which provided for all our indoor and outdoor activities exclusively," said Trini, the organiser of the event. The one activity which attracted us most was the Amazing Race Interactive Challenge. We could see the teams racing around and outside the Club completing station challenges as part of the race. They were really having fun! Trini added that she was delighted that the event achieved their aim of building bonds within DB Schenker.

We can organise your next Family Day for you too! Contact us for a chat and no-obligation viewing of our facilities:

Jacqueline Tang at 6391 5605 or jacquelinetang@csc.sg
Shamira at 6391 5623 or shamirajohari@csc.sg





TRENDY SWIMMING POOL CHANGING ROOMS AT CSC @ BUKIT BATOK

CSC members can look forward to a relaxing time by the poolside at Bukit Batok Clubhouse with upgrading works in full swing at its pool shower changing room.

The new-look Changing Room will be retrofitted with spacious and trendy-looking shower cubicles. The dresser section comes with new LED light frosted mirrors, new Infra-red soap dispensers, hot/cold water dispenser and nicely laid out dressing tables – a boon for ladies who wish to doll up after a refreshing shower.

Another additional feature is a family shower cubicle where a parent can share the shower with a small child.



The upgrading works include a pool shower walkway that is safe, especially for children who tend to run around. The poolside upgrading project is targeted to be completed by mid Nov '17.

With the new facelift to the swimming pool area, members and their guests can look forward to a more positive and refreshing experience at CSC @ Bukit Batok.



SUBSIDISED PROGRAMMES FOR MEMBERS

Oct '17

CSC MEMBERS GET SPECIAL SUBSIDISED RATES FOR THE FOLLOWING PROGRAMMES



2D1N MANTIN TOUR

Spend a leisurely weekend at the Mantin Forest Art Resort, located in Negri Sembilan, Malaysia, where you can breathe fresh air and get away from the hustle and bustle of the city. This leisure resort is surrounded by a beautiful forest where you can enjoy the mountain and river views.

STAY @ MANTIN FOREST ART RESORT	Twin/ Triple	*Child W Bed
Member (UP: \$260)	\$S240.00	\$S170.00
Public Officer	\$S270.00	\$S180.00
Member's Guest	\$S280.00	\$S190.00

*Child: Below 11 years old

*Passport minimum must have 6 month validity from the date of departure.

Included:

- 2-day usage of Air-con bus 40 seater
- 1 night stay @ Mantin Forest Art Resort
- 2 Lunch/2 Dinner
- Entrance as per itinerary
- Group Insurance Medical \$S500, Accident Death & Disable \$S10,000

Dates: Saturday to Sunday, 7 – 8 Oct '17

Time: Assemble at 6.30am at CSC @ Tessensohn

Register By: First come, first serve basis.

Tour By: Amazing Explorer Pte Ltd

For details and itinerary:

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



CHEK JAWA TOUR

If you are a nature lover, the Chek Jawa Adventure tour is for you. Discover and learn about Chek Jawa's 6 ecosystems and the diverse array of animals and species that inhabit these unique habitats. Get up close and see fiddler crabs and monitor lizards in action. Learn interesting facts of some faunas and floras and the importance of mangroves.

Dates: Sunday, 10 Sep '17 or 6 Oct or 29 Oct '17

Time: 8am – 11.15am

Fees: Member \$10 per trip (UP: \$20), Public Officer \$25, Member's Guest \$30 (Suitable for children aged 3 and above) (Fee includes a licensed nature guide and land transport to and fro Chek Jawa. Participants to pay \$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)



KPOP X FITNESS

You can burn up to 500 calories in this fun aerobic workout as you jam to the most popular K-pop tunes. Sweat it out to 14 K-pop songs and get into shape while feeling like a K-pop star!

Dates: 8 Saturdays, 2 Sep – 21 Oct '17

Time: 12.10pm – 1pm

Fees: Member \$90 (UP: \$100), Public Officer \$110, Member's Guest \$115

Venue: CSC @ Bukit Batok

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

Register By: 28 Aug '17



ZUMBA BY HAYNIA AT BUKIT BATOK

Get on the floor and burn your calories away in this 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. You can burn a lot of calories while having fun exercising.

CSC @ Bukit Batok	
Tuesday	
Zumba	
Trainer: Haynia	
7pm - 8pm	
No. of Classes	Date
4	10 – 31 Oct '17

For above courses:

Fees: Member \$40 (UP: \$50),

Public Officer \$55, Member's Guest \$58

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

Register By: 7 Oct '17



CONVERSATIONAL MANDARIN

This course, which focuses on simple and functional daily conversations, is open to all races and especially for whom Mandarin is not a first language. The class is conducted in Mandarin with English translations. It is conducted by Mr Tan Swee Liang, a member of Singapore Writer Association and Mandarin Trainer at PA since 2002 and has been teaching Mandarin and English Language at Queenstown PAP Community Foundation Continual Learning Center since 2005.

Dates: 6 Saturdays, 7 Oct – 11 Nov '17

Time: 7.30pm – 9pm

Fees: Member \$50 (UP: \$65), Public Officer \$75, Member's Guest \$85

Venue: CSC @ Tessensohn

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

Register By: 30 Sep '17



ARTS

INTRODUCTION TO BRUSH LETTERING

Learn how to paint beautiful words with watercolour brush lettering and blending techniques. Delve into the world of watercolours and create your unique masterpiece.

Participants will get to take home a set of alphabets' guide, practice sheets and watercolour papers to practise on their newly acquired talent.



Date: Saturday, 14 Oct '17

Time: 10am – 12pm

Fees: Member \$45, Public Officer \$55, Member's Guest \$60 (Inclusive of art materials)

Venue: Chinatown

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

Register By: 8 Oct '17

FLORAL & ABSTRACT ART WORKSHOP

Wish you could create beautiful hand-painted cards for any special occasion? Sign up for the Floral & Abstract workshop where you will learn the basics of watercolour – the tools, techniques, and how the medium works. The class teaches you to paint abstract pieces and a range of floral and foliage. This class is perfect for beginners with little or no experience with watercolours.

Date: Saturday, 25 Nov '17

Time: 10am – 12pm

Fees: Member \$45, Public Officer \$55, Member's Guest \$60 (Inclusive of all materials)

Venue: Chinatown

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

Register By: 12 Nov '17



CHINESE CALLIGRAPHY CLASS

If you admire Chinese Calligraphy, take the opportunity to learn this unique art form from Instructor Wong Joon Tai. He will be glad to share his skills of brush strokes that allow the artist the freedom to produce infinite variety of styles.

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, 16 Nov '17 – 18 Jan '18

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

Register By: 15 Nov '17



CHINESE INK PAINTING AND SEAL-CARVING

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 also how this form of painting differs from Western art of painting.

Dates: 8 Tuesdays, 26 Sep – 28 Nov '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

Register By: 20 Sep '17



ARTS

TILE PAINTING WORKSHOP

Use your creativity to create a beautiful tile coaster that you can proudly display on your coffee table. In this workshop, you will learn how to transform your design to a ceramic tile and the technique to create a piece of artwork for display in your house or as a gift. Each participant will take home a beautiful painted ceramic tile.



Date: Saturday, 7 Oct '17

Time: 10.30am – 12pm

Fees: Member \$28, Public Officer \$35, Member's Guest \$40

Venue: Yew Tee

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

Register By: 1 Oct '17

INTRODUCTION TO ZENTANGLE

Pick up the new art form of Zentangle, an easy to learn method of creating beautiful images from repetitive patterns. It is a fascinating art that is fun and relaxing and focuses on creativity. No prior experience in art is needed to learn Zentangle as we believe everyone has a hidden talent.



Date: Saturday, 23 Sep '17

Time: 2pm – 4.30pm

Fees: Member \$55, Public Officer \$60, Member's Guest \$70 (Inclusive of all materials)

Venue: Chinatown

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

Register By: 17 Sep '17

BEAUTY

BASIC HAIR CUTTING WORKSHOP

Planning to set up your own hair dressing salon or wish to pick up some hair trimming skills? This course is ideal for beginners and for those who wish to update themselves on hair fashion. Offering theory and practical lessons, it will teach the basic techniques of hair cutting. Topics covered include how to analyse different hair types and hair nutrition, treatments and hairstyles to match individual facial features.

Date: Saturday, 4 Nov '17

Time: 9.30am – 11.30am

Fees: Member \$32, Public Officer \$38, Member's Guest \$40

Venue: CSC @ Tessensohn

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

Register By: 29 Oct '17



KOREAN MAKEUP WORKSHOP

Wish to have the sweet, dewy-look of Korean women? You too can achieve this natural look with appropriate Skincare and Makeup that is quick and easy to pick up. In this 2-hour workshop, you will learn the right techniques for skin preparation before make-up application, usage of foundation, eye-shadow and blusher and hands-on practice with products provided. You also stand a chance to win products in a Lucky Draw.

Date: Saturday, 21 Oct '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: 14 Oct '17



MAKE YOUR OWN BATH FRIZZIES WITH PURE ESSENTIAL OIL

Have a fun time making your own bath frizzies and bring home your creation for a relaxing, bath-time. In this hands-on workshop for adults, you will learn to use real flowers and pure essential oils. The bath frizzies can be used as a foot soak for tired feet, for face steaming, as body soak and for a relaxing bath as a deodorizer.



Date: Saturday, 18 Nov '17

Time: 10am – 12pm

Fees: Member \$32, Public Officer \$38, Member's Guest \$42

Venue: CSC @ Tessensohn

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

Register By: 10 Nov '17



FOOD



BAKING BY HARRY

If you enjoy cooking and want to learn to make local dishes like Assam Laksa and Kueh Ko Swee or love to bake some delightful teatime cakes, spend a Saturday afternoon with Chef Harry.

Hearty Cakes

- Rum and Raisins
- Salted Caramel

Date: Saturday, 23 Sep '17

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

Register By: 15 Sep '17

Local Delights (Demo only)

- Assam Laksa - for those who enjoy something sourish.
- Mee Siam - appetizing gravy spooned over spicy fried vermicelli
- Kueh Ko Swee - soft and chewy delights with coconut

Date: Saturday, 30 Sep '17

Fees: Member \$50, Public Officer \$56, Member's Guest \$60

Register By: 22 Sep '17

Cheesecake Delight

- Tiramisu Cheesecake
- English Toffee Cake

Date: Saturday, 7 Oct '17

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

Register By: 29 Sep '17

For the above courses:

Time: 2pm – 5pm

Venue: CSC @ Tessensohn

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



BAKING WITH LYNN

If baking is your passion, why not pick up some baking skills from Chef Lynn who will show you how to make that delightful Snowskin and Baked Mooncakes, in time for the Mooncake Festival.



Snowskin and Baked Mooncakes

Date: Sunday, 17 Sep '17

Time: 2pm – 5pm

Fees: Member \$75, Public Officer \$82, Member's Guest \$85
(Each participant will bring back 4pcs mini snow skin and 4 pcs mini baked mooncakes)

Register By: 11 Sep '17



White Chocolate Macha Brownies and Chocolate Lava Cake

If Brownies and Lava Cakes are your kind of dessert, this course will be the perfect time to learn some new flavours from Chef Lynn.

Date: Sunday, 22 Oct '17

Time: 10am – 1pm

Fees: Member \$70, Public Officer \$76, Member's Guest \$80

Register By: 11 Oct '17

For the above courses:

Venue: CSC @ Tessensohn

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

BAKING WITH CHEF AMY

Love baking? Let Chef Amy show you how to whip up some new cakes and tarts that will be a welcome treat for family and friends.

Yam Cream Cake

Learn how to make the Yam Cream cake or Or Nee cake, which originates from Taiwan and gaining popularity here. Chef Amy has created a unique recipe of a yam chiffon cake with home-cooked yam paste and frosted with whipped cream. Participants will learn to frost a cake and bring home a 6" round cake. Bring along cake box to pack your delicacy home!



Date: Sunday, 8 Oct '17

Fees: Member \$80, Public Officer \$88, Member's Guest \$92

Register By: 1 Oct '17

Tart making session

Let Chef Amy show you the art of short-crust pastry, filled with different fillings such as Hokkaido cheese tart which melts in your mouth and Egg tart with cheese filling.



Date: Sunday, 22 Oct '17

Fees: Member \$60, Public Officer \$68, Member's Guest \$72

Register By: 16 Oct '17

For all the above courses:

Time: 2pm – 5pm

Venue: CSC @ Tessensohn

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





FUN

BEGINNER ANGLER COURSE

If thinking of picking up fishing as a hobby, sign up for the Beginner Angler's Course. This one-day course will be held at the scenic Lazarus Island, one of Singapore's best kept secrets. You will learn both the basic theory and practical aspects of fishing and 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 to the island.

Dates: Sunday 8 Oct '17 and/or Sunday 12 Nov '17

Time: 8.30am – 5.30pm

(Ferry shall depart at 9am. Arrive 30 minutes before the 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 session

KARAOKE ON-GOING SINGING CLASSES

Bring out the singing talent in you to a higher level at this Karaoke Singing Classes, held in our newly furnished training room! Let our instructors guide you to sing your vowels and discover more about phonetic dictions, tempos and breathing exercises. Ms Ivy Wee and Ms Teresia Goh are qualified vocal instructors from Wu Jia Ban Vocal Training School and have a Certificate in Music and Vocal Music Theory.



Ms Ivy Wee

Special English Karaoke Singing Class

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

singing techniques. Training will be given to improve personal stage persona and body language. Ivy has been teaching in CSC since January 2015. Sing to stay healthy and happy.

Dates: 10 Wednesdays, 11 Oct – 20 Dec '17 (exclude PH)

Time: 7.30pm – 9.30pm

Venue: CSC @ Tessensohn

Register By: 29 Sep '17



Ms Teresia Goh

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, 4 Oct – 13 Dec '17

Time: 7.30pm – 9.30pm

Venue: CSC @ Tessensohn

Register By: 1 Oct '17

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





FUN TENNIS

Pick up the basics of tennis and have an enjoyable time on the court with your family and friends. Get your foundation right and learn the important skills of footwork, coordination, court sense and even tactics.

Programmes	Time			Price
Beginners				
Adult @ Tessensohn	10.00am-11.30am	6 Saturdays, 7 Oct - 11 Nov '17		Members: \$150
Junior @ Tessensohn	3pm- 4.30pm			Public Officers: \$160
Member's Guest: \$170				
Intermediate				
Adult @ Tessensohn	1pm -2.30pm	6 Saturdays, 7 Oct - 11 Nov '17		Members: \$175
Adult @ Bukit Batok	5.30pm-7pm	6 Sundays, 8 Oct - 12 Nov '17		Public Officers: \$185
Member's Guest: \$195				
Advance				
Adult @ Tessensohn	8.30am-10am	6 Saturdays, 23 Sep – 28 Oct '17	6 Saturdays, 4 Nov – 9 Dec '17	Members: \$200
Public Officers: \$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

TENNIS BY SINGAPORE TENNIS SCHOOL (STS)

Singapore tennis school offers a wide range of lessons to students of all ages and abilities. All coaches are certified Australian tennis instructors. Please see below for weekly group class scheduling.

Activity	Time	Days
Adult Programmes (@ Tessensohn)		
Beginner	8am-9am	Every Sunday
Intermediate	9am-10am	Every Sunday
Cardio Tennis Programme (@ Tessensohn)		
Cardio	10am-11am	Every Sunday
Junior Programmes (@ Bukit Batok)		
Beginner	8am – 9am	Every Saturday

Venue: CSC @ Tessensohn and CSC @ Bukit Batok

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

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

Register By: 10 Days before lesson begins





social activities

FUN

BASIC LIP BALM MAKING

Learn how to make your own nourishing lip balms using natural ingredients. It's a relaxing session and the knowledge you gain will provide you with a foundation for creating your own unique & favorite lip balm.



Date: Sunday, 1 Oct '17
Time: 10am – 12pm
Fees: Member \$35, Public Officer \$45, Member's Guest \$55
Venue: CSC @ Bukit Batok
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register By: 24 Sep '17

BASIC SOAP MAKING

This hands-on workshop provides all the practical tips and techniques you need to make your own attractive natural bar soap. You will learn how to make your DIY soaps for your loved ones using the correct ingredients.

Date: Saturday, 14 Oct '17
Time: 10am – 12pm
Fees: Member \$35, Public Officer \$45, Member's Guest \$50
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register By: 7 Oct '17



BATH BOMB MAKING

Love indulging in a long bath, with bubbling bath bombs? Why not create your own bath bombs, using natural ingredients like baking soda & Epsom salt, which are great for all skin types, removes toxins, reduces muscle tension, improves blood circulation and relieves pain and cramps. This is a fun and hands-on workshop which will give you the skills to make your own bath bombs for yourself or as gifts.



Date: Saturday, 21 Oct '17
Time: 10am – 12pm
Fees: Member \$35, Public Officer \$45, Member's Guest \$55
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Venue: CSC @ Tessensohn
Register By: 17 Oct '17

SEA SPORTS TRY OUT

If you love the sea, sun and wind, you will enjoy sea sports such as Stand Up Paddle (SUP) and Wind Surfing. Try out these sea sports in the beautiful waters of Singapore. SUP is one of the growing sea sports taught by Constant Wind, whose coaches are accredited with the Australian Association of Surfing Instructors (ASI). If Windsurfing is your choice, you will be taught by coaches who will ensure that you learn to balance and sail back to shore under their guidance.

Stand Up Paddle Trial*

Dates: Saturday, 30 Sep '17 – 28 Oct '17
Time: 10am – 12pm
Fees: Member \$24, Public Officer \$30, Member's Guest \$34
Register By: 15 Sep '17

Windsurfing Trial*

Date: Saturday, 30 Sep '17 or 28 Oct '17
Time: 10am – 1pm
Fees: Member \$28, Public Officer \$34, Member's Guest \$38
Register By: 15 Sep '17

For above courses:

Venue: 11 Changi Coast Walk
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

*Min 10 pax to run the trial

In the event of inclement weather, the classes will be postponed to a week later





YACHT FISHING TRIP

Go on a fishing trip in the waters at the southern islands which hold the largest reef eco-system in Singapore and is the perfect environment for snappers and giant groupers to flourish. If you are looking to break your personal heaviest catch record, fishing at the southern island waters is your best bet. This trip is open to 8 anglers only and you need to bring your own fishing rigs.



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 children 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: 22 Oct '17 and/or 18 Nov '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: 1 Week
before each session



DISCOVER SAILING

Want to learn sailing and pick up valuable tips on useful rope and knot techniques and acquire knowledge on various parts and functions? The qualified coaches at Constant Wind will help you master sailing. Get to sail the 15-foot Laser Bahia even as a beginner. After your first session, you will be able to sail with confidence!



Discover Sailing Trial Class

Date: Saturday 28 Oct '17

Time: 10am – 1pm

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

Venue: 11 Changi Coast Walk

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

Register By: 14 Oct '17



INLINE SKATING FOR BEGINNERS

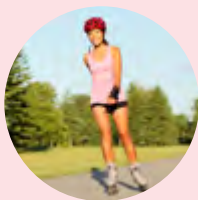
Have fun learning inline skating with your family and friends and keep fit at the same time. This much loved sport will help improve your fitness and mental health while bonding with your loved ones.

Weekday Group Class:

Dates: 4 Mondays, 9 – 30 Oct '17
or 6 – 27 Nov '17

Time: 6.30pm – 7.30pm

Venue: Sengkang Basketball Court



Dates: 4 Thursdays, 5 – 26 Oct '17 or 9 – 30 Nov '17

Time: 6.30pm – 7.30pm

Venue: Choa Chu Kang Park

Dates: 4 Fridays, 6 – 27 Oct '17 or 3 – 24 Nov '17

Time: 6.30pm – 7.30pm or 8pm – 9pm

Venue: Pinnacle @ Duxton

Weekend Group Class:

Dates: 4 Saturdays, 7 – 28 Oct '17 or 4 – 25 Nov '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. The lessons are suitable for both adults and children aged 4 and above.

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

Register By: 24 Sep '17



FINANCE

HOW TO AGE GRACEFULLY

This two-part talk is aimed at equipping a person to obtain physical and mental wellness so as to age with grace and dignity. Part 1 covers advice on Lasting Power of Attorney and Advanced Care Planning. Part 2 covers on how we can make use of our financial resources to maximise retirement income for a comfortable life in our golden years. The talks are by Dr Emily Ho, Medical Director and psychiatrist at Mind Care Clinic at Farrer Park Hospital, and Mr Lee Song Yong, an Executive Financial Services Consultant with PIAS.

Date: Saturday, 4 Nov '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: 28 Oct '17



HEALTH

HYDRORIDER AQUABIKE FITNESS

Are you ready to take your bike session to the next level? Do you want to do it in a unique and safe manner that does not put stress on your joints and muscles? Try the Hydorrider AquaBike, an exercise routine that allows you to pedal while immersed in the water. The water density, buoyancy and hydrostatic pressure help shape your legs, get rid of cellulite, achieve weight loss goals and improve cardiovascular system and blood circulation. Remember to bring your own aqua shoes.

Thursday**evening sessions**

Dates: 4 Thursdays,

5 – 26 Oct '17 /

2 – 30 Nov '17

(No class on 16 Nov '17)

Time:

7.30pm – 8.30pm

Max 5 pax

Fees: Member \$100,

Public Officer \$110,

Member's Guest \$120

Venue:

CSC @ Tessensohn

Contact: Vanessa Choo

at 6391 5641 or vanessachoo@csc.sg

Register By: 1 week before class commences



BOOGIE BOUNCE XTREME FITNESS

Boogie to the beat of music in this cardio workout on a mini trampoline with a safety bar. Feel every muscle of your body working in intervals of jumping, bouncing and stomping. Choose to do it at Club CSC @ Bukit Batok or Tessensohn.



Dates: 8 Mondays, 11 Sep – 23 Oct '17

or 8 Wednesdays, 4 Oct – 29 Nov '17

(No lesson on PH)

Time: 8pm – 9pm

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

Venue: CSC @ Bukit Batok

Contact: Serene Cho at 6391 5620

or serenecho@csc.sg

Register By: 4 Sep '17 or 27 Sep '17

Dates: 8 Fridays, 15 Sep – 3 Nov '17 or

8 Wednesdays, 11 Oct – 6 Dec '17

(No lesson on PH)

Time: 7pm – 8pm

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

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg

Register By: 8 Sep '17 or 6 Oct '17





HEALTH

BREATHE MEDITATION

Stressed? Sign up for Breathe Meditation which is a means of interconnecting breath and body to calm your mind and develop inner serenity. Whether using it on its own or as a preliminary practice, Breathe Meditation helps to reduce our distractions before engaging in deeper meditation. This course will acquaint you with the techniques of breathing meditation to achieve overall wellness of mind and spirit.



Date: Friday, 22 Sep '17
Time: 7.30pm – 9pm
Fees: Member \$8, Public Officer \$12, Member's Guest \$15 (per pax, per session)
Venue: CSC @ Changi
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register By: 14 Sep '17

Dates: 4 Saturdays, 7 – 28 Oct '17 or 3 – 24 Nov '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: 18 Oct '17 or 15 Nov '17

KEEPING FIT THE MUAY THAI WAY

Want 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 Beginners' Class

Dates: 10 Saturdays,
21 Oct – 23 Dec '17
Time: 11am – 12pm

Adult Intermediate Class

Dates: 10 Saturdays,
21 Oct – 30 Dec '17
(No lesson on PH)
Time: 9am – 10am

**For the above courses:**

Fees: Member \$125,
Public Officer \$135, Member's Guest \$145
Venue: Club CSC @ Bukit Batok
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register By: 17 Oct '17 (No class on PH)

CRYSTAL SINGING BOWLS
MEDITATION SESSION

The soothing sound of Crystal Singing Bowls creates a healing and peaceful space to calm and de-stress the mind and relax the body. Enjoy a blissful meditative session, as Elaine plays her crystal singing bowls, a Crystal Tones Tanzanite Alchemy™ bowl, a Heart Chakra Quartz bowl, a Crystal Tones Yagna Alchemy™ bowl, and a Crystal Tones Citrine Alchemy™ bowl. The pure and therapeutic sounds and vibrations from the bowls create a natural healing state. Attend a trial class first if undecided whether to join this unique meditation session.

Trial Class: Saturday, 9 Sep '17
Time: 6pm – 7pm
Fees: Member \$3, Public Officer \$9, Member's Guest \$15
Venue: CSC @ Changi
Register By: 23 Sep '17

Dates: 2 Saturdays, 7 & 21 Oct '17
Time: 11am – 12pm
Venue: CSC @ Changi
Fees: Member \$40, Public Officer \$55,
Member's Guest \$65
Register By: 1 Oct 17

For the above classes:

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

YIN YOGA AND
SOUND BATH

Join us as we co-create a yin yoga practice in resonance to the magical sounds of crystal singing bowls. Sound has been used as a healing mode in various cultures, with its ability to generate vibrations with differing frequencies through to our inner ears and body. Specifically in this workshop, the yin yoga practice in combination with pure therapeutic sound vibrations from the crystal bowls, guides our body to a deeper and more profound level of awareness.

Trial Class: Friday, 29 Sep '17
Time: 7.30pm – 8.30pm
Fees: Member \$3, Public Officer \$9, Member's Guest \$15
Venue: CSC @ Tessensohn
Register By: 24 Sep '17

Dates: 4 Fridays, 6 Oct – 27 Oct '17
Time: 7.30pm – 8.30pm
Fees: Member \$100, Public Officer \$130, Member's Guest \$160
Venue: CSC @ Tessensohn
Register By: 1 Oct 17

For the above courses:

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



HEALTH

QIGONG FOR LIFE-LONG HEALTHCARE

This 2-day course on Tranquil Meditation and Exercise is to help you nurture a life-healing energy 'qi' and minimise chronic ailments or discomforts caused by tensed nerves and muscles. You will learn techniques such as gentle breathing, rid mind of distractions and meditation skills to relieve discomforts in common energy points.



Dates: Thursday and Friday 5 – 6 Oct '17
Time: 7.30pm – 9.30 pm
Fees: Member \$45, Public Officer \$52, Member's Guest \$58
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register By: 28 Sept '17

HIP-HOP

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



Dates: 4 Fridays, 6 – 27 Oct '17
 or 3 – 24 Nov '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: 1 Oct '17 or 29 Oct '17

BOUNCE DANCE FIT

Dance to the rhythm of the latest hits while keeping fit. Bounce DanceFit is a total body workout combining elements of dance, fitness and cardio. The choreography is fun and easy to follow. This additive new class is for everyone who wants keep fit through dance.

Dates: 4 Mondays, 9 – 30 Oct '17
 or 6 – 27 Nov '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: 4 Oct '17 or 1 Nov '17

BODY SCULPTURE CLASS

Stay healthy with a well toned body in this body sculpting (or core conditioning) workshop for beginners. This one-hour non-aerobic, muscle-toning class focuses on core strength and cardio exercises.

Dates: 4 Mondays, 9 – 30 Oct '17
 or 6 – 27 Nov '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: 4 Oct '17 or 1 Nov '17

POUND® FITNESS

Try the latest workout in town! POUND®FITNESS uses light weight drumsticks called Ripstix® that are engineered specifically for exercising. POUND® 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 conducted by instructors from the Grace Sagaya Team.

Try-Out Class (1 session)

Date: Thursday, 2 Nov '17
Time: 7pm – 7.45pm
Fees: Member \$19, Public Officer \$22, Member's Guest \$24
Venue: CSC @ Tessensohn

Four Sessions Classes

Dates: 4 Wednesdays, 4 Oct – 1 Nov '17
 (No lesson on PH) or 8 – 29 Nov '17
Venue: CSC @ Bukit Batok

Dates: 4 Thursdays, 5 – 26 Oct '17 or 9 – 30 Nov '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 Sep '17 or 31 Oct '17



HEALTH

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: 28 Sep '17

Visit 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)
September 2017 term				
Kids	10 lessons, once every week from Mon/Fri/Sat 25 Sep week to 2 Dec week	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				

K-KARDIO DANCE

K-Kardio Dance or Kpop Cardio Dance, 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! This heart-pumping exercise session increases heart rate and metabolic rate that results in effective fat loss and helps tone muscles. Everyone can do it - no prior dance experience is required!



Dates: 8 Mondays, 9 Oct – 27 Nov '17 (No class on PH)

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: 5 Oct '17

SWIMMING FOR LADIES



Wish to learn swimming but have fear of water? Let Swim Coach expert Ms Thipa help you overcome your fear in no time at all as she takes you through the different strokes and build confidence in the water. Armed with 10 years of coaching experience and Swimming Teacher's Certificate from the Singapore Swimming Teacher's Association, she is passionate and committed to imparting good swimming foundation and skills both to adults and children. Her outgoing personality and ability to connect with people from all walks of life makes her approachable and there is never a dull moment in her class.

Beginners' Class
@ CSC Bukit Batok

Dates: 10 Thursdays, 21 Sep – 23 Nov '17

Time: 7.30pm – 8.30pm

Register By: 18 Sep '17

Beginners' Class
@ CSC Tessensohn

Dates: 10 Mondays, 2 Oct – 4 Dec '17

Time: 7pm – 8pm

Register By: 25 Sep '17

Intermediate Class
@ CSC Tessensohn

Dates: 10 Mondays, 2 Oct – 4 Dec '17

Time: 8pm – 9pm

Register By: 25 Sep '17

For the above classes:

Each term consists of 10 lessons (No lesson on public holiday)

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

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



HEALTH

STRONGER KNEES AND JOINTS PROGRAM

Knee pain and aches in the joints can hamper your life style, especially if you enjoy walking, climbing, cycling, etc. Learn the four steps framework to improve and strengthen your knee and joint functions. Learn meridian flexercise and therapy techniques as part of your daily routines as well as pick up practical food remedy tips for stronger knee and better joint.

Dates: 4 Fridays, 29 Sep – 20 Oct '17

Time: 7.30pm – 8.45pm

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

Venue: CSC @ Tessensohn

Register By: 22 Sep '17

INTERGRATIVE SOLUTIONS FOR BACKACHE

Backache is a common health issue affecting many of us. Tackle the nagging pain and plan your way to recovery with natural remedies by learning an "integrative solutions best practice of meridian self-therapy and modern health science".



Date: Saturday, 7 Oct '17

Time: 10am – 12pm

Fees: Member \$40, Public Officer \$46, Member's Guest \$50

Venue: CSC @ Tessensohn

Register By: 1 Oct '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, sensitive nose and skin, sciatica pain, weight and digestion issue and insomnia.



Dates: 6 Saturdays, 21 Oct – 25 Nov '17

Time: 2.30pm – 5.30pm

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

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

Register By: 13 Oct '17

For the above courses:

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

KARATEDO FOR KIDS AND ADULTS

Make it a family affair with Karatedo, an art of self-defence and a sport that is now widely practised in Japan, Europe and the Asian region. Suitable for both adults and children, this form of karate training provides a vigorous exercise programme where you and your children will learn how to defend yourselves, remain fit, healthy and alert with a sense of self-confidence and a good sense of self-control.

Children's Class

Time: 2pm – 3pm

Adult's Class

Time: 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

(First 20 sign-ups for this class will get a set of Gi FREE!)

YOGA AT CSC @ CHANGI

Take some time off to relax and rejuvenate your body. These yoga sessions are slow-paced with some simple breathing exercises and meditation. Enhance the harmonisation of your body, mind and soul in a tranquil setting.



Dates: 10 Sundays,
8 Oct – 10 Dec '17

Time: 10am – 11am

Fees: Member \$75, Public Officer \$82, Member's Guest \$89

Venue: CSC @ Changi

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

Register By: 1 Oct '17

REJUVENATE WITH YOGA

Take time off to relax and rejuvenate your body with Yoga exercises. These yoga sessions are slow-paced with some simple breathing exercises and meditation. Relax your mind and harmonize your body, mind and soul in a tranquil setting with our experienced yoga instructor, Ms Rita.

Dates: 10 Tuesdays, 19 Sep – 21 Nov '17

Time: 8pm – 9pm

Fees: Member \$75, Public Officer \$80, Member's Guest \$85

Venue: CSC @ Bukit Batok

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

Register By: 12 Sep '17



HEALTH

ZUMBA FITNESS @ CSC

Get on the floor and burn your calories away in this 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. You can burn a lot of calories while having fun exercising.

CSC @ Bukit Batok



Monday	
Zumba Gold Trainer: Jeslyn 9am - 10am	
No. of Classes	Date
4	9 – 30 Oct '17
4	6 – 27 Nov '17



CSC @ Tessensohn

Tuesday		Wednesday		Wednesday	
Zumba Trainer: Yumi 7pm - 8pm		Zumba Gold Trainer: Jeslyn 9am - 10am		Zumba Trainer: Cheryl 8pm - 9pm	
No. of Classes	Date	No. of Classes	Date	No. of Classes	Date
4	10 – 31 Oct '17	4	4 Oct – 1 Nov '17*	4	4 Oct – 1 Nov '17*
4	7 – 28 Nov '17	4	8 – 29 Nov '17	4	8 – 29 Nov '17

*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: 7 Oct '17 or 1 Nov '17

KIDS

PARENT & CHILD WORKSHOPS

For children aged 4 – 11 years old

Make Sundays a bonding time with your child and together create delightful cupcakes, cookies and sushi rolls that will whet the appetite of your little ones as well as give them fun time in the kitchen.

Chocolate Delight Cupcakes And Healthy Oats And Raisin Cookies

Date: Sunday, 17 Sep '17

Register By: 11 Sep '17

Sushi Making (Nigiri, Maki & Handroll)

Date: Sunday, 1 Oct '17

Register By: 25 Sep '17

Minion Bento

Date: Sunday, 15 Oct '17

Register By: 9 Oct '17

**For the above courses:**

Time: 2pm – 4pm

Fees: Member \$65, Public Officer \$72, Member's Guest \$78 (Fee for 1 parent & child).

Fee for additional child: \$30 per child.

Venue: CSC @ Tessensohn

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



KIDS



KIDS CAN BAKE

Parent-Child Bonding
For children aged 3-11 years old

Spend quality time with your child and have fun at the baking workshop where together you will learn to make delightful treats such as teddy brownies, little piggy mooncakes, spider web cheesecake, owl cupcakes and Frankenstein Cake Pops. Not only will these cutie cakes put a smile on your child's face, it will be one of the best ways to bond with your child.

Black Forest Push Pops

Date: Wednesday, 6 Sep '17
Time: 4pm – 6pm
Register By: 1 Sep 17



Teddy Race Car Brownies

Date: Saturday, 16 Sep '17
Time: 1.30pm – 3.30pm
Register By: 10 Sep '17



Little Piggy Mooncakes

Date: Sunday, 24 Sep '17
Time: 10.30am – 12.30pm
Register By: 18 Sep'17



Spider Web Cheesecake

Date: Saturday, 7 Oct '17
Time: 4pm – 6pm
Register By: 1 Oct 17



Oreo Owl 'Cupcakes

Date: Sunday, 15 Oct 17
Time: 1.30pm – 3.30pm
Register By: 7 Oct 17



Frankenstein Cake Pops

Date: Saturday, 21 Oct '17
Time: 10.30am – 12.30pm
Register By: 13 Oct '17



For the above courses:

Fees: Member \$58, Public Officer \$64, Member's Guest \$68
(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

TASTY FUNZ WORKSHOP

(Parent-Child Bonding)
For Children aged 6 -14 years old

Spookylicious Halloween' Bento

Get ready for some yummy, spooky Halloween fun! Have a great time bonding with your little one to make your very own cute 'Spookylicious Halloween' Bento, featuring Jack O'Lanterns, Black Cat, Mummies and 'Devil' Ghosts, at this Creative Bento Art Workshop.



Date: Saturday, 14 Oct '17

Time: 2pm – 4pm

Fees: Member \$65, Public officer \$72, Member's Guest \$80 (Fees for 1 parent & child)

Venue: CSC @ Tessensohn

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

Register By: 7 Oct '17

'Gingerbread House' Cupcake Decorating

(Parent-Child Bonding)
For Children aged Age 6-14 years old



Have a special family bonding time with your child this Christmas creating delightful gingerbread at the 'Gingerbread House' Cupcake Decorating Workshop. Parent and child will work together to build, design and decorate edible holiday homes of their dreams.

Date: Saturday, 18 Nov '17

Time: 2pm – 4pm

Fees: Member \$65, Public Officer \$72, Member's Guest \$80 (Fees for 1 parent & child)

Venue: CSC @ Tessensohn

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

Register By: 11 Nov '17

CREATIVE BATH FRIZZIES

For children aged 6 years old and above

It's fun time for the kids at the creative bath frizzies party! Children will get to know how to make bath frizzies. Join the party and marvel at their creations. Every guest will get to choose from a selection of safe essential oils for their children to colour and scent their bath frizzies. Equipped with the know-how, children will hand craft their own bath frizzies.



Date: Friday, 6 Oct '17

Time: 10am – 11.30am Fees: Member Child \$25, Public Officer Child \$32, Member's Guest Child \$36 (Inclusive of materials)

Venue: CSC @ Tessensohn

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

Register By: 29 Oct '17



DIY SLIME MAKING WORKSHOP

For children aged 5 – 12 years old

In this hands-on workshop, the kids will be taught to use three basic ingredients to transform into an amazing slime. They will also learn the chemistry involved in slime-making process. At the end of the workshop, the kids will enjoy pulling and stretching their very own take-home slime!



Date: Saturday, 14 Oct '17

Time: 10am – 11.30am

Fees: Member's Child \$30,

Public Officer's Child \$35,

Member's Guest Child \$40

Venue: CSC @ Bukit Batok

Contact: Vanessa at 6391 5641

or vanessachoo@csc.sg

Register By: 6 Oct '17

3-DAY ADVENTURE CAMP (RESIDENTIAL)

For Children aged 7 to 12 years old

Instill the spirit of fun and adventure in your children. Register them for the 3-day Adventure Camp where they can develop self-confidence and leadership qualities as well as get the opportunity to learn kite making at Marina Barrage, visit the Wild Wild Wet at Downtown East and try their skills in Ice Skating.



Time/Day	Tue (21 Nov)	Wed (22 Nov)	Thur (23 Nov)
0900hr	Attendance taking	Morning Exercise- Self-make Breakfast Area Cleaning	Morning Exercise Self-make Breakfast Area Cleaning
Morning Activities (0930hr-1130hr)	Ice- Breakers games- Get to know each other-	Proceed for Wild Wild Wet: Safety briefing and rides orientation	Area Cleaning/ Check out. Cheer & Camp songs Competition!
Lunch (1130hr-1230hr)	Yummy! Consist of assortment of meat , vegetables and rice		
Afternoon- Activities (1400hr-1600hr)	Transfer to Marina Barrage DIY Kite making and Kite flying competition	Wild Wild Wet- Enjoy all the rides in your groups	Ice Skating at Kallang Ice World!
1630hr	Dinner at resort	Back to Resort: Preparation for Self-cook dinner	Transfer back to CSC & Debrief
1800hr			Thanks and see you again!
Night Activities (1800hr-2000hr)	Night Activities: Candle light Soccer	Teamwork: Campers would be divided into stations to prepare the different items (No pork no lard)	
	Area Cleaning		
	Dream Time	Night Snacks & Debrief	

Programmes are subject to change without notice. Alternative or similar itinerary would be arranged as deemed fit by the organizers.

Dates: Tuesday to Thursday, 21 – 23 Nov '17

Time: 9am (21 Nov) – 5pm (23 Nov)

Fee: Member's Child \$360, Public Officer's Child \$370, Member's Guest Child \$380

Venue: Meet & Dismiss at CSC @ Tessensohn

Register By: 6 Nov '17

For details and itinerary:

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





MUSIC

LEARN TO PLAY THE UKULELE

Participants to bring their own ukulele

Be introduced to the Ukulele, a Hawaiian version of a small guitar-like instrument which originated in the 19th century. Learn how to strum chords, sing, read notes and eventually play solo pieces on the instrument. Instructor Mr Fahmy, with more than 10 years teaching experience, has been playing and performing for over 20 years.



Ukulele Beginners Course

Dates: 4 Mondays, 25 Sep – 16 Oct '17 or 23 Oct to 13 Nov '17

Time: 7pm – 9pm

Fees: Member \$100, Public Officer \$110, Member's Guest \$115

Venue: CSC @ Tessensohn

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

Register By: 18 Sep or 16 Oct '17

MASTER THE ERHU

Participants must bring their own Erhu. If you love oriental music, you will love learning to play the Erhu, one of the most popular Chinese instruments. This two-stringed instrument is easy to pick up and 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 Fridays, 15 Sep to 17 Nov '17

Time: 7:15pm – 8:15pm (Session 1)

8:15pm – 9:15pm (Session 2)

Venue: CSC @ Bukit Batok

Register By: 7 Sep '17

Dates: 10 Wednesdays, 29 Nov to 31 Jan '17

Time: 7:15pm – 8:15pm (Session 1)

8:15pm – 9:15pm (Session 2)

Venue: CSC @ Tessensohn

Register By: 22 Nov '17

For the above courses:

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

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

PLAY THE KEYBOARD

(Fee includes materials and instrument is provided)

The keyboard is a versatile instrument that can add colour to your music. In this course, you will be taught the basics of notes and chords reading and be able to play a wide array of songs, from classical to pop and rock by keyboard instructor Titus Chia who has been teaching piano, keyboard and organ for the past 5 years.

Keyboard Course (Beginners)

Fees: Member \$165,

Public Officer \$175,

Member's Guest \$185

Keyboard Course (Intermediate)

Fees: Member \$180,

Public Officer \$190,

Member's Guest \$200

Dates: 10 Wednesdays, 22 Nov '17 to 24 Jan '18

Time: 7pm – 8pm

Venue: CSC @ Tessensohn

Register By: 15 Nov '17

For the above courses:

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

SELF IMPROVEMENT

THE STORY OF TCM HERBS

Understand and know more about traditional Chinese medicine and the many herbs which are commonly used and found to be effective since 3000 years ago. Conducted by Singapore Registered TCM Physician Ms Ong Ah Tian, this course covers the medicinal properties and tastes, meridian entered, function and application of Chinese herbs. The course will also help 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, 7 – 28 Oct '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: 30 Sep '17



IMPROVE YOUR DIALECT

Learn to speak dialects like Teochew and Cantonese so that you can communicate better with your elders. Help preserve these languages which are part of Singapore's culture.



Conversational Teochew For Beginners

Dates: 4 Mondays, 2 – 23 Oct '17

Time: 7:30pm – 9pm

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

Register By: 25 Sep '17

Conversational Cantonese For Beginners

Dates: 4 Mondays, 6 – 27 Nov '17

Time: 7:30pm – 9pm

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

Register By: 30 Oct '17

For the above courses:

Venue: CSC @ Tessensohn

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



SELF IMPROVEMENT

BASIC MALAY LANGUAGE COURSE

Brush up your Malay language from Instructor Ms Sharifah Narimah in this basic Malay Language course and, at the same time, pick up the skill of Malay baking.

Emphasis will be on simple conversation and vocabulary building. Upon completion of the course, you will be able to construct simple sentences for everyday conversations.



Dates: 8 Mondays, 30 Oct – 18 Dec '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: 23 Oct '17

BASIC FRENCH



With French spoken in over 90 countries, be ready to converse in this charming language when you next visit a French-speaking country. In this beginner's course, participants will be taught the 4 basic skills of reading, writing, speaking and listening.

This course is also a stepping stone for those who plan to pursue the DELF Diploma awarded by French Ministry of Education. The French Beginner's course is conducted by Freddie, who has a Master degree (Hons) in French.

Dates: 5 Saturdays, 28 Oct – 25 Nov '17

Time: 4.30pm – 6pm

Fees: Member \$50,

Public Officer \$56,

Member's Guest \$60

Venue: CSC @ Tessensohn

Contact: Hai Ming at 6391 5607

or onnhaiming@csc.sg

Register By: 21 Oct '17



EFFECTIVE PRESENTATION SKILLS

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

Dates: 2 days, 18 – 19 Sep '17

Time: 9am – 5pm

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

Register By: 8 Sep '17

Effective Business Writing

This course will help you write concise and effective business letters to ensure clarity and professionalism. You will pick up tips, rules, and guidelines you need to make each of your emails, letters, reports and other business documents readable, clear and effective.

Dates: 2 days, 16 – 17 Sep '17

Time: 9am – 5pm

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

Register By: 10 Sep '17



Effective Communication Skills

This workshop will provide you with tools to increase your ability to make positive progress through powerful effective communication methods. This course will help you identify your communication strength and weakness, ability to present oral presentations, improve your listening skills and use of body language and proper voice tones.

Date: Wednesday, 6 Sep '17

Time: 9am – 5pm

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

Register By: 28 Oct '17

Essential Grammar For Effective Writing

In business, the usage of correct grammar is essential in communicating effectively, in both speech and writing. The Essential Grammar for Effective Writing course highlights the usage problems associated with contemporary grammar. Topics covered include structure of English, Tenses, Punctuations and difference between British & American spellings.

Date: Wednesday, 11 Oct '17

Time: 9am – 5pm

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

Register By: 1 Oct '17

For all the above courses:

Venue: The Adelphi, 1 Coleman Street

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



TRAVEL

1DAY LABIS FRUIT FARM TOUR

Spend a Saturday away from the hustle and bustle of city with a visit to the Labis Fruit Farm in Johor. This one day trip promises a fun day for the family where you can get to taste some great local fruits freshly plucked! You will get the chance to do bit of shopping for local products in Yong Peng and end the tour with a sumptuous roasted pig dinner before heading back to Singapore.

	Adult	Child*
Member	S\$78.00	S\$68.00
Public Officer	S\$88.00	S\$78.00
Member's Guest	S\$92.00	S\$82.00

*11 years old and below

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

Date: Saturday, 18 Nov '17

Time: Assemble at 6.30am at CSC @ Tessensohn

Register By: 1st come, 1st serve

Tour By: Amazing Explorer Pte Ltd

For details and itinerary:

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



2D1N PORT DICKSON TOUR

Hotel Hibiscus @ Port Dickson	Twin/Triple	Child W Bed*
Member	S\$320.00	S\$210.00
Public Officer	S\$340.00	S\$220.00
Member's Guest	S\$350.00	S\$230.00

*11 years old and below

Spend a leisurely weekend in Port Dickson which offers magnificent sea views and stretches of beautiful beaches that are fringed by palm trees and casuarinas. Laze in the luxury Hibiscus resort with overwater villas arranged like a hibiscus flower. Visit the Army Museum and have fun in activities such as G Kart or Paintball or a Banana Boat ride.

Dates: Saturday to Sunday, 9 – 10 Dec '17

Time: Assemble at 6.30am at CSC @ Tessensohn

Register By: First come, first serve basis.

Tour By: Amazing Explorer Pte Ltd



For details and itinerary:

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



3D2N BALI VALENTINE ROMANTIC TOUR

Bali is a must place for those planning a honeymoon or wish to go on a romantic getaway for a few days. Known as the 'Island of the Gods', Bali is also the island of romance. Immerse in its rich culture, sumptuous food, fantastic shopping, and beautiful beaches!

Fee: Include airport tax	Adult (Twin Sharing) Per Pax 4* Uppala Semnya Villas	Adult (Twin Sharing) Per Pax 5* Uppala Umalas Villas
Member	\$880.00	\$990.00
Public Officer	\$940.00	\$1,050.00
Member's Guest	\$960.00	\$1080.00

Included:

- Return air ticket by SQ, airport taxes and fuel surcharge
- 2 way airport transfer
- Half day city tour
- Meals as stated in the itinerary
- 2 Night Accommodation
- Daily Drinking Mineral Water Per /Pax
- Entrance Fee as per mentioned in itinerary
- 1 local English Speaking Guide during half day city tour
- Guide & Driver Tipping
- Group Insurance Max S\$500 medical & S\$10,000 accidental



Dates: Tuesday to Thursday, 13 – 15 Feb '18

Time: To be advised

Venue: Assemble at Singapore Changi Airport

Register By: 3 Nov '17

Tour By: Transinex Pte Ltd

For details and itinerary:

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

8D/7N CHIANGMAI HOLIDAY WITH A HEART

Planning a holiday to Chiangmai? Make it a unique holiday with a heart! Here's your chance to do a good cause and enjoy family bonding time together. This holiday programme is a platform to encourage participants and their families to serve and gain social experience; cultivate the value to care for the less fortunate people in Chiangmai!

Activities include a five-day home stay in a village where you and your family members will get a chance to teach English, harvest paddy fields, do some fundraising and much more.

Child to participate must be 7 years old and above.

Dates: Saturday to Saturday, 16 – 23 Dec '17

Time: To be advised. Assemble at Changi Airport

Fee: \$600 per pax (Fee includes 7 days meals, 7 days accommodation & all land transfers)

Airfare: Flights by Tiger Airways: \$420.00 per pax

*subject to changes, inclusive of 20 kg baggage allowance

16 Dec TR674 SIN-CNX 1420/1615

23 Dec TR675 CNX-SIN 1655/2105

You may also opt for other airlines. Arrangements will be made to pick you up at the airport.

Register By: 1st come, 1st serve basis

Tour By: Accolade Events

For details & itinerary:

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





CLUB CSC @ TESSENSOHN

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:		GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER			
AQUA AEROBICS (TUE PM)	12 Tuesdays, 21 Nov – 5 Feb '17 (No lesson on PH)	6.30pm – 7.30pm	Ms Antonia	\$80	\$90	\$105	18 persons (max)	15 Nov '17 Vanessa at 6391 5641
AQUA AEROBICS (SUN)	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
AQUA AEROBICS (WED)	12 Wednesday, 25 Oct – 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
BEGINNER BALLROOM WALTZ	10 Tuesdays, 17 Oct – 19 Dec '17	8pm – 9pm	Mr Wu	\$70	\$75	\$80	12 persons (min)	10 Oct '17 Gek Cheng at 6391 5624
BALLROOM INTERMEDIATE TO ADVANCE BALLROOM QUICKSTEP	10 Sundays, 15 Oct – 17 Dec '17	2pm – 3pm	Jacie	\$70	\$75	\$80	12 persons (min)	9 Oct '17 Gek Cheng at 6391 5624
BALLROOM INTERMEDIATE ROCK & ROLL	10 Sundays, 15 Oct – 17 Dec '17	3pm – 4pm	Jacie	\$70	\$75	\$80	12 persons (min)	9 Oct '17 Gek Cheng at 6391 5624
BALLROOM BEGINNERS BALLROOM TANGO	10 Sundays, 15 Oct – 17 Dec '17	4pm – 5pm	Jacie	\$70	\$75	\$80	12 persons (min)	9 Oct '17 Gek Cheng at 6391 5624
DEEP AQUA AEROBICS (TUE AM)	10 Tuesdays, 17 Oct – 26 Dec '17 (No lesson on PH)	8am – 9am	Ms Vikki	\$85	\$95	\$110	18 persons (max)	3 Oct '17 Vanessa at 6391 5641
DEEP AQUA AEROBICS (THU)	10 Thursdays, 5 Oct – 14 Dec '17 (No lesson on 16 Nov '17)	6.30pm – 7.30pm	Ms Anthea	\$85	\$95	\$110	18 persons (max)	28 Sep '17 Vanessa at 6391 5641
DEEP AQUA AEROBICS (FRI)	10 Fridays, 29 Sep – 1 Dec '17 (No lesson on PH)	6.30pm – 7.30pm	Ms Vikki	\$85	\$95	\$110	18 persons (max)	22 Sep '17 Vanessa at 6391 5641
DEEP AQUA AEROBICS (SAT)	10 Saturdays, 14 Oct – 23 Dec '17 (No lesson on 18 Nov '17)	8am – 9am or 9am – 10am	Ms Anthea	\$85	\$95	\$110	18 persons (max)	30 Sep '17 Vanessa at 6391 5641
PILATES BY MABELINE	10 Mondays, 9 Oct – 11 Dec '17	7pm – 8pm	Ms Mabeline	\$85	\$95	\$100	12 persons (min)	4 Oct '17 Serene Cho at 6391 5620

CLUB CSC @ TESSENSOHN

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
SWIMMING LESSONS AT TESSENSOHN (CHILDREN)	4 Lessons Sept / Oct '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 Sep / 15 Oct '17	Vanessa at 6391 5641
SWIMMING FOR LADIES (BEGINNER)	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
SWIMMING FOR LADIES (INTERMEDIATE)	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
TRADITIONAL TAEKWON-DO FOR ADULTS (MON)	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
TRADITIONAL TAEKWON-DO (SAT)	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					
WING CHUN KUNG FU, "CHI SAU" THUR – OCT	4 Thursdays, 5 – 26 Oct '17 (No lesson on PH)	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 persons	28 Sep '17	Hai Ming at 6391 5607
WING CHUN KUNG FU, "CHI SAU" (ADULT BEGINNER) – OCT	4 Saturdays, 7 – 28 Oct '17 (No lesson on PH)	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 persons	30 Sep '17	Hai Ming at 6391 5607
WING CHUN KUNG FU, "CHI SAU" (CHILDREN 6 – 12 YEARS) – OCT	4 Saturdays, 7 – 28 Oct '17 (No lesson on PH)	10.30am – 11.30am	Sifu Ken Lau	Child \$90	Child \$95	Child \$100	10 persons	30 Sep '17	Hai Ming at 6391 5607
WING CHUN KUNG FU, "CHI SAU" (ADULT INTERMEDIATE) – OCT	4 Saturdays, 7 – 28 Oct '17 (No lesson on PH)	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 persons	30 Sep '17	Hai Ming at 6391 5607
WING CHUN KUNG FU, "CHI SAU" THUR – NOV	5 Thursdays, 2 – 30 Nov '17 (No lesson on PH)	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 persons	26 Oct '17	Hai Ming at 6391 5607



CLUB CSC @ TESSENSOHN

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
WING CHUN KUNG FU, "CHI SAU" (ADULT BEGINNER) - NOV	4 Saturdays, 4 – 25 Nov '17 (No lessons on PH)	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 persons	28 Oct '17	Hai Ming at 6391 5607
WING CHUN KUNG FU, "CHI SAU" (CHILDREN 6 - 12 YEARS) - NOV	4 Saturdays, 4 – 25 Nov '17 (No lessons on PH)	10.30am – 11.30am	Sifu Ken Lau	\$90	\$95	\$100	10 persons	28 Oct '17	Hai Ming at 6391 5607
WING CHUN KUNG FU, "CHI SAU" (ADULT INTERMEDIATE) - NOV	4 Saturdays, 4 – 25 Nov '17 (No lessons on PH)	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 persons	28 Oct '17	Hai Ming at 6391 5607
YOGA BY HUAY LIN	10 Fridays, 29 Sep – 1 Dec '17	7pm – 8pm or 8pm – 9pm	Ms Huay Lin	\$75	\$80	\$85	12 persons (min)	20 Sep '17	Serene Cho at 6391 5620

CLUB CSC @ BUKIT BATOK

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
DEEP AQUA AEROBICS (SAT)	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
DEEP AQUA AEROBICS (TUE)	10 Tuesdays, 7 Nov '17 – 9 Jan '18 (No lesson on PH)	7pm – 8pm	Ms Anthea	\$85	\$95	\$110	18 persons (max)	1 Nov '17	Vanessa at 6391 5641
AIKIDO (CHILDREN)	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
AIKIDO (ADULT)	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
TRADITIONAL TAEKWON-DO	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					



CLUB CSC @ BUKIT BATOK

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
SWIMMING LESSONS (CHILDREN)	4 Lessons Sep / Oct '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 Sep / 15 Oct '17	Vanessa at 6391 5641
SWIMMING FOR LADIES	10 Thursdays, 7 Sep – 9 Nov '17 (No lesson on PH)	7.30pm – 8.30pm	Ms Thipa	\$210	\$220	\$230	12 persons	31 Aug '17	Vanessa at 6391 5641
PILATES BY AGNES YOONG	10 Saturdays, 16 Sep – 18 Nov '17	11am – 12pm	Ms Agnes	\$85	\$95	\$100	12 persons (min)	10 Sep '17	Serene Cho at 6391 5620

CLUB CSC @ CHANGI

ACTIVITY	DATE	TIME	INSTRUCTOR	FEES:			GROUP SIZE	REGISTER BY	CONTACT
				MEMBER	PUBLIC OFFICER	GUEST			
SWIMMING LESSONS (CHILDREN)	4 Lessons Sep / Oct '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 Sep / 15 Oct '17	Vanessa at 6391 5641

APPLICATION FORM

Name (*Mr/Mrs/Mdm/Miss): _____ CSC Membership No./NRIC No: _____
 Membership Type: *Ordinary/Supplementary/Retiree/Life/Associate Gender: *Male/Female
 Address: _____ Singapore ()
 Contact No: _____ Email: _____ Marital Status: *Single/Married (*delete where appropriate)
 I would like to participate in: _____ (activity & date) for _____ members including myself.
 Indicate name and membership number if more than one member: _____ and () guests.
 Indicate name(s) of guest(s): _____

For more than one activity, please attach sheets separately.

For swimming lessons, please contact the clubhouse at 6391 5605. For badminton section, please contact the sports section at 6391 5619.

IMPORTANT NOTES

- Registration of activities is based on a first-come-first-served basis.
- All guests must be accompanied by members.
- All fees paid are non-refundable unless the activity is cancelled by the Club. Please contact us if you do not hear from us one week before the activity.
- Applications must be accompanied by full payment. Please send separate cheques for the different activities.
- Crossed cheques are to be made payable to "Civil Service Club" unless otherwise stated.
- Unless otherwise stated, cheques should be sent to: Social Manager, Civil Service Club, 60 Tessensohn Road, Singapore 217664
- The Civil Service Club and its management will be kept fully indemnified against all claims, loss or damage whatsoever to participants arising from any cause in connection with activities organised or participation therein.

Civil Service Club

ASSOCIATE MEMBERSHIP PROMOTION

For Non-Public Officers (Singaporeans & PRs)

Promotion ends 31 Oct '17

Apply now at www.csc.sg/Civil-Service-Club-New-Membership-Sign-Up
and receive a \$10 CSC Club voucher!

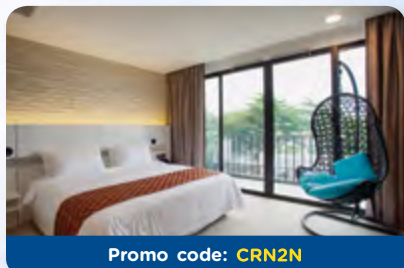
3
Year Associate
Membership
\$900*



Promo code: **GV53**

Garmin VivoSmart
3 Black*
RRP \$229

OR



Promo code: **CRN2N**

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

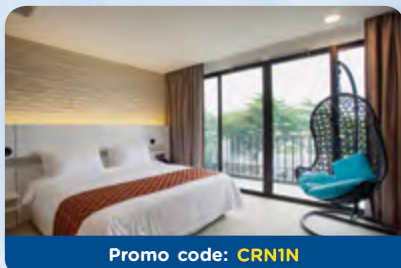
2
Year Associate
Membership
\$600*



Promo code:
CBG - Gents CBL - Ladies

Claude Bernard Gents
or Ladies Watch*
RRP \$283

OR



Promo code: **CRN1N**

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

1
Year Associate
Membership
\$300*



Promo code: **KGRILL**

K-Grill Infrared Grill
RRP \$299

<http://www.csc.sg> 6391 5604 / 6514 6396

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.



Civil Service Club **Dinner** Dance 2017



ASIAN FIESTA

Pan Pacific Singapore (Pacific Ballroom)

@ Level 1 - 31 December 2017 (Sun) - 6pm - 1am

Member : \$90 per ticket, \$1,100 per table

Public Officer/Member's Guest: \$130 per ticket, \$1,300 per table

Register by: 30 Nov 2017 with Serene Cho at serenecho@csc.sg
or Tel: 63915620 (Subject to availability)

Highlights: Pre-Dinner Entertainment • LED Performance • The Mentalist Show • Singing Sensation
K-Pop Dance • Chinese Acrobat • Spectacular Countdown SFX • Fabulous Lucky Draw Prizes

Event is open to 16 years old and above.

Corkage charge will be waived for all duty paid liquors and wine.