

fusion!

one membership, three clubhouses, three distinct experiences

march – april 2018 issue



HELLO ALOHA
From 1 April 2018



WINE & DINE

Wine, dine and enjoy an evening of cuisine fine.

CHILDREN SWIMMING MEET 2018

Be the first record holder at our inaugural Swimming Meet!

PLANET BOWL @ CLUB TESSENHORN

Get bowled over by the special promotions at Planet Bowl.



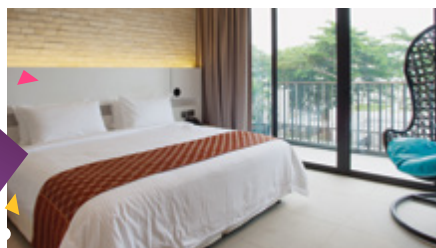
**APPLY
NOW AT**
www.csc.sg/Membership

 and receive a
\$10 CSC Club voucher!

ORDINARY MEMBERSHIP *Promotion*

(For Public Service Officers) Promotion ends 30 April 2018

The Club for Public Service Officers. With one membership you will 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
Membership
\$360**

 2 NIGHTS
CHALET
(OFF-PEAK)**
STAY
RRP \$296

OR


GRUNN ROBOT CLEANER*
RRP \$239

 Promo Code: **CRN2N**

 Promo Code: **ROBOT**
**4-YEAR
Membership
\$288**

 GUY LAROCHE
LADIES BRACELET
WATCH*
RRP \$270

OR


 AZTECH
AIR FRYER 2.8L*
RRP \$213

 Promo Code: **GL**

 Promo Code: **FRYER**
**3-YEAR
Membership
\$216**

 LADYSHIP ESSENCE
EXTRACTOR*
RRP \$249

OR


 EXCLUSIVE 28"
BLUE CSC
LUGGAGE*
RRP \$80

 Promo Code: **LEE**

 Promo Code: **LUG2**
**2-YEAR
Membership
\$144**

 MONO LED LAMP*
W/ Qi COMPATIBLE
WIRELESS
CHARGING BASE***
RRP \$199

OR


 LIFESENSE BAND 2
FITNESS TRACKER*
RRP \$88

 Promo Code: **LED**

 Promo Code: **LS**

 MORRIES
TRAVEL
KETTLE*
RRP \$29.90

 Promo Code: **MTK**

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. ***Applicable for Samsung/iphone 8 and above only.


<http://www.csc.sg>


6391 5604 / 6514 6396


membership@csc.sg

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fusion!
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CSC @ Tessensohn

60 Tessensohn Road
Singapore 217664
T: 6294 8933

CSC @ Changi

2 Netheravon Road
Singapore 508503
T: 6709 4709

CSC @ Bukit Batok

91 Bukit Batok West Ave 2
Singapore 659206
T: 6513 7480

Aloha Changi

(Operated by CSC from 1 Apr)
30 Netheravon Road
Singapore 508522

Aloha Loyang

(Operated by CSC from 1 Apr)
159W Jalan Loyang Besar
Singapore 507020

Corporate Services

Membership Matters

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

Sports Activities

T: 6391 5619 (Samantha Fok)

Social Activities

T: 6391 5613 (Samantha Chin)
T: 6391 5607 (Onn Hai Ming)
T: 6391 5624 (Kua Gek Cheng)
T: 6391 5641 (Vanessa Choo)
T: 6391 5620 (Serene Cho)

events@csc.sg

For the latest happenings and
promotions at CSC, please visit:

<http://www.csc.sg/>

Civil Service Club

feedback@csc.sg

Changi Cottage
Aloha Changi

Seaview Terrace
Aloha Loyang

Dear Members,



“

No mistake, our members can now book the Aloha Chalets and enjoy more choices (85 more chalets) to choose from for their staycation either at Aloha Changi or Aloha Loyang from 1 Apr onwards. This is another value enhancement for our members.

OVERVIEW OF FY 17/18

In less than a month, we will close the book for FY 17/18 and start a new chapter for FY 18/19. Upon reflection, it had been a good year for the Club and its members. The Club continued to financially perform better than what was earlier budgeted. The value of the club membership has been enhanced with the slew of improvements that the Club has initiated to upgrade the facilities that the Club provides. The most recent being the new changing rooms of Bukit Batok Clubhouse where many appreciative feedback was received from our members.

A new walkway has been built at Changi Clubhouse to enhance the safety of our members and their guests, including those who are not so mobile.

More social activities were organised and a number of new social activities were also introduced to provide members with more choices to participate in them.

The Club's Management System has been continually improved and upgraded, too. This upgrading not only facilitates the internal operability of the Club but also ease the way members and would-be members can communicate with the Management.

Sports. In 2017, 45 STAR Games and the Healthy Lifestyle Walk were organised. New STAR games were introduced such as Beach Frisbee and Corporate Step Challenge. A Sports Seminar was organised in Oct 2017, whereby all the SLOs of the Ministries and Stat Boards were invited to share their experiences on how to improve the way the games are being organised and how to improve the participation level. The Club continues to partner major event organisers at national level such as Sundown Marathon, City 60 Bike Run Challenge, Singapore River Regatta Dragon Boat Race and the OCBC Cycle to include a Public Service Category for the public service officers to participate in. The participants were even offered a discount.

As compared to 2016, there was an increase of 12.2% of public service officers participating in the Sports activities that were being organised.

Feedback. Thank you for the many compliments that we had received from our members, organisers of events and corporations on their positive experiences that they encountered when organising activities in the Club for this FY. For those who provided constructive feedback on how the Club could improve its services, I deeply appreciate them and had personally ensured that they were either implemented or rectified.

Survey. The Club has appointed an external research company to conduct an e-survey on our members' satisfaction level of their experience when they visit the Club. There will also be a mystery shopping to evaluate on our services provided and an e-survey to public service officers who are non-members on their reasons for not joining the Club. All participants will have a chance to win fabulous prizes from the participation lucky draw. The survey will commence in Mar and Apr 2018. We look forward to your active participation in this annual survey.

Tessensohn Façade Upgrading. The long-awaited upgrading of Tessensohn Clubhouse Façade has finally been approved and the process of seeking statutory clearance will be initiated. It will take about a year for the project to be completed. This will transform the look and feel of the Clubhouse. In the meantime, the Clubhouse will be proceeding with its repainting which will commence from Mar to Apr 2018.

EXPECTATIONS OF THE CLUB IN FY 18/19

Unlike previous years, FY 18/19 will be a fiscally challenging year for the Club. In last Nov 2017, the Police Licensing Regulatory Division introduced some measures to control the playing of fruit machines. This, coupled with the intending 30% cut of the Club's

fruit machine holding on 1 Nov 2018, will substantially affect the bottom line of the Club. The Club has to transform its business model to mitigate against this loss of revenue and yet continue to make the Club relevant to its members and public service officers through infrastructure upgrade and enhanced service experience.

CAPEX. Despite the fiscal challenges, the Club will continue to improve the facilities of the Club. As part of the façade upgrading of Tessensohn Clubhouse, the corridors of the 2nd and 3rd level will be given a makeover. The swimming pool covered walkway and the alfresco dining area will be given a facelift. It will include a shelter over the alfresco dining area and a lift to enhance mobility. All these will complement the façade upgrading of the Clubhouse. The outcome will be a modern town club. Four of the lifts at Bukit Batok Clubhouse will either be overhauled or replaced to enhance the safety and experience of the users. Bukit Batok Clubhouse will also be repainted.

Aloha Chalets. By now, many of you may have heard that Civil Service Club is taking over the running of the Aloha chalets with effect from 1 Apr 2018. Yes, we are. We are going to establish our brand and service standard of operating our Changi Chalets to Aloha. We are in

Changi Garden Chalet



the process of taking over and upgrading the booking system and integrating them into one to facilitate our members and public service officers ease in choosing the chalets that they like. We are conducting M&E checks to ensure that when we take over the facilities they are of an acceptable standard. All the Aloha chalets have been renovated, the most recent is the Aloha Changi chalets.

No mistake, our members can now book the Aloha Chalets and enjoy more choices (85 more chalets) to choose from for their staycation either at Aloha Changi or Aloha Loyang from 1 Apr onwards. This is another value enhancement for our members. Members can access to www.cscchalets.sg to view the chalets or if there are any queries to email us at chalets@csc.sg.

The Club will introduce the same type of services as what our members enjoy when staying at Changi Chalets. There will be toiletries provided, faster WIFI speed of 250 MBPS, cable TV and the availability of coffee machine dispenser in each chalet. To enable a seamless transit among the clusters of chalets, free bus services will be provided to transport chalet guests to transit from Aloha chalets to Changi Clubhouse and vice versa. Aloha Loyang has a beautiful beach which the Club will exploit for our chalet guests staying at either Changi or Aloha Changi Chalets. We are exploring with potential operators on the possibility of setting up a sea sport facility for sea sport enthusiasts of canoeing, kayaking, bell boat, paddle boat and other water sports at Aloha Loyang. Bicycle docking station will also be provided in all the 3 clusters of chalets to enable cyclists to cycle to any of the clusters, leave the bicycle there and take the complimentary bus back to their chalet.

There are 2 function rooms that can be used for team bonding, workshops and seminars. We are upgrading them to modern function rooms with better acoustic, sound system and interactive training aids.

As the booking system is opened for booking 4 months ahead, the Club can only introduce all the enhancements from Jul/Aug 2018 onwards. As prior to 1 Apr 2018, the booking system is managed by the Managing Agent. Members can log in to book a stay at the Aloha chalets from 1 Apr onwards, as the booking system will then be managed by Civil Service Club. We welcome feedback especially from those members and public officers who had stayed in Aloha Chalets before, so that when we take over, we can enhance your staying experience. For glimpses of Aloha chalets please refer to pages 26 to 29.

LOOKING AHEAD: THE UPCOMING 2 MONTHS

Social Activities. The Club has lined up a myriad of social activities for members to choose. The notable ones are; the Children's Easter Party held at Bukit Batok Clubhouse on 1 Apr 2018 (details refer to page 4), the ever-popular Easter Wine and Dine for the adults held at Qian Xi Restaurant, Tessensohn Clubhouse on 20 Apr 2018 (details refer to page 4) and the CSC Children's Swimming Carnival on 21 Apr 2018 (details refer to page 5). There are many more social activities that are organised over the next 2 months which include tours, cooking workshops, fitness and health classes, parent and child bonding workshops, musical instruments' lessons and language classes. Please refer to pages 30 to 52 to select the activities that you would like to attend.



Did You Know?



STAR GAMES AWARDS. For the 2017 Public Service STAR Games Awards, Ministry of Education and JTC Corporation emerged the champions for Divisions 1 and 2 respectively. The awards were presented by the Club's President and Head Civil Service, Mr Leo Yip during the annual Year End Countdown Party on 31 Dec 2017.

PERFECT GAMES. There was a record of 6 bowlers that scored perfect games during the SBF sanctioned events organised by the Club. 4 bowlers from Resort Bowl and 2 from Westwood bowl. Besides the golden bowling pin that each bowler received for their feat, the bowlers will share the prize money of \$10K divided equally amongst the bowlers of the respective Clubhouses who aced the perfect game. For the bowlers in Resort bowl, each bowler will receive \$2.5K. The bowlers from Westwood Bowl will each receive \$5K. The perfect game bowlers are Boston Ang, Hairon Awang, How Wang, Yew Koon, Tiac Pin and Shafie. Once again, congratulations to all of them for achieving this rare feat in a competition.



INTER CLUBHOUSE DECORATION COMPETITION. After working very hard during their spare time to put up the best festive decoration for their respective Clubhouses, Tessensohn Clubhouse emerged as the champion when it scored the highest points for the 5 festive decoration competitions. Bukit Batok came in first for the Hari Raya, Changi Clubhouse for the National Day and Tessensohn for the Deepavali, Christmas and Chinese New Year. The overall champion will be awarded a trophy and \$1K. Bukit Batok Clubhouse gets \$300 for being the first runner-up and Changi Clubhouse is given \$200 for being the 2nd runner-up. Bukit Batok is also awarded for the Most Improved Clubhouse decoration award and received \$200. All the prize money will be used by their respective Clubhouses for staff bonding activities.

I would like to wish all our members good health and a Happy Easter!



* CHILDREN'S EASTER PARTY *

For children age 5-10 years old



Hop on down to CSC Bukit Batok for an exciting line-up of Easter activities. Grab your kiddos and their friends for a morning of arts and craft and so much more!

- Easter Egg Painting
- Easter Egg Scavenger Hunt
- MacDonald's Children Meal
- Candy floss
- Photo Taking with Bunny Mascot

Easter Egg Painting is proudly sponsored by ARTZONE.



**STAND TO WIN VOUCHERS
UP TO \$50 FOR THE
SCAVENGER HUNT!**



**SUNDAY, 1 APRIL 2018
10AM – 12PM
CSC @ BUKIT BATOK**

FEES

Member's Child \$15
Public Officer's Child \$18
Guest's Child \$20

CONTACT

Vanessa at 6391 5641
or vanessachoo@csc.sg

REGISTER BY

22 March 2018

(Pre-registration is required)

Wine & Dine

Friday, 20 April 2018

Qian Xi (Farrer Park) Restaurant | 7pm – 9:30pm

CSC @ Tessensohn

Enjoy an evening of wine dine and shine with family or friends, as you pamper their palates and let the wine flow. Other highlights include entertainment, table games and a lucky draw.

**** MENU ****

5-Kind Cold Dish Combination • Seafood Fish Maw Soup • Crispy Roasted Chicken • Fried Prawn with Salty Egg Yolk • Steamed Sea Bass with Bean Crumbs • Braised Mushroom with Spinach • Fried Rice with Dried Scallop in Lotus Leaf • Bubur Hitam with Coconut

**** FEES PER TABLE ****

(inclusive 5 bottles of wine)

Member \$380, Public Officer \$430, Guest \$450

Contact Gek Cheng 6391 5624 or kuagekcheng@csc.sg

Register by 10 April 2018



SWIMMING MEET 2018



**BE THE FIRST RECORD HOLDER
FOR OUR CSC CHILDREN
SWIMMING MEET 2018!**

Winners in each category this year will be honoured as record-holders and remain so until it is broken in subsequent annual meets.

DATE: Saturday, 21 Apr '18

TIME: 7am – 10am

VENUE: CSC @ Tessensohn

FEE PER CATEGORY:

Member's Child \$8

Public Officer's Child \$10

Guest's Child \$12

Fee is applicable to each participating category.

TO REGISTER: Submit completed application form with indemnity (see below)

CLOSING DATE: 7 Apr '18

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

RULES AND REGULATIONS

- The registered age for Participants will be deemed to be his/her age on 21 April '18.
- Participants must report on 21 April '18, at 7am at Tessensohn Clubhouse Pool.
- Participants are to bring along their Student EZ-Link card for identification purposes.
- Trophies will be awarded only to the top 3 of each event.
- Minimum 5 participants for each event.
- Participants are to obey all the rules and regulations set by the Organiser.

**BREASTSTROKE 50-METRE
EVENT NO CATEGORIES**

B1	GIRLS	7 - 9 YRS
B2	GIRLS	10 - 12 YRS
B3	BOYS	7 - 9 YRS
B4	BOYS	10 - 12 YRS

**FREESTYLE 50-METRE
EVENT NO CATEGORIES**

F1	GIRLS	7 - 9 YRS
F2	GIRLS	10 - 12 YRS
F3	BOYS	7 - 9 YRS
F4	BOYS	10 - 12 YRS

**FREESTYLE 50-METRE X 2 PARENT-CHILD RELAY
EVENT NO CATEGORIES**

R1	FATHER-CHILD	CHILD AGE (7-12 YRS)
R2	MOTHER-CHILD	CHILD AGE (7-12 YRS)

APPLICATION FORM CUM INDEMNITY

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

BREASTSTROKE EVENTS: B1 B2 B3 B4 (Please Circle) | **FREESTYLE EVENTS:** F1 F2 F3 F4 (Please Circle)

FREESTYLE RELAY EVENTS: R1 R2 (Please Circle)

Name of Child: _____

Gender: *Male/Female

Date of Birth: _____

Age: _____

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

Address: _____ S (_____) _____

Contact: _____ **Email Address:** _____

INDEMNITY

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

Name & Signature of Parent of Participant

Date

*Delete as appropriate.



Fun Mahjong Challenge

Saturday, 12 May '18

9:30am – 5pm

CSC @ Tessensohn

A veteran mahjong player? Relish the prospect of going head-to-head against the best mahjong players in the Club? Then sign up for this Fun Mahjong Challenge.

Play 3 rounds of mahjong & accumulate as many points as possible. Player with the highest overall points will be the champion and win attractive prizes!

Fee (inclusive Breakfast & Lunch)

Member \$20, Public Officer \$25

Contact

Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

Register By

25 Apr '18

Mother's Day Lunch

Sunday, 13 May 18 12pm-3pm



**QIAN XI (FARRER PARK) RESTAURANT
CSC @ TESSENSOHN**

Mothers deserve the best. Start with a scrumptious lunch spread of Fish Maw Soup, Steamed Sea Bass, Crispy Roasted Chicken, Fried Prawn with Salted Egg Yolk and a sweet ending with the refreshing Bubur Hitam.

Complementing the lunch will be a flurry of dazzling performances by talented artists. Plus many attractive prizes to be won at the Lady-Luck Draw and for the Best-Dressed and Most-Senior. Surely Mum deserves all these and more. So, make a date with us today! Every mom will receive a gift!

PAMPER YOUR MUM JUST BEFORE THE LUNCH DATE

(Pre-registration required. Register by email with your mom's name and phone number – first come first serve, limited slots only)

- Head and Shoulders massage (10 min)
- Express Eye Makeup Services (15 mins)

TIME: 11am - 12pm

FEE (PER TABLE): Member \$348, Public Officer \$368, Guest \$388

REGISTER BY: 1 May '18 (No walk-ins will be entertained)



**Receive an OTO Spinal Support
when you purchase a
MOTHER'S (13 MAY) +
FATHER'S DAY (10 JUNE) LUNCH
COMBO PACKAGE
(Payment In One Receipt Only)**

**Member \$650
Public Officer \$680
Guest \$700**



Please contact Vanessa at
6391 5641 or vanessachoo@csc.sg

MOVIE TREATS



MARVEL'S AVENGERS: INFINITY WAR (2D)

Date: Thursday, 3 May 2018

Time: 6:30pm (TBC)

Venue: Shaw Lido

Register by: 19 April 2018

As the Avengers and their allies have continued to protect the world from threats too large for any one hero to handle, a new danger has emerged from the cosmic shadows: Thanos. A despot of intergalactic infamy, his goal is to collect all six Infinity Stones, artifacts of unimaginable power, and use them to inflict his twisted will on all of reality. Everything the Avengers have fought for has led up to this moment - the fate of Earth and existence itself has never been more uncertain.



JURASSIC WORLD: FALLEN KINGDOM

Date: Monday, 11 June 2018

Time: 6:30pm (TBC)

Venue: Shaw Lido

Register by: 28 May 2018

When the island's dormant volcano begins roaring to life, Owen and Claire mount a campaign to rescue the remaining dinosaurs from this extinction-level event.

TICKET COST

CSC main cardholder:
\$13 for 1 pair, and/or \$26 for 4 tickets
**Supplementary members, public officers
and guests:** \$8.50 per ticket





WHAT A PARTY TO END 2017!

CSC ANNUAL COUNTDOWN

Clearly Civil Service Club members know how to party. More than an hour before the official start of the Civil Service Club's annual dinner and dance, a horde of guests had already streamed in, all ready to party.

The early birds were rewarded with the intriguing, whimsical mix of activities offered at the eight pre-event booths. The air was filled with giddy excitement, as the guests went from booth to booth getting themselves "tattooed", having their portraits painted onto mugs, sitting out for a digital caricature, getting their names inscribed onto leather keychains, receiving their personalised calligraphy fan, collecting their handpicked flora teas and more.

The booths definitely hit the right note, with guests giving them a solid thumbs up! "The pre-event booths are very creative. It is a great way to get us to mingle," declared Helen Tan who was spotted at the caricature booth queue. This is the second year she and her 10 friends had booked an entire table.

What struck Mag Ng was the electrifying atmosphere. "This is my first year joining the party and I am so happy I came. I love the spirit of the party."

For first-time participant Cindy Ng: "I find this D&D refreshing, rejuvenating and very different. It's excellent work by the organiser," and enthused that she would "definitely be back next year!"

The pre-event activities proved to be a mere taste of the fun and excitement that was to come.

NOW FOR THE REAL DEAL

Inside the ballroom dripping with chandeliers, the show proper opened with a thunderous drum performance by an all-girl troupe. This was followed by the Public Service STAR Games Award Presentation. (See story on page 12)

The guests were then treated to a slew of performances that ran true to the night's Asian Fiesta theme, including hip-wiggling numbers



“Each October, we start looking out for news of the Civil Service Club’s D&D and we quickly snap up the tickets when they become available. Everyone in the family loves CSC’s D&D because the performances are extremely good.”

- Christine Chew

by sexy K-Pop dancers and Chinese and Malay ballads by songstress Cerlyn Chan. Meanwhile, the Chinese acrobat charmed with his juggling and spinning, and the mentalist astounded with his mystifying ability to read minds.

The spontaneous, fun-loving guests provided as much entertainment as the performers, if not more. Teased by the mischievous emcee James Yang, guests had to take wifies and belt out their own song-and-dance on stage.

Among the highlights was the hilarious Best Dressed Competition. Each paired up couple took turns to sashay down the ‘catwalk’ while demonstrating chemistry with their partner through body language.

For Best Dressed winner Derrick Michael, it was a fruitful evening. ‘I’m having a lot of fun. It was awesome. I’ve

caught up with old friends, made some new friends and won Best Dressed!’

Meanwhile, for this winning partner, Geraldine Ng, it was a *kebaya* celebrating her Peranakan heritage that won the audience over. She said, “This party is awesome. It’s a good way to welcome the new year.”

As the final hour of 2017 drew to an end, a new excitement was building up to fever pitch. At the invitation of the emcee at the stroke of midnight, all 45 table captains (selected earlier through a game of passing the menu) each popped a champagne bottle with panache, to the wild cheers, claps and whistles of all in the ballroom.

Merrymaking for the more than 400 guests continued all the way to close to 1am. What a party to end 2017... and to begin 2018!

SPECIAL THANKS TO OUR SPONSORS

• Absolute Maintenance Services Pte Ltd • AOS Bath Pte Ltd • Businessit Pte Ltd • Crystal Time(s) Pte Ltd • CSP Maintenance Pte Ltd • DGI Interiors LLP • Dream Cruises • Equipe 101 Management Pte Ltd • H Concept Asia Pte Ltd • Image International Design Pte Ltd • JMD Pacific Pte Ltd • John Holland Electrical & Service Pte Ltd • Juan Kuang Pte Ltd • JVD Technologies (Asia) Pte Ltd • Mazda • Pisces KTV Lounge • Prime Builders Pte Ltd • Primo Guards Pte Ltd • Qian-Xi (Farrer Park) Restaurant Pte. Ltd. • SG Luggage Outlet • SK Catering Pte Ltd • Smart Linen Solutions Pte Ltd • SmileArts Dental Studio • Sun Technosystems Pte Ltd



Ushering in the NEW SPRING

CSC CHINESE NEW YEAR BAZAAR

CSC @ TESSENSOHN CAME ALIVE WITH COLOURS, MUSIC AND EXCITEMENT AT ITS ANNUAL CHINESE NEW YEAR BAZAAR ON FEBRUARY 3.

As soon as the Bazaar threw open its doors at 10am, a throng of serious shoppers made a beeline for the Diamond Ballroom, where more than 30 CNY stalls were set up. Goodie bags were handed out to all CSC members comprising two oranges, CSC's specially designed angpow packs and a Water Chestnut & Sugarcane drink, the latter courtesy of our sponsor partner Allswell Trading Pte Ltd.

The Fragrance Bak Kwa stall was a favorite with its special offer of salted egg fish skin at half price. Another stall selling Chinese knot tassels was a stunning sea of red, while others peddled homewares made from rice husk and wood. Still other stalls beckoned with their CNY cookies and those keen on wellness lingered at the stalls offering organic vegetables and herbal soaps, honey, lingzhi, chia seed and more.

For some shoppers, visiting the CSC CNY Bazaar has become a family tradition. Sixth-time visitors, the Tan sisters - Serene, Jeslin and Joey - enthused: "We come each year because of the CNY mood that the Bazaar brings

out really well. Plus, we can get our CNY goods all under one roof."

Beyond the shopping, the club was abuzz with other fringe activities: free flow of giveaways and snacks, concurrent workshops held around the clubhouse, and the hourly lucky draws. The crowds got to pick up useful tips from the Feng Shui presentation by Yuan Zhong Siu, enjoyed some impelling Taekwondo and Wing Chun demonstrations as well as learnt to prepare several CNY dishes from Chef Lisa Leong.

The kids weren't forgotten... there were free corn cups, candy floss, balloon sculptures, movie screening and the interactive magician booth. Nine-year-old Megan Han was thrilled to learn several magic tricks: "On the scale of fun, this ranks as one million trillion!"

It was out-of-classroom learning for teacher Buvana Ramalingam, 35, who came with her two daughters, Menagha, 8 and Keerthana, 6. "It's a good way to experience CNY and expose my girls to the customs and traditions surrounding the festival."

Also with their two girls in tow were club member Ariff Zainal, 40, and wife Risliana Moey. "There are so many freebies... My daughters love the candy floss and the colouring contest. Plus, it is a very chill, relaxed atmosphere. We will definitely be back next year."





HUAT, HUAT, HUAT AH!

Propitious elements abounded at the bazaar to help shoppers usher in prosperity for the year ahead. Many clamoured for a good handshake with the God of Fortune mascot while Lady Luck favoured many delighted shoppers who walked away with prizes from the hourly lucky draws.

Adding to the auspicious pomp was the energetic performance of the lion dance troupe which culminated in the caiqing ceremony where the lions displayed impressive nimble moves. The crowds were also invited to put their hands into the lions' mouth; those brave enough to do so were rewarded with an angpaw.

Then came the highpoint of the Bazaar, which is undoubtedly the Members' Festive Draw where cash prizes totalling \$18,880 were given away.

The grand prize of \$8,888 cash went to elated Technical Officer Cheong Joe Choy, 73. "I was very surprised to be announced the winner because I had just arrived half an hour ago. This is clearly a lucky year for me. I would spend my prize money on gifts for my children and my grandson and celebrate with my friends by booking a table for them at a restaurant."

To one and all, huat ah!





IN HONOUR OF THE STARS

2017 PUBLIC SERVICE STAR GAMES AWARD PRESENTATION

As in previous years, the Civil Service Club's Annual Dinner and Dance 2017 was also an occasion to recognise the sports achievements of the participating government agencies in the Public Service STAR Games.

The widely participated STAR Games – an apt abbreviation for “Staff Team-up for Active sports and Recreation” – is organised annually by the Civil Service Club to promote a healthy lifestyle in the public service and to foster camaraderie and enhance interactions among officers in service.

2017 saw 20 Championship STAR Games competed by 37 ministries, departments and statutory boards representing all the government agencies in Singapore. The night's award presentation ceremony honoured the top four finishers in the Division I and II Categories for their success in the 2017 STAR Games.

Presenting the awards was none other than our distinguished Guest-of-Honour and President of Civil Service Club, Mr Leo Yip.

The big winner of the night was the **Ministry of Education** who bagged the prestigious Public Service STAR Games Division I Challenge Trophy. Picking up the award on behalf of the winning agency, Mr Tay Lay Hian, Senior Specialist said, “This is a very big event with over 20 sport categories. It's a great platform for each agency to share its experience and skills with other ministries.”

Winning the Public Service STAR Games Division II Challenge Trophy was **JTC Corporation**. Mr Tay Ter Long, Director (Contracts & Procurement Division) & Chairperson, Sports Committee, who received the award on behalf of the champion organisation was quick to give kudos to the team. “It's nice to end the year with a trophy to commemorate the efforts made by the staff,” said Tay.

Indeed the Public Service STAR Games is a meeting of all stars – outstanding sportsmen and women shining in their preferred field of sports to demonstrate that as hard as they work, they play just as hard.



TOP FOUR AGENCIES IN DIVISION I

Champion	<i>Ministry of Education</i>
2nd Position	<i>Ministry of Defence</i>
3rd Position	<i>Ministry of Home Affairs</i>
4th position	<i>Ministry of Health</i>

TOP FOUR AGENCIES IN DIVISION II

Champion	<i>JTC Corporation</i>
2nd Position	<i>Republic Polytechnic</i>
3rd Position	<i>Temasek Polytechnic</i>
4th position	<i>Ministry of Manpower</i>



PUBLIC SERVICE SPORTS AND FAMILY DAY

DATE : Saturday, 14 July 2018

TIME : 8am To 1pm

VENUE : Gardens By The Bay (Bay East)



The Civil Service Club's biggest sporting event of the year is coming your way in July! Open to CSC members, public officers and their family members, the Public Service Sports and Family Day will be staged at the Gardens By The Bay (Bay East Park) on Saturday, 14 July 2018 from 8am to 1pm. Participation is free!

There is a wide array of fun and sporting activities line up for you and your family members at the event. Families can bond while playing the interactive games and also have fun at the games stalls. Children will take part in the art competitions and have a fun time at the inflatable bouncers. The activities include the following:

- 5-Km Healthy Lifestyle Walk
- Interactive Telematch Competition
- Dragon Boat Race
- CSC Cycle
- Dragon Boating and Kayaking Tryout
- Sports Try-out
- Amazing Race
- Giant Inflatables
- Family Interactive Games
- Carnival Activities
- Children's activities

Don't miss on this once a year fun and exciting multi-sport event! For more details and registration, check out the next issue of the FUSION magazine.



CSC HEALTHY LIFESTYLE WALK @ LABRADOR PARK

About 200 civil servants from 12 government agencies gathered at Labrador Park on Friday, 2 Feb '18 for the Civil Service Club's regular Healthy Lifestyle Walk. An ongoing programme designed to keep public officers active and healthy, this edition of the walk took participants through one of Singapore's most scenic and historic park areas. Flagging off the event at 4pm was Mr Charlie Ng, General Manager of Civil Service Club.

Participants enjoyed a leisurely stroll on a 4.7km-loop which took them past Berlayar Creek, the Dragon's Teeth Gate replica and Labrador Park hill. Besides getting close to nature and taking in scenic views of Sentosa across Keppel Harbour, they got to revisit some of Singapore's World War II past.

At the end of the walk, participants were rewarded with fun packs and a chance at a lucky draw. First-time participant Mr Phillip Hou from Singapore Examinations and Assessment Board (SEAB) said it was a meaningful afternoon well spent for his group of about 20 colleagues who signed up for the walk together.

Look out for the next CSC Healthy Lifestyle Walk – coming soon to a green space near you!





Ministry of Health defends titles at 3-6-9 Bowling Competition 2018



The Ministry of Health (MOH) emerged the big winner at the Public Service 3-6-9 Bowling Competition held at Changi Clubhouse's Resort Bowl over two weeks from 13 to 27 Jan '18. Competed by a total of 107 teams from 21 organisations, the competition was split into Mixed, Men, Women and Men's Active Agers categories.

Defending champions MOH retained their titles in the Men's Active Agers and Mixed categories. With MOH team also clinching second placing in the Women's category, the agency is able to hold on to the Overall Champion crown. Ministry of Education again reigned supreme in the Women's Category while the Ministry of Defence claimed the top spot in the Men's Category.

Alvin Chia, MOH sports coordinator who bowled in the Mixed Category, attributed the teams' success to their "fighting spirit". Experience and passion were key elements as well. "Many of us are passionate bowling enthusiasts and we bowl regularly [in] weekly organised leagues," he said.

Guest-of-Honour and CSC EXCO member Mr Lau Wah Ming, presented trophies and cash prizes to the winning teams.

RESULTS

WOMEN'S CATEGORY

Champion	Ministry of Education
1st Runner-Up	Ministry of Health
2nd Runner-Up	Ministry of the Environment and Water Resources
3rd Runner-Up	National University of Singapore

MEN'S CATEGORY

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

MEN'S ACTIVE AGERS CATEGORY

Champion	Ministry of Health
1st Runner-Up	Ministry of Defence
2nd Runner-Up	Ministry of the Environment and Water Resources
3rd Runner-Up	Housing and Development Board

MIXED CATEGORY

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

OVERALL

Overall Champion	Ministry of Health
Joint 1st Runner-Up	Ministry of Defence, Ministry of Education
3rd Runner-Up	Ministry of the Environment and Water Resources

Ministry of Home Affairs continues Sepaktakraw dominance with sweep of Inter-Team and Inter-Regu titles

The Ministry of Home Affairs (MHA) proved to be unbeatable for a third year running as they swept both the Inter-Team and Inter-Regu crowns at the Public Service Sepaktakraw Tournaments, held on 21 and 28 Jan '18. MHA teams had won the titles in 2016 and 2017, and had set out to complete a double hat-trick in 2018. They duly delivered, with MHA teams claiming the top two positions in both events.

The Inter-Team Tournament with nine teams from six agencies competing, took place on 21 Jan while the Inter-Regu Tournament followed on 28 Jan with 35 teams from 11 agencies battling for honours. The Inter-Regu Tournament is designated a Championship STAR game starting this year and this has led to fierce competition among the teams for championship points.

The MHA contingent comprised officers from Singapore Police Force, Singapore Prison Service, Singapore Civil Defence Force and Immigration & Checkpoints Authority. MHA (1) emerged victorious in the Inter-Team Tournament while MHA (8) took the top spot in the Inter-Regu Tournament.

CPT Saifulbahri Mohd Idris, Sepaktakraw Convenor for MHA, attributed MHA's success to playing smart. "Team MHA's strategy has always been to pace and rotate our players frequently so as to last the entire tournament," he said. He added "MHA has a good mix of youthful and experienced players. Most of the players are also competing in the PERSES Sepaktakraw League so experience, hard work and passion got the teams across the finish line."

Guest-of-Honour and CSC EXCO member Mr Addy Suhairi Selamat, presented the prizes to the winning teams.



RESULTS

INTER-TEAM TOURNAMENT

Champion	Ministry of Home Affairs (1)
1st Runner-Up	Ministry of Home Affairs (2)
2nd Runner-Up	Ministry of the Environment and Water Resources
3rd Runner-Up	SP Group

INTER-REGU TOURNAMENT

Champion	Ministry of Home Affairs (8)
1st Runner-Up	Ministry of Home Affairs (5)
2nd Runner-Up	SP Group
3rd Runner-Up	Ministry of the Environment and Water Resources



RUNNING FOR JOY, HEALTH AND WELL-BEING

by Tan Kay Teck

Running is a popular sport in Singapore. Thousands sign up for various running events held almost every other weekend. Singapore was ranked the top tenth country for the popularity of marathon running with a growth rate of 134.04% from 2009 to 2014 (<https://runrepeat.com/research-marathon-performance-across-nations>). That was four years ago and in all probability, the growth figure would be higher now. This could be partly fuelled by the achievements of our national marathon runners in the regional scene such as the Southeast Asian Games.

"Running is tough but once you start, you cannot stop because running gives you a 'high,' a friend once said. Running can be addictive and I know of friends who cannot live a day without some running. Recently, a friend ran two marathons in one month in two different countries despite a pending knee surgery.

How do you explain one getting up at a ghostly hour to run while the rest of the nation sleeps or pound the road under the hot afternoon sun? To avid runners, that is part of the fun.

There are other more specific reasons: To lose weight and to get fit. According to an avid runner, "Running is a passion which does not fade with time. Besides keeping healthy, fit and active, it keeps you mentally and physically strong, and builds better

human relationships through social activities associated with it."

BENEFITS OF RUNNING

Running is comparatively fuss-free. No need for expensive gear (unless you absolutely must own that pair of branded running shoes). No need to book courts or invest in special equipment. What one needs: a pair of running shoes and discipline.

Some even say that running is spiritually uplifting as you enjoy being one with nature as you run through parks, trails and beaches. Legend has it that the monks of Mount Hiei in Kyoto, Japan, run up to 1,000 marathons in 1,000 days in an attempt to reach enlightenment.

CSC Running Club Chairman, Abraham Chan shared that he runs to keep healthy and to maintain his cholesterol at a healthy level. For me, whenever I start feeling the aches in the midst of a marathon, I tell myself that may well be my last marathon. However, it has been a few years now and I have not stopped!

I hope our readers can consider joining the CSC Running Club to enjoy the benefits of the sport as well as the club's support in your personal and physical development. In addition, members receive reimbursements for the CSC Bay Run registration fee, refreshments for bi-monthly regular runs and enjoy subsidised rates for social events. Don't run away from this invitation!

{2018-2019}

CSC RUNNING CLUB EXECUTIVE COMMITTEE

Chairman: Abraham Chan Kum Weng*

Vice-Chairman: Paul Chan Kok Leong

Secretary: Loh Ai Hwa

Treasurer: Sandra Loke

Committee Members: Stella Tay & Tan Kay Teck

*For more club information, contact Abraham at 9663 7837 or abe@chansonline.com



Members enjoying lunch after our Annual General Meeting

SAVE THESE DATES!

In addition to fortnightly runs held on the first and third Saturdays of each month, the CSC Running Club also organises special run events for its members. Refer to the schedule below.

Unless indicated otherwise* (below), our usual run starts from the CSC Changi Clubhouse at 8am and covers about 7km for seasoned members. New members may run at their own pace and determine their own distance.

MAR	3	
	17*	Bedok Reservoir
APR	7	
	21	
MAY	5*	Kluang, Malaysia
	19	
JUN	2*	Lorong Halus
	16	
JUL	7	
	14*	CSC Sports and Family Day
	21	
AUG	4*	Pulau Ubin
	18	
SEP	1	
	TBC*	Run for Fund at Palm Resort, JB
	15	
OCT	6	
	TBC*	CSC Run by the Bay
	20*	CSC Running Club Annual Gathering

Subject to change. Contact Abraham at 9663 7837 or abe@chansonline.com for current information.

Taiwan BIKE TOUR

(15-23 DEC 2017)



by Jasmine Ng



Call me biased but there is no better way to take in the majestic mountain views and acquaint oneself with the unique cultures of Taiwan than on a cycling tour of the peninsula.

That was the experience of 18 of us who wheeled through Chiayi and Tainan on rented bicycles to spend some nine days exploring south Taiwan's prominent sights and places while feasting on local delicacies.

Six of us took on the Tataka/Alishan Challenge - climbing up to an elevation of 2000m in a day ride on a gradient of 14%. The mountains seemed to play hide-and-seek with us in the fog as we meandered through the (more)-up-than-down slopes. It was indeed hard work but the mountain views that greeted us at each climb encouraged us to pedal on.

One of the oldest riders, Robert, encored his last 50m-uphill ride three times amidst cheers and claps to ensure that his victory was captured on video. He said, "I want to show this (video) to my grandson and tell him, if Grandpa can do it, so can you!" At 72, Robert's positive spirit and determination had been an inspiration for us all! Three cheers to Uncle Robert, hip-hip-hooray!

When riders on Tour B joined the first group on the fourth day, the ride took a turn - from the challenging mountains to the flat terrain and heavier traffic flow of Tainan townships and city. We rode through interesting sights in Chiayi and Tainan and got to appreciate their historical past, the culture and aspirations of the new generation, as well as their various faiths. The places we visited, such as Yan Shuei Catholic Church, Tiled-paved Salt Fields, Shanhua Distillery, Anping Treehouse, Chi Mei Museum, Sicao Mangrove Green Channel, just to name some, left a deep impression in me.

I echoed Esther's sentiments that the ride out to the salt fields was a memorable one. On the way back to Tainan Annan Township, we were caught riding headon

against the wind. It would have been as impossible as cycling up a wall if not for drafting behind the support vehicle driving at about 18km/h. Like chicks gathering under the wings of the hen, we scrambled (on-wheels) for cover behind the vehicle that shielded us from the relentless wind pushing against us. A few of us “gungho-riders” took up the challenge of a 100m sprint-ride against the wind to catch on behind the support vehicle – I certainly rode with all my strength, and all my might and all my remaining leg-power!

Though Tour B was a leisurely ride for the avid riders, Sau Mei said she liked being able to visit places on wheels, especially places that are less accessible. Andy Ngai was pleasantly surprised that the Salt Mountain was part of the itinerary; he had wanted to visit but was unsure how to get there without hired transport.

Andrew’s comment that all of us would put on weight after the trip was hard to fathom at first. How could that be possible when we would be riding over tens of kilometres each day? Well, we were received with such great hospitality and generosity - every meal was a feast of local specialties at highly rated restaurants. What could be more satisfying than to savour a hearty delectable meal after a ride!

Even after returning to Singapore, the euphoria of the Taiwan Cycling Tour ebbed in my mind for some more days. More than the places visited, it is the fond memories of shared experiences and friendships formed during the trip that will remain indelible for a very long time.



Great fun, great, food great ride



6 Jan 2018

“AVOID EXCESSIVE IDLING” - NEW YEAR ROUND-ISLAND RIDE

by Oei Su Cheok



Our pit stop at Boon Lay

“Avoid Excessive Idling” – slogan at Shell kiosk. This must be CSC cyclists’ resolution for 2018 as we read at Shell petrol kiosk during our New Year round-island ride. On this ride, we welcomed our new members of CSC Cycling Club and look forward to having many of our members join our regular rides throughout the year. Happy New Year!

23 Dec 2017

LOCAL RIDE: GETTING TO ADMIRALTY PARK

by Oei Su Cheok



Admiralty Park Playground

Arriving at Admiralty Park was the day’s highlight after cycling through Punggol Barat, Simpang Kiri, Sembawang Park, Marsiling and Ulu Sembawang. We were pleased that our riders have found this route refreshing – something familiar and yet something new.

As we rode into Admiralty Park, nothing seemed to have changed from the park that we have known before. It is still the same forested park on the banks of the stream. Lo and behold, as we approached Republic Polytechnic, the family crowds gathered to play at the spanking new slides and other colourful play equipment. Our cyclists had a go on some of the slides. Whizzz! We’ll come again another day. Join us for more rides of discovery.

Upcoming Event:

TIBET – MOUNT EVEREST BASE CAMP CYCLING TOUR

Another classic and epic ride brought to you by Civil Service Cycling Club! This is a compact 10-day cycling expedition of Tibet / Everest Base Camp to cater for average cyclists who wish to experience Tibet and the world’s greatest vertical descent on bicycle.

• **Schedule**
31 Aug – 9 Sep 2018

• **More information**
<https://www.facebook.com/CSCcycling/>

• **Registration**
Robin Tan – tanls06@yahoo.com.sg
Registration closes 31 Mar ’18





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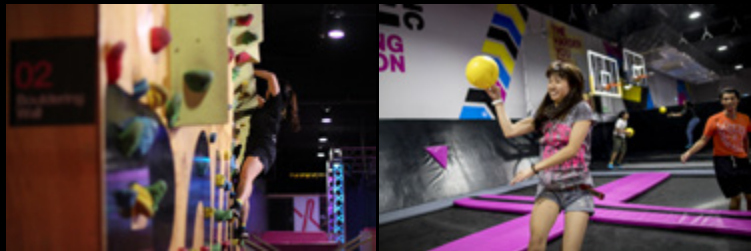
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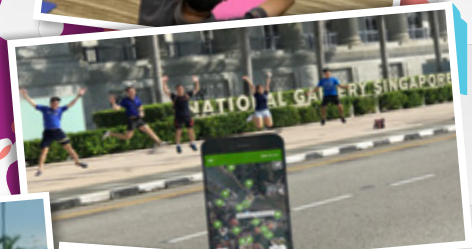
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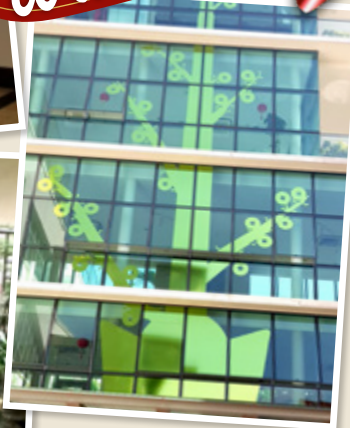


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TESSENSOHN

Decor Challenge Chinese New Year

For the Chinese New Year edition of the CSC Decorations Challenge, all three clubhouses went to town with their creative ideas to dress up their respective space with CNY-themed mascots, decorations, ribbons and lanterns.

While efforts by all three clubs were equally commendable, we are happy to announce CSC @ Tessensohn the proud winner. The judges were impressed by the extent of decorations around the clubhouse which included a beautiful Chinese Junk over the koi pond and the impressive four-storey high "money tree on glass". There was also the enchanting Zodiac Prediction zone that added to the festive significance of the season.

Once again, congratulations to CSC @ Tessensohn and a sincere thank you to the teams at CSC @ Bukit Batok and CSC @ Changi for the efforts.



CHANGI



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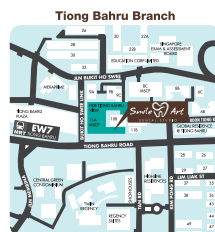
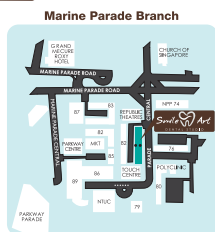
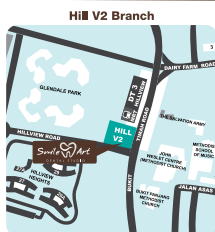
CENTER FOR BIOMIMETIC DENTISTRY

MERCURY FREE PRACTICE

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

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

Call us for an appointment!



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

Tiong Bahru Branch Tel: 62711236
Blk 11A Boon Tiong Road #01-03
Singapore 161011
email: smileartstiongbahru@gmail.com
Mon - Fri: 9am - 9pm | Sat & Sun: 9am - 5pm

Buangkok Branch Tel: 6752 1008
Blk 275D Compassvale Link
#01-01 (Unit 6) S544275
(Next to Buangkok MRT station)
email: smileartsbk@gmail.com
Mon - Fri: 9am - 9pm | Sat: 9am - 5pm

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



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



EVENT & PROMOTIONS @ PLANET BOWL



★ LADIES DAY OUT!

EVERY MONDAY

- \$10 per hour per lane
- Minimum of one female bowler per lane aged 18 years and above

★ SENIORS SPECIAL

EVERY MONDAY TO THURSDAY

- 10am to 6pm
- \$10 per hour per lane
- 50 years and above

★ SENIOR FUN BOWL

EVERY 1ST TUESDAY OF THE MONTH

- Check in: 1pm
- Roll off: 1.30pm
- Entry Fee: \$25 per 4 game series
- Format: 9 Pin Tap

★ FUN DAY

EVERY SUNDAY

- 10am to 1am
- \$30 per hour per lane
- Includes shoe rental for 4 persons

FOR MORE DETAILS ☎ 6391 5693 ✉ JULIANAHSAHROM@CSC.SG



FROM 1 MARCH TO 30 APRIL 2018

GYM @ TESSEN SOHN CLOSED FOR IMPROVEMENT WORKS

All existing valid membership will remain valid when the gym reopens. Membership for March & April 2018 will be extended by two months.

We regret the inconvenience caused and look forward to the reopening with an improved Gym and Physio Clinic for your use in May 2018. Look out for the Re-Opening!

Call Khus at 9095 5622 or Marko at 8125 5059 for any clarifications and assistance.

experience

CSC@BUKIT BATOK

and rejuvenate with nature's music



Nestled in the west of Singapore amidst lush surroundings, CSC @ Bukit Batok invites you to enjoy its full range of recreational facilities.

Come away from the city hustle-bustle and pamper yourself at a hilltop haven where the convenience of modern facilities combines seamlessly with the ambience of a tropical resort.



WESTWOOD BOWL



SWIMMING POOL



TREEHOUSE



CHILDREN'S PARTY ROOM



CHILDREN'S PLAYROOM



SEMINAR ROOM



DANCE STUDIO

For enquiries and bookings, contact
Huda Hida at 6513 7484
or hudahida@csc.sg
Jeffrey Ang at 6513 7492
or jeffreayang@csc.sg



Aloha Chalets *By CSC*

New Staycation Options for CSC Members

As a CSC member, you already enjoy easy access to holiday accommodations at the idyllic CSC@Changi. Soon, you'll have two additional options when it comes to staycations with the club.

Come April 2018, CSC will take over the operations of Aloha Chalets, comprising Aloha Loyang and Aloha Changi, adding 85 units of quality accommodation at two popular seaside destinations.

Aloha Loyang is located at Pasir Ris Park, less than 15 minutes' walk away from Downtown East. It is home to 38 chalets with between two and four bedrooms. The property also offers a seminar centre that can be used for workplan retreats, workshops and indoor team bonding activities.

Aloha Changi, meanwhile, is a five-minute walk from CSC@Changi, and comprised of





New!

FROM 1 APRIL 2018

This is no April Fools' Joke



WHAT TO EXPECT*!

Look forward to these enhancements that will be rolled out over the next 12 months.

- Faster WIFI speed
- Cable TV channels
- Bathroom amenities
- Child-friendly furniture
- Shuttle services to CSC@Changi for bowling, KTV, F&B and pool
- Bike rentals
- Service buggies for those with mobility limitations
- Enhanced security coverage
- Sea-Sport centre at Aloha Loyang that provides kayaking, canoeing and standup paddling programs from mid-2018
- Pet-friendly chalets
- And more!



47 bungalows with between one and six bedrooms. Among these bungalows is the most spacious chalet option in Singapore, measuring approximately 10 times the size of an average five-room HDB flat. Additional facilities at Aloha Changi include a multi-purpose hall and outdoor wet and dry playground areas.

Both properties have been upgraded recently: Aloha Loyang in September 2017 and Aloha Changi in July 2017. Both are pending BCA Green Mark certifications – Gold for Changi and Platinum for Loyang, with its photovoltaic energy conservation system, rainwater harvesting system and landscaping that promotes water conservation.

***For more information, visit www.cscloyang.sg or www.cscchangi.sg from 1 April.**



Aloha Loyang



Seaview Bungalows

- GFA** 286m²
- Rooms** 4
- Beds** 2 Queens, 4 Singles
- No. of Pax** 8



Seaview Terraces

- GFA** 1,440m²
- Rooms** 4
- Beds** 2 Queens, 4 Singles
- No. of Pax** 8

Aloha Changi



Fairy Point Bungalows



Fairy Point Bungalow 1A

- GFA** 151m²
- Rooms** 3
- Beds** 1 Queen, 4 Singles
- No. of Pax** 6

Fairy Point Bungalow 1B

- GFA** 56m²
- Room** 1
- Bed** 1 Queen
- No. of Pax** 2

Fairy Point Bungalow 2,3

- GFA** 207m²
- Rooms** 4
- Beds** 2 Queen, 4 Singles
- No. of Pax** 8



Netheravon Terraces

- GFA** 35m²
- Room** 1
- Beds** 1 Queen or 1 Single
- No. of Pax** 2



Changi Cottage

- GFA** 192m²
- Rooms** 3
- Beds** 2 Queens, 2 Singles
- No. of Pax** 8



Yacht Club Chalets

- GFA** 322m²
- Rooms** 5
- Beds** 3 Queens, 4 Singles
- No. of Pax** 10



Pool Terraces

- GFA** 1,440m²
- Rooms** 4
- Beds** 2 Queens, 4 Singles
- No. of Pax** 8



Garden Bungalows

- GFA** 286m²
- Rooms** 4
- Beds** 2 Queens, 4 Singles
- No. of Pax** 8



Garden Terraces

- GFA** 270m²
- Rooms** 2
- Beds** 2 Single, 2 Double-Deckers
- No. of Pax** 6



Yacht Club Bungalows

- Yacht Club Bungalows 2-room (A, D)**
- GFA** 191m²
 - Rooms** 2
 - Beds** 1 Queen, 2 Singles or 4 Singles
 - No. of Pax** 4

- Yacht Club Bungalows 3-room (B, E)**
- GFA** 191m²
 - Rooms** 3
 - Beds** 1 Queen, 4 Singles
 - No. of Pax** 6



Changi Chalets

- Changi Garden G, H, I**
- GFA** 322m²
 - Rooms** 5
 - Beds** 3 Queens, 4 Singles
 - No. of Pax** 10



Fairy Point Sea View Chalets

- Fairy Chalets 1, 2, 5**
- GFA** 579m²
 - Rooms** 4
 - Beds** 1 Queen, 10 Singles
 - No. of Pax** 12

- Fairy Chalet 3**
- GFA** 579m²
 - Rooms** 5
 - Beds** 1 Queen, 8 Singles
 - No. of Pax** 10

- Fairy Chalet 4**
- GFA** 579m²
 - Rooms** 6
 - Beds** 2 Queen, 13 Singles
 - No. of Pax** 17

Changi Seafront Chalets A, B, C, D, F

- GFA** 270m²
- Rooms** 4
- Beds** 2 Queens, 4 Singles
- No. of Pax** 8





Make Your Own Skin Care

This is a fun and informative workshop designed to help you care for your skin without the use of chemical laden products. Come learn the benefits of skincare the natural way and bring home some easy recipes for a homemade range of skincare products using natural ingredients.

Greenie Workshop

- Benefits of natural skincare
- Basic natural skincare regime
- Harmful chemicals
- Natural ingredients for homemade skincare
- Make your own scrub and mask

Date: Sat, 7 Apr '18

Time: 10am – 12pm

Fees: Member \$30, Public Officer \$36, Guest \$40

Venue: CSC @ Tessensohn

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

Register by: 22 Mar '18

Expert Workshop

- Benefits of natural skincare
- Natural skincare regime
- Harmful chemicals
- Natural ingredients for homemade skincare
- Make your own scrub, mask and healing balm

Date: Sat, 5 May '18

Time: 10am – 12pm

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

Venue: CSC @ Tessensohn

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

Register by: 29 Apr '18



Basic Hair Cutting Workshop

A course for beginners who wish to pick up basic haircutting skills. You will get to work in groups for some hands-on experience. Participants can bring their own hair cutting scissors.

Date: Sat, 21 Apr '18

Time: 9:30am – 11:30am

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

Venue: CSC @ Tessensohn

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

Register by: 8 Apr '18



Make Your Own Signature Scent

A workshop conducted by Jetaime Perfumery who specialises in working with orchid oils. They also import more than 400 types of quality ingredients from around the world for use in customising a range of fragrances.

The workshop starts with a Perfume Personality Test to determine if you are citrus, floral, fresh, woody or oriental. From a selection of various aromas, you choose your favourites for assembly into your signature scent. Everyone gets to assess her perfume-personality and scent type, with a unique concoction that will reflect your own personality. Be ready to be an artist and enjoy the process!

Each participant gets to take home a 75ml perfume in a beautiful hand-polished crystal bottle. (Free engraving is available only if names are submitted by 5 May.)

Date: Sat, 12 May '18

Time: 11am – 1pm

Fees: Member \$100, Public Officer \$110, Guest \$125

Venue: 90 Goodman Road

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

Register by: 6 May '18





Korean Dewy Hands-On Makeup

Hands up those who want that Korean Dewy Natural Look! Well, in this 2-hour workshop, you will learn some how-tos towards attaining that look:

- Your skintype and skincare
- Preparing your skin before makeup
- Achieving even skin tone and coverage without drying your skin
- The dewy glow without looking oily
- Eyebrow shaping, basic natural eye makeup, blusher and lips
- Personalised consultation during the hands-on session

Lucky participants will get a chance to win gifts worth of \$26!

Date: Sat, 21 Apr '18
Time: 10am - 12pm
Fees: Member \$3, Public Officer \$9, Guest \$15
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 14 Apr '18

FINANCE



Investing For Starters

If you have always wanted to buy your first stock but do not know how to start, come join this enriching seminar. A team of experienced dealers from UOB Kay Hian will share on the benefits of investing in shares and how to build a portfolio that meets your investment objectives. Also pick up basic technical analysis techniques by identifying your trade entry and exit points with the use of a charting tool that is free.

Date: Sat, 24 Mar '18
Time: 1pm - 3pm
Fees: Member \$3, Public Officer \$9, Guest \$12
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 16 Mar '18



Lasting Legacy of A Will Power of Attorney

Invest time on a seminar that offers long-lasting results.

Learn the making of a Will. A well-planned Will allows you to transfer your wealth to your loved ones effortlessly. It keeps your estate liquid for efficient preservation and distribution to the surviving generation, making it the best legacy you can leave your family. Don't leave your (earthly) home without it!

Another equally important instrument you can use to great advantage is the Lasting Power of Attorney (LPA). In the unfortunate event of a loss of mental capacity, who do you want to take charge of your assets and general affairs? How can he or she be entrusted with LPA? Come and find out for yourself.

Date: Sat, 14 Apr '18
Time: 11am - 1pm
Fees: Member \$3, Public Officer \$9, Guest \$12
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 7 Apr '18



Retire Successfully

Work towards retiring successfully with effective retirement planning strategies. Schemes you can leverage on includes: SRS (Supplementary Retirement Scheme), Annuities and CPF Minimum Sum.

Also come away from the talk with useful tips that will help you grow your wealth through prudent investment, maximising returns from strategic asset allocation, and correctly applying the Dollar Cost Averaging techniques to hedge market volatility.

Date: Sat, 12 May '18
Time: 2pm - 4pm
Fees: Member \$3, Public Officer \$9, Guest \$12
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 5 May '18



SOCIAL ACTIVITIES

FOOD



Food Gathering Cooking Workshops 美食聚汇

WORKSHOP ENTRÉES

- Coconut Cake ~ SIAM 暹罗椰片蛋糕
- Evergreen Palm Gula Pudding 常青冻布丁
- HAF Mustard Chicken 气炸芥末鸡

Date: Fri, 6 Apr '18
Time: 7pm - 9:30pm
Register by: 30 Mar '18

- Halogen Sio Bak 玫瑰烧肉 with Pasta
- HK Butter Soft Buns 港式牛油软餐包
- Allswell Special 4U

Date: Sun, 6 May '18
Time: 2pm - 5pm
Register by: 30 Apr '18

- Passion Fruit Bubble
- Cheese Cake 泡珠奶酪蛋糕
- Watercress Soup 西洋菜汤
- HK-style Char Roast Pasta 烧腊意面

Date: Sun, 10 Jun '18
Time: 2pm - 5pm
Register by: 3 Jun '18

FEES PER COURSE

Member \$20,
 Public Officer \$25,
 Guest \$28

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

Partners



Chef Lisa's Scrumptious Gourmet Workshops

WORKSHOP ENTRÉES

- John West Fusion Otah
- Iced Tomato Sponge Cake
- LEGGO'S Wonders Menu

Date: Sat, 14 Apr '18
Time: 2pm - 5pm
Register by: 6 Apr '18

- Lychee Beer Jello
- LEGGO Café Baked Pork Chop Rice
- Grilled Saucy Pork Chops

Date: Fri, 18 May '18
Time: 7pm - 9:30pm
Register by: 11 May '18

- Passion Fruit Bubble Cheese Cake
- Neapolitan Soupa de Pasta
- Recipe of the Day

Date: Fri, 1 Jun '18
Time: 7pm - 9:30pm
Register by: 28 May '18

Partners



Parent-child Baking with Amy

As a family activity, cooking with kids is invaluable for the bonding opportunity between parent and child. Being able to create something together also offers joy unspeakable for both the adult and the child. Don't miss these baking sessions by renowned Baking Instructor Amy.

Chocolate Fudge Cake Making

Date: Sun, 22 Apr '18
Register by: 16 Apr '18

Shopkin Chiffon Cake Making

Date: Sun, 13 May '18
Register by: 7 May '18

Time: 2pm - 5pm

Fees: Member \$78, Public Officer \$84, Guest \$88
 (for 1 parent-child pair. Child's age 3 to 11 years old).
 For each additional child: Member \$40,
 Public Officer/Guest \$45

Fee includes all ingredients and a take home 6" cake

Venue: CSC @ Tessensohn

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



SOCIAL ACTIVITIES

FUN



Yacht Fishing Trip

Offshore of the southern islands is home to the largest reef eco-system in Singapore. Many fish species dwell in this region especially when the seabed is littered with shipwrecks, which provide the perfect environment for snappers and giant groupers to flourish. If you are looking to break your personal Singapore's heaviest catch record, fishing at the southern island waters is your best bet.

Experience Required	Able to tie your own fishing rigs
No. of Anglers	Maximum 8
Trip Includes	<ul style="list-style-type: none"> • Guidance from our friendly and experienced fishing master • Mineral water onboard • Fresh catch of your own from the sea to bring back • Ice for storage of catch
Fishing Equipment	<p>Fishing equipment is provided free for students from MFFA. (We recommend students to use their own setups to familiarise with their setup's characteristics.)</p> <p>For those who are not yet certified by MFFA, rental charges are applicable and subject to availability.</p> <ul style="list-style-type: none"> • Fishing rod rental (\$25 per rod) • Fishing reel rental (\$25 per reel) • Necessary basic fishing accessories i.e. hooks, line and sinkers, are included when you rent a set of fishing rod and reel.
Bait	Bait (live prawns) is included.
Don't Forget To Bring	<ul style="list-style-type: none"> • Packed lunch • Fishing equipment (applicable only for non-MFFA students, also refer to "Fishing Equipment" above) • Sunblock • Sunglasses • Plastic bags to take back your catch • Seasick pills • Raincoat (umbrella is not recommended onboard the yacht)

Date: Sun, 15 Apr and/or Tue, 1 May '18

Time: 8am – 5pm

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

Venue: Place of embarkation is Republic of Singapore Yacht Club

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

Register by: 1 week before each session

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

*No lunch is provided, please prepare lunch before leaving.



Brush Lettering

Participants will be introduced to brush letterwriting techniques and watercolour application. They will learn basic lettering style and get to work on special watercolour paper. Each will take home an A4-size paper artwork.

Date: Sat, 24 Mar '18

Time: 10am – 12pm

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

Venue: CSC @ Tessensohn

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

Register by: 18 Mar '18



Drawing: the Foundation of all Art

Built on three basic principles of drawing namely shape, simplicity and structure, this course will cover fundamentals of drawing, from line, tone, value, light, negative space, perspective and composition.

Date: 4 Sundays, 1 – 22 Apr '18

Time: 10am – 12pm

Fees: Member \$170, Public Officer \$180, Guest \$185

Venue: CSC @ Tessensohn

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

Register by: 25 Mar '18



SOCIAL ACTIVITIES

FUN



Inline Skating for Beginners

Suitable for adults and children aged 4 and above

One sport, many gains. Physical wellness, mental fitness not to mention lots of fun from doing this popular sport with friends and family.



WEEKDAY GROUP CLASS:

- Mon **Date:** 4 Mondays, 5 – 26 Mar '18 or 9 – 30 Apr '18
Time*: 6:30pm – 7:30pm
Venue: Sengkang Basketball Court
- Thur **Date:** 4 Thursdays, 8 – 29 Mar '18 or 5 – 26 Apr '18
Time*: 6:30pm – 7:30pm
Venue: Choa Chu Kang Park
- Fri **Date:** 4 Fridays, 2 – 23 Mar '18 or 6 – 27 Apr '18
Time*: 6:30pm – 7:30pm or 8pm – 9pm
Venue: Pinnacle @ Duxton

Fees:

Member Child \$85,
 Public Officer Child \$90,
 Guest Child \$95
 (Fee includes rental of skating gear,
 elbow, wrist and knee shields for
 first-timers
Contact: Serene Cho at 6391 5620
 or serenecho@csc.sg

Participants may arrange convenient
 class schedule with the instructor.

*Participants are recommended
 to arrive at the lesson venue 15
 minutes prior the lesson time
 to gear up.

They are also required to bring
 your own socks, water and
 insect repellent.

WEEKEND GROUP CLASS:

- Sat **Date:** 4 Saturdays, 10 – 31 Mar '18 or 7 – 28 Apr '18
Time*: 3:30pm – 4:30pm or 5pm – 6pm
Venue: East Coast Park Car Park F1

(Fee includes a
 licensed nature guide
 and land transport to
 and fro Chek Jawa.
 Participants have to
 prepare \$6 for 2-way
 boat ride.)



The Chek Jawa Adventure

Join us on an adventure to discover Chek Jawa's six ecosystems and the diverse array of unique habitats that home here.

Get up close with fiddler crabs and monitor lizards and learn interesting facts of faunas and floras and the importance of mangroves.

Date: Sun, 18 Mar '18 or Sat, 28 Apr '18

Time: 8am – 11:15am

Meeting point: 8am at Changi Point Ferry Terminal

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

Suitable for children aged 3 and above

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)

Semakau Landfill Fun Tour

In land scarce Singapore proper waste management is crucial to the environment and to the quality of human life.

Embark on a comprehensive guided tour to Semakau Landfill to discover and experience what it takes to develop innovative, creative and economical methods to deal with the daily waste we produce as an urbanised nation.

Also to be aware of the challenges Singapore faces in the management of our solid waste. As well as to learn and understand the importance of a well-managed waste disposal system in maintaining a clean city-state and the measures needed to meet future challenges as stated in the Sustainable Singapore Blueprint.

Fee includes

- 2-way transfer in air-con coach from CSC @ Tessensohn to Pasir Panjang Ferry Terminal and back
- 2-way transfer in air-con ferry from Pasir Panjang Ferry Terminal to Semakau Landfill and back
- Guided tour on Semakau Landfill
- Insurance coverage during the trip

Date: Sat, 24 Mar '18

Time: 8:45am – 12pm

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

Venue: Meet at Club CSC @ Tessensohn main lobby

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

Register by: 18 Mar '18





COURSE INCLUDES

- Ferry transfer to and from Lazarus Island
- Beginner Angler's course handbook and starter kit
- Fishing equipment and accessories
- Light refreshments (lunch not provided)

Angler Course for Beginners

This is a one-day trip out to scenic Lazarus Island for those interested in trying out fishing or searching for a new hobby. Participants will be taught both basic theory and practical aspects of the sport. Upon completion of the course, you will be able to use a fishing setup confidently and know how to handle a fish that is caught.

Date: 7 Apr '18 and/or 27 May '18

Time: 8:30am – 5:30pm
(Ferry departs at 9:00am sharp. Please arrive 30 minutes before boat departure time.)

Fees: Member \$82, Public Officer \$88, Guest \$90 (Min age, 5 years*)

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

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

Register by: 1 week before session

*5 to 12-year-olds must be accompanied by an adult who is also taking the course.

Don't Forget To Bring:

✓	Drinking water (at least 1.5l per person – there is no F&B vendor on the island)
✓	Sunblock
✓	Sunglasses
✓	Small pouch or bag to keep your starter kit
✓	Raincoat (just in case of rain)
✓	Insect repellent
✓	Swimwear if you intend to take a dip in the sea during the breaks (There are no bathing facilities but toilet with water hose is available for washing up. The water on the island is not potable.)
✓	Packed lunch (Fee does not include lunch)

De Wild Faber Trek

Join this "cool" trek to uncover the hidden secrets in the forest of Telok Blangah Hills, some dating back the WWII era.

Experience what it's like to take shelter in the Seah Im Bunkers, call over at the long-forgotten relic of a deserted Japanese tomb belonging to a civilian naval engineer, Komoto Ekasa-San, and be awed at the scenic lost reservoir of Keppel or just enjoy the lush green forest of this historically rich area.

An awesome experience awaits those who dare explore with us.

Date: Sat, 14 Apr '18

Time: 3:30pm – 6:30pm

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

Venue: Mount Faber

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

Register by: 2 Apr '18



Wakeboarding

The next generation of board sports belongs to wakeboarding which is essentially snowboarding or skateboarding but on water.

To be able to stay buoyant is the object of the sport as you are pulled along at between 30 and 38kph behind a boat or cable. Certainly not for the faint-hearted!

Date: Sat, 26 May '18

Time: 2pm – 5pm

Fees: Member \$75, Public Officer \$82, Guest \$88

Venue: Marina Country Club

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

Register by: 19 May '18



SOCIAL ACTIVITIES

FUN



Travel Europe the Insider way with Trafalgar

Trafalgar connects you with people, places & experiences to reveal the diversity of the world

Travelling on a guided holiday is a great option for anyone seeking a hassle-free experience with all the fun while connecting with local culture. From after-hours private dining at The Vatican and winemaking with an Italian family on their boutique property in Tuscany, to feasting on a home-cooked meal in a 17th-century farmhouse in France over a Be My Guest dinner or staying at Ireland's finest Ashford Castle.

Combining these authentic experiences with experienced and knowledgeable travel directors who accompany our guests, what's not to love about enjoying the good life while you're on holiday.

As an award-winning guided holiday company with 71 years of experience, Trafalgar has 97% guest satisfaction with live reviews available on its website. Travellers can choose from 226 itineraries worldwide including Europe and the Americas, with trips to 65 countries.



Be the first 15 guests to sign up for our Travel Showcase to receive a thermal flask!



Date: Sat, 7 Apr '18
Time: 10am - 12pm
Fees: Member \$3, Public Officer \$6, Guest \$9 (include light refreshments)
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624
Register By: 28 Mar '18

For more details, visit www.trafalgar.com

REFER TO AD PAGE 19



Creating Miniature Tray Magnets

If clayart - the kneading and moulding into all sizes and shapes - intrigues you, this course is for you. Here is the chance to make your own miniature tray magnets.

Local Delight Set

Date: Sat, 14 Apr '18
Time: 9:30am - 12:30pm
Venue: CSC @ Tessensohn

Macaron Set

Date: Sat, 5 May '18
Time: 9:30am - 12:30pm
Venue: CSC @ Bukit Batok

Fees: Member \$60, Public Officer \$70, Guest \$80
Contact: Vanessa at 6391 5641 or email vanessachoo@csc.sg
Register by: 1 week before class

Grow Your Own Organic Food

Urban farming is starting to catch on in Singapore as people become wary of commercially grown imports that are prone to contain pesticides and chemical fertilisers. Choose from our two workshops (or even attend both) to enjoy the therapeutic experience from growing your own edibles be it strawberries (yes, it's possible even in tropical Singapore) or your own fresh herbs that can be used in cooking or as a herbal remedy for that common cold or flu.

Grow Your Own Organic Strawberries

Date: Fri, 27 Apr '18
Time: 7pm - 9:30pm
Fees: Member \$90, Public Officer \$96, Guest \$98 (Each participant will be given one starter kit that includes two pots of strawberry plants and sets of organic fertilisers)
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 63915624 or kuagekcheng@csc.sg
Register by: 20 Apr '18

Grow Your Own Organic Herbs & Spices

Date: Fri, 4 May '18
Time: 7pm - 9:30pm
Fees: Member \$48, Public Officer \$56, Guest \$60 (Include free starter kits)
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 63915624 or kuagekcheng@csc.sg
Register by: 27 Apr '18



SOCIAL ACTIVITIES

HEALTH



Boogie Bounce Xtreme Fitness

Boogie Bounce Xtreme programme is a complete exercise routine performed on a mini trampoline fitted with a safety bar to minimise any knee strain. Bouncing to chart topping music, you feel every muscle of your body working on overdrive! This class is suitable for all ages.

Venue	CSC @ Bukit Batok	CSC @ Tessensohn (Max 10 participants)
Dates	8 Mondays, 12 Mar – 30 Apr '18 8 Wednesdays, 2 May – 20 Jun '18	8 Fridays, 16 Mar – 11 May '18 or 18 May – 13 Jul '18 (No lesson on PH) 8 Wednesdays, 18 Apr – 6 Jun '18 or 13 Jun – 1 Aug '18
Time	8pm – 9pm	7pm – 8pm
Register by	5 Mar '18 or 25 Apr '18	1 week before class commencement

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

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



Kpop X Fitness

Revel in this fun aerobic workout as you jam to 14 popular K-pop tunes and burn up to 500 calories. Get into shape and feel like a K-pop star!

Date: 8 Saturdays, 17 Mar – 19 May '18

Time: 9:30am – 10:30am

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

Venue: CSC @ Bukit Batok

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

Register by: 10 Mar '18



Zumba Fitness

A cardio dance program which incorporates basic Latin dance moves with resistance exercises, zumba dance also includes floor work, circuit training in some sessions and a good mix of effective aerobic moves. In short, a chance to burn calories while having fun.

CSC @ Bukit Batok

Date: 4 Tuesdays, 3 – 24 Apr '18
or 3 Tuesdays, 8 – 22 May '18

Instructor: Haynia

CSC @ Tessensohn

Date: 4 Tuesdays, 3 – 24 Apr '18
or 3 Tuesdays, 8 – 22 May '18

Instructor: Yumi
(Max 10 participants)

Time: 7pm – 8pm

Fees: Member \$50,
Public Officer \$55, Guest \$58
Fees for 3 classes in May: Member \$37.50,
Public Officer \$41.25, Guest \$43.50

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

Register by: 27 Mar '18 or 1 May '18

SOCIAL ACTIVITIES

HEALTH



POUND® Fitness

One of the latest workouts to come to town... and to CSC! Using a specially designed lightweight drumstick called the Ripstix®, POUND® transforms drumming into an incredibly effective way of working out.

It is a full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements. The 45-minute cardio jam session will be run by instructors from the Grace Sagaya Team.

Time: 7pm - 7:45pm

Fees: Member \$68, Public Officer \$75, Guest \$80

(Ripstix® will be provided for the class)

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

Venue	CSC @ Bukit Batok	CSC @ Tessensohn
Dates	4 Wednesdays, 4 - 25 Apr '18 or 9 - 30 May '18	4 Thursdays, 5 - 26 Apr '18 or 10 - 31 May '18
Register by	28 Mar '18 or 2 May '18	28 Mar '18 or 2 May '18



TEMPOFiit Class

TEMPOfiit is a twist of fun, interactive, intermittent training uniquely designed to target concern areas namely the abs, arms and thighs.

With motivational workout music in the background, participants are paired up to engage each other in a cycle of heart-pumping routine which focuses on building endurance, strength and cardio.

Prepare to sweat and get into your fats burning zone in this effective 45-minute workout session!

Date: 4 Thursdays, 5 - 26 Apr '18
or 10 - 31 May '18

Time: 7pm - 7:45pm

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

Venue: CSC @ Bukit Batok

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

Register by: 30 Mar '18 or 3 May '18



Yoga

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. Relax your mind and rejuvenate your body with our experienced yoga instructor, Ms Rita.

Date: 10 Tuesdays, 15 May - 24 Jul '18 (No lesson on PH)

Time: 8pm - 9pm

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

Venue: CSC @ Bukit Batok

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

Register by: 10 May '18



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 comprises a combination of Hip-hop, Pilates, Kickboxing, Aerobics and more! This exercise session is designed to increase 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!

Date: 8 Mondays, 7 May - 2 July '18
(No class on public holiday)

Time: 8pm - 9pm

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

Venue: CSC @ Tessensohn

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

Register by: 1 May '18

Integrative Solution for Backache

Backache is a common health issue affecting the young and the old. Backache left unattended will translate into other complications including headache, stiff shoulders, knee pain and more. Learn integrative solutions – best practice of meridian self-therapy and modern health science – to tackle the nagging pain and plan your way to recovery with practical natural remedies



Date: Thu, 22 Mar '18

Time: 7:30pm – 9:30pm

Fees: Member \$38, Public Officer \$44, Guest \$48

Venue: CSC @ Tessensohn

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

Register by: 15 Mar '18

Stronger Knees & Joints Programme

To strengthen your knees and joints, a higher intake of milk or calcium pills may not be your only solutions.

Learn the important four-step framework to improve and have better knee and joint functions. Participants get to learn meridian flexercise and therapy techniques, daily routines that make big difference as well as practical food remedy for stronger knee and better joint.

Date: 4 Fridays, 6 – 27 Apr '18

Time: 7:30pm – 8:45 pm

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

Venue: CSC @ Tessensohn

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

Register by: 31 Mar '18



LOHAS Meridian Self-Therapy Program (LOHAS-MSP)

Re-energise yourself with four comprehensive and practical sessions to relieve and resolve your nagging health issues, such as headache and migraine, lethargy, sensitive nose and skin, sciatica pain, weight and digestion issue, insomnia and many more. (Be our graduate and attend lifetime refresher training and update for free.)

Date: 4 Saturdays, 21 Apr – 19 May '18 (No lesson on 5 May '18)

Time: 2pm – 6pm

Fees: Member \$340, Public Officer \$360, Guest \$370

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

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

Register by: 14 Apr '18

SOCIAL ACTIVITIES

HEALTH



Lifelong Self-Care Traditional Chinese Qigong

COURSE OBJECTIVES:

- To equip participants, with or without chronic health problem(s), with life-long self-efficacy healthcare skills
- To restore balance of the yin-yang 'qi' and normalise the blood pressure
- To clear wind, excessive heat, cold, dryness, dampness to recover healthy function of the lungs, large intestine, endocrine and lymphatic systems
- To strengthen the spine to improve functions of the joints, ligaments and muscles

COURSE CONTENT: PART 1 OF MOBILE QIGONG

- Harmonise the Yin-Yang Qi
- Moisturise the Lungs and tone the Large Intestine
- Regulate the Triple Heater to support healthy functions of the Endocrine and Lymphatic Systems

Date: 2 Sundays, 1 & 8 Apr '18

Time: 2pm – 5pm

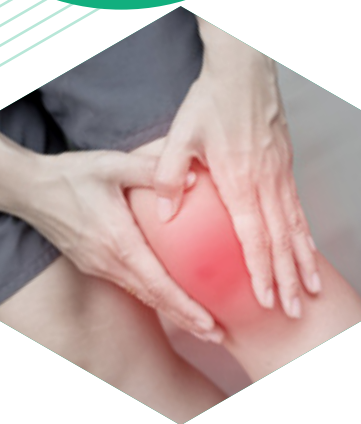
Fees: Member \$100,

Public Officer \$110, Guest \$120

Venue: CSC @ Tessensohn

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

Register by: 25 Mar '18



Meridian for Wellness

This is a hands-on workshop that covers practical knowledge on meridian therapy, acupressure and guasha techniques with herbal essential oil application. This workshop is very fun, highly interactive and completely experiential.

It focuses on the care of your respiratory, nerve and reproductive (vitality) systems comprising the lung, large intestine, heart, small intestine, kidney and bladder meridians – to relieve and prevent conditions like asthma, sinus, cough and flu; facilitate good quality sleep and reduce stress symptoms like dizziness, insomnia and nausea; alleviate PMS, menopausal symptoms, and to improve fatigue.

Date: Fri, 27 Apr '18

Time: 7pm – 9pm

Fees: Member \$14,

Public Officer \$20, Guest \$25

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620

or serenecho@csc.sg

Register by: 20 Apr '18



Karate

Expect a full cardio workout as you acquire the agility and speed needed to execute the various techniques. Anyone, male or female, from six years old to 70 are welcome to join our beginner's class. A great way to make new friends, and to work out and achieve good health along the way.

Date: 8 Sundays, 6 May to 24 June '18

Time: 3pm – 4pm

Fees: Member \$120, Public Officer \$130, Guest \$140 (fees for 2 months)

Venue: CSC @ Bukit Batok

Contact: Hai Ming at 6391 5607

or onnhaiming@csc.sg

Register by: 29 Apr '18



Keeping Fit the Muay Thai Way

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

Adult Beginner Class

Date: 10 Saturdays, 7 Apr – 30 Jun '18 (exclude PH)

Time: 11am – 12pm

Adult Intermediate Class

Date: 10 Saturdays, 7 Apr – 30 Jun '18 (exclude PH)

Time: 9am – 10am

Fees: Member \$125,

Public Officer \$135, Guest \$145

Venue: CSC @ Bukit Batok

Contact: Vanessa at 6391 5641

or vanessachoo@csc.sg

Register by: 1 Apr '18



Deep Aqua Aerobics @ CSC Bukit Batok

Enjoy an exercise that is gentle on your joints and great for toning up. Deep Aqua is a cardio and conditioning, pool-based workout that works muscles against the resistance of the water. It increases the heart rate and burns calories.

Saturday

Date: 10 Saturdays, 21 Apr – 23 Jun '18
Time: 8:30am – 9:30am
Register by: 18 Apr '18

Tuesday

Date: 10 Tuesdays, 8 May – 17 Jul '18
Time: 6:30pm–7:30pm
Register by: 1 May '18

Venue: CSC @ Bukit Batok
Fees: Member \$85, Public Officer \$95, Guest \$110
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg



Swimming for Ladies

Armed with 10 years of coaching experience, Ms Thipa has taught at various clubs. She is passionate and committed to imparting good swimming foundation and skills both to adults and children alike. Particularly good with ladies, she helps them to overcome their fear of water in no time at all.

CSC @ Bukit Batok

Date: 10 Thursdays, 5 Apr – 7 Jun '18 (No lessons on PH)
Time: 7:30pm – 8:30pm
Register by: 18 Mar '18

CSC @ Tessensohn

Date: 10 Mondays, 26 Mar – 11 Jun '18 (No lessons on PH)
Time: 7pm – 8pm (Beginner's class) or 8pm – 9pm (Intermediate)
Register by: 22 Mar '18

Fees: Member \$210, Public Officer \$220, Guest \$230
Contact: Vanessa at 6391 5641 or email vanessachoo@csc.sg

Hydrorider AquaBike Fitness

Introducing you to Hydrorider AquaBike, an exercise routine that allows you to pedal while immersed in the water. The water density, buoyancy and hydrostatic pressure will create new challenges to help shape your legs, get rid of cellulite, and achieve your weight loss goals as well as improve your cardiovascular system and blood circulation.

Tuesday with Ms Anthea

Date: 4 Tuesdays, 3 – 24 Apr '18
Time: 6:30pm – 7:30pm or 7:30pm – 8:30pm
Fees: Member \$100, Public Officer \$110, Guest \$120

Date: 3 Tuesdays, 8 – 22 May '18
Time: 6:30pm – 7:30pm or 7:30pm – 8:30pm
Fees: Member \$75, Public Officer \$82.50, Guest \$90

Thursday with Ms Anthea

Date: 4 Thursdays, 5 – 26 Apr '18 or 3 – 24 May '18
Time: 7:30pm – 8:30pm
Fees: Member \$100, Public Officer \$110, Guest \$120

Friday with Ms Vicsland

Date: 4 Fridays, 9 – 30 Mar '18
Time: 7:45pm – 8:45pm
Fees: Member \$100, Public Officer \$110, Guest \$120

Venue: CSC @ Tessensohn
Contact: Vanessa Choo at 6391 5641 or vanessachoo@csc.sg
Register by: 1 week before class

* To start a class: Min 4 pax, Max 5 pax. Every participant to bring his/her own aqua shoes.



SOCIAL ACTIVITIES

HEALTH



Fun Tennis

Come and pick up some tennis basics, then have fun on the court with your family and friends! Get your foundation right and learn the important skills of footwork, coordination, court sense and tactics.

Beginners

10am - 11:30am Member \$150
Public Officer \$160
Guest \$170

Intermediate

1pm - 2:30pm Member \$175
Public Officer \$185
Guest \$195

Advanced

8:30am - 10am Member \$200
Public Officer \$210
Guest \$220

Date: 6 Saturdays,
17 Mar '18- 21 Apr '18
Venue: CSC @ Tessensohn
Contact: Hai Ming at
6391 5607
or onnhaiming@csc.sg
Register by: 10 days
before lesson begins

- No lessons on eve of or on public holidays
- Private group classes are available with a minimum of 4 pax. Please consult coach on date and timings.



Tennis by Singapore Tennis School

Singapore Tennis School offers a wide range of lessons to students of all ages and abilities. All coaches are certified Australian tennis instructors. Refer to weekly group class scheduling below.

Adult Programme @ Tessensohn

Beginner	8am - 9am	Every Sun
Intermediate	9am - 10am	Every Sun

Cardio Tennis Programme @ Tessensohn

Cardio	10am - 11am	Every Sun
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Fees for 4 lessons: Member \$110,
Public Officer \$115, Guest \$120
Contact: Hai Ming at 6391 5607
or onnhaiming@csc.sg
Register by: 10 days
before lesson begins



Table Tennis

Table tennis can be enjoyed by individuals of any age and physical agility. Its benefits are many, some of them are as follows:

- Stimulates mental alertness, concentration and tactical strategy
- Improves body coordination and mental fortitude
- Improves reflexes

Date: 4 Fridays, 27 Apr - 18 May '18
Time: 7:30pm - 9:30pm
Fees: Member \$95, Public Officer \$110, Guest \$120
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 20 Apr '18



SOCIAL ACTIVITIES

KIDS



Kids Can Bake

For 3 to 11 years old

More parent-child bonding opportunities at this workshop for you and kids.

Happy Farm Friends Cupcakes

Date: Sun, 11 Mar or Sat, 24 Mar '18

Time: 1:30pm – 3:30pm or 10:30am – 12:30pm

Register by: 5 Mar or 16 Mar '18

Barn Sweet Barn Cake

Date: Sun, 18 Mar or Sat, 31 Mar '18

Time: 4pm – 6pm or 1:30pm – 3:30pm

Register by: 12 Mar or 23 Mar '18

Bunny Face Cupcakes

Date: Sun, 1 Apr or Sat, 7 Apr

Time: 1:30pm – 3:30pm or 10:30am – 12:30pm

Register by: 26 Mar or 1 Apr '18

Easter Eggs Ganesh Tart

Date: Sat, 21 Apr or Sun, 29 Apr '18

Time: 4pm – 6pm or 10:30am – 12:30pm

Register by: 13 Apr or 23 Apr '18

Fees per course: Member \$65, Public Officer \$72, Guest \$75 (for 1 parent-child pair)
For each additional child: Member \$40, Public Officer \$45, Guest \$45
(Fees inclusive of all workshop materials and ingredients)
Venue: City Square Mall #07-08
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg



Tasty Funz Workshops for Parent-Child

For those whose children are 6 to 12 years old

'Happy Molang & Piu Piu' Tic-Tac-Toe Bento Art

Add sweetness and joy to this year's Spring with lots of food fun!

Have a great time bonding with your little one to make your very own lovely Tic-Tac-Toe Character Bento, featuring the popular kawaii chubby bunny (Molang) and her best friend (Piu Piu) at our Creative Bento Art Workshop.

And bring smiles and happiness to your loved ones with your bento cuteness.

Date: Sat, 14 Apr '18
Time: 2:30pm – 4:30pm
Fees: Member \$65, Public Officer \$72, Guest \$78 (for 1 parent-child pair)
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 7 Apr '18



'Love U Mom' Creative Bento Art

Celebrate this wonderful Mother's Day with lots of food fun!

Have a great time bonding with your mum to make your very own 'Love U Mom' Bento, featuring a loving elephant mother cuddling her baby close, at our Creative Bento Art Workshop.

Make your Mum feel special with your handmade sweet surprises on this special occasion!

Date: Sat, 5 May '18
Time: 2:30pm – 4:30pm
Fees: Member \$65, Public Officer \$72, Guest \$78 (for 1 parent-child pair)
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 28 Apr '18

SOCIAL ACTIVITIES

KIDS



Bowling for Kids

For 8 to 12 years old

Get your child started on bowling with this course where experienced instructors will be on hand to share bowling knowledge and take the students through their paces. Your child will be introduced to bowling terms, taught basic techniques, as well as the equipment and attire needed to enjoy this sport in a safe, fun way. Other topics include bowling and lane etiquette, selecting a suitable bowling ball and keeping score.

Venue	Westwood Bowl @ CSC Bukit Batok	Planet Bowl @ CSC Tessensohn
Dates	Mon & Tues, 12 & 13 Mar '18	Wed & Thurs, 14 & 15 Mar '18

Time: 10am - 12pm

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

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

Register by: 7 Mar '18



Holiday Fun Crafts for Kids

For 7 to 12 years old

If your kids love digging into art and craft projects, sign them up for some crafting fun this holiday! Develop your child's creative craftsmanship, self-expression, motor skills and learn mathematical concepts in a fun way. Have fun with card & corner bookmark making, scrapbooking and melt & pour soap making. Fee includes 1 lunch, 1 tea break and all required craft materials.

Date: Fri, 16 Mar '18

Time: 9am - 5pm

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

Venue: CSC @ Bukit Batok

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

Register by: 10 Mar '18

Children Fun in Engineering

For 5 To 12 Years Old

Wake the sleeping creative giant in your child with this starter course for a quick understanding on the basics of electronics. From different types of connectors, switches and LED lamp units to the use of solar panels as a clean and green system for the future Earth.

Every participant gets a set of electronics kit set.

Date: Sat, 17 Apr '18

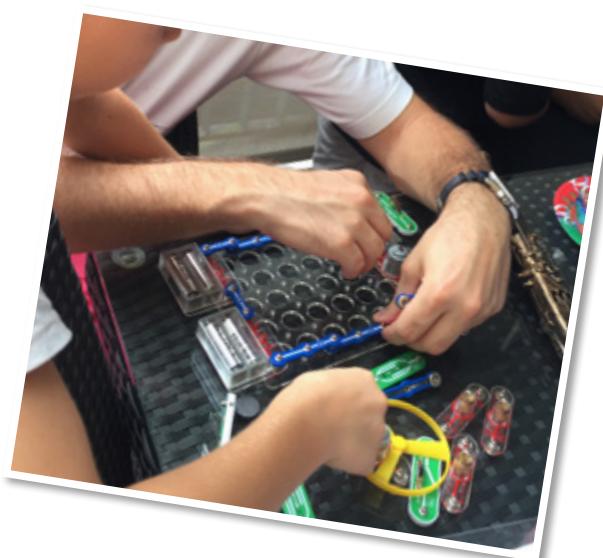
Time: 10am - 12pm

Fees: Member's child \$50, Public Officer's Child \$58, Guest Child \$68

Venue: CSC @ Tessensohn

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

Register by: 10 Apr '18



SOCIAL ACTIVITIES

MUSIC



Karaoke On-Going Singing Classes (English & Chinese)

English Class (Conducted By Ms Ivy Wee)

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

Date: 10 Wednesdays, 21 Mar – 23 May '18

Time: 7:30pm – 9:30pm

Register by: 20 Mar '18

华语 + 福建歌唱技巧班招生 (吴美香老师指导)

吴美香老师拥有专业声乐教育证书, 她有多年的教学经验, 目前在吴家班歌唱学院任职。

她将教导学员如何应用歌唱的 13 种基本功夫和技巧及汉语拼音和福建拼音来诠释不同曲风的歌曲。

课程内容:

学唱一首歌, 歌唱基本功夫练习以及一对一雕歌 (学员可自由选择歌曲)

Date: 10 Wednesdays, 21 Mar – 23 May '18

Time: 7pm – 9pm

Register by: 20 Mar '18

Applies to both classes (English or Mandarin):

Member \$150,

Public Officer \$180, Guest \$185

Venue: CSC @ Tessensohn

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

Learn to Play Violin

You will be taught to handle the violin, as well as bowing techniques, postures and note reading. Instructor Leong Gah Chiong has been teaching since 1998 at various schools and at Leading Note Diploma in Teaching (Violin) under Trinity College London. He also performs at schools and private events.

CSC @ Bukit Batok

BEGINNERS

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

INTERMEDIATE

Fee: Member \$170, Public Officer \$180, Guest \$190

*Fee inclusive of materials and violin for class use

Date: 10 Wednesdays,

4 Apr – 6 Jun '18

Time: 7:30pm – 8:30pm

Register by: 28 Mar '18

CSC @ Tessensohn

BEGINNERS

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

INTERMEDIATE

Fee: Member \$170, Public Officer \$180, Guest \$190

ADVANCED

Fee: Member \$185, Public Officer \$195, Guest \$205

*Fee inclusive of materials and violin for class use

Date: 10 Mondays, 2 Apr – 4 Jun '18

Time: 7pm – 8pm

Register by: 26 Mar '18

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



SOCIAL ACTIVITIES

MUSIC



Learn to Play Ukulele

A beginner's course to be introduced to the Ukulele, a Hawaiian interpretation of the guitar-like instrument which originated in the 19th century. Learn how to strum chords, and sing while you play. Note reading and tuning will also be taught.

Instructor Mr Fahmy has been playing and performing for more than 20 years.

Date: 4 Sundays, 8 Apr – 29 Apr '18

Time: 2pm – 4pm

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

(Students have to bring their own ukulele)

Venue: CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624

or kuagekcheng@csc.sg

Register by: 1 Apr '18



Learn to Play Flute

Come and learn how to play the flute under veteran Instructor Mr Chye Yong Seng who has taught in many institutions since 1987 and helmed many concerts and music events through all these years.

This course will cover all rudiments of playing, including posture, instrument handling and care, fingering, phrasing, toning and application of value of notes, breathing, time signature, and eventual playing whole music pieces.

Date: 10 Wednesdays, 11 Apr – 13 Jun '18

Time: 7pm – 8pm

Fees: Member \$170, Public Officer \$180, Guest \$185
For hygiene purposes, participants must bring their own flute.

Venue: CSC @ Tessensohn

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

Register by: 4 Apr '18

Master the Erhu

Love oriental music? 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. Course instructor is Mr Pang Chin Soon, who has a diploma in Erhu and more than 20 years of experience playing this instrument.

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

Date: 10 Wednesdays,
28 Feb – 2 May '18

Time:

7:15pm – 8:15pm
or 8:15pm – 9:15pm

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

Venue: CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624

or kuagekcheng@csc.sg

Register by: 21 Feb '18



SOCIAL ACTIVITIES SELF IMPROVEMENT



Deaf Awareness and Basic Sign Language

Participants will gain hands-on experience of signing through various activities.

Conducted by a facilitator with many years of experience in using sign language through her involvement with the deaf community, participants will pick up basic signing skills as well as the social awareness of working with the deaf.

Date: Sat, 24 Mar '18
Time: 10am – 1pm
Fees: Member \$20, Public Officer \$26, Guest \$28
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register By: 18 Mar '18



Chinese Calligraphy Class

Take the opportunity to learn this unique art form from Instructor Wong Joon Tai. The course will cover the context of the art form including the philosophy, the form of the Chinese characters, the appreciation, posture and brush movements.

Dates: 10 Thursdays, 29 Mar – 31 May '18
Time: 7pm – 8:30pm
Fee: Member \$155, Public Officer \$165, Guest \$175 (Fee excludes \$25 materials cost to be paid to Instructor if you require them)
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register By: 20 Mar '18

Tea Appreciation Workshop

There is far more to Chinese tea drinking than the slightly bitter beverage commonly served at Chinese wedding dinners and casual eateries. In fact, avid Chinese tea drinkers are known to pursue the perfect tea leaf as fervently as connoisseurs of fine wines.

Here is the chance for you to get acquainted with the highly therapeutic effects of the traditional art of Chinese tea making while soaking in the ambience of an authentic Chinese teahouse.

Learn to identify the different types of tea leaves and understand the health effects of tea. Expect to enjoy a premium brew and a small *dimsum* spread.

Date: Sat, 14 Apr '18
Time: 11am – 12.15pm
Fee: Member \$40, Public Officer \$45, Guest \$50
Venue: 78 Tanjong Pagar Road, Singapore 088499
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 6 Apr '18





Basic Malay Language Course

Learn the basics of the Malay language from Instructor Ms Sharifah Narimah. In addition, look forward to a new baking segment of the course which will equip you for greater fluency of the language. Emphasis will also be given to simple grammar, conversational skills and vocabulary building.

Upon completion of the course, participants will be able to carry on a casual conversation in the language, construct simple sentences and acquire the knowledge of language structures.

Date: 8 Mondays, 2 Apr – 21 May '18

Time: 7pm – 9:30pm

Fees: Member \$180, Public Officer \$190, 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: 26 Mar '18

Do You
Speak
Malay?

Conversational Mandarin

Open to all races, the class is conducted in Mandarin with explanations provided in English. The course focuses on simple and functional daily dialogues.

Instructor Mr Tan Swee Liang is a member of Singapore Writer Association, Mandarin Trainer at People's Association since 2002 and teaches Mandarin and English Language at Queenstown PAP Community Foundation, Continual Learning Center since 2005.

Date: 6 Saturdays, 7 Apr – 12 May '18

Time: 7:30pm – 9pm

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

Venue: CSC @ Tessensohn

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

Register by: 31 Mar '18

Conversational Cantonese for Beginners

Ultimately the decision whether to learn the Cantonese dialect is a personal one. Do you have grandparents or relatives who speak only Cantonese? Do you need to travel often to Hong Kong for work or play? Are you into Canto pop music? Or Hong Kong action movies (think Jackie Chan, Donnie Yen, Andy Lau and the like)? If your answer to one or more of these questions is Yes, then you have enough reason to sign up for this course.

Date: 4 Thursdays, 10 – 31 May '18

Time: 7:30pm – 9pm

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

Venue: CSC @ Tessensohn

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

Register by: 3 May '18



Hit It Right With IT!

Introducing our latest line-up of IT Courses for sign-ups according to your interest and your literacy level in IT matters.

Microsoft PowerPoint 2016 Basic to Intermediate

This 2-day Microsoft PowerPoint 2016 Basic to Intermediate hands-on course will instruct you on the proper workflow of putting together a presentation. It will highlight the process from start (when you are given a topic) to end (the PowerPoint slides).

It will also show you how to inject life into your presentation slides through theme colours, backgrounds and images, with good animation control and a new transition called Morph. Included will be application exercises for ample hands-on practice on the different features of the software.

Date: Tue & Wed,
10 – 11 Apr '18
or Wed & Thur, 2 – 3 May '18
Time: 9am – 5pm
Fees: Member \$300,
Public Officer \$310, Guest \$320
Venue: The Adelphi Singapore
Contact: Vanessa at 6391 5641
or email vanessachoo@csc.sg
Register by: 1 week before



Microsoft Word 2016 Advanced

Do you need to create forms for data input? Are you finding it difficult to manage a growing database? Are you handling thick documents such as your company's Quality Manual, feasibility study report, or annual report? Are you submitting a thesis or dissertation for your 'A' Level or university degree? This module shows you how to apply all the relevant features that will enable you to produce such documents in this Advanced Word 2016 module.

Date: Thur & Fri, 26 – 27 Apr '18
Time: 9am – 5pm
Venue: The Adelphi Singapore
Fees: Member \$300,
Public Officer \$310, Guest \$320
Contact: Vanessa at 6391 5641
or email vanessachoo@csc.sg
Register by: 1 week before

e-Newsletter Design

This 1-day hands-on course is designed for learners with zero to little knowledge in constructing an e-Newsletter (Email Newsletter) on the HTML platform. The course will equip you with the skills to create and disseminate e-Newsletters (also known as an Electronic Direct Mailer or EDM) used widely in e-mail marketing.

Learn how to create targeted campaigns to more effectively reach your audience. Do's and don't's are discussed with emphasis on layout considerations and image handling.

Date: Mon, 19 Mar '18
Time: 9am – 5pm
Venue: The Adelphi Singapore
Fees: Member \$210,
Public Officer \$220, Guest \$230
Contact: Vanessa at 6391 5641
or email vanessachoo@csc.sg
Register by: 1 week before

Basic Photography Workshop (Express)

This Photography Workshop Singapore is designed for the busy individuals who want to understand the usage of their own camera and learn basic photography techniques to take better pictures. You will be surprised how much you'll be able to learn in just 5 hours.

The workshop is conducted over two sessions. The first will equip you with tips and tricks of learning photography in our Outdoor Live Demo Theory Session and the second is a hands-on practical session using your camera at Singapore Botanic Gardens.

At the end of the lesson, you will have mastered basic usage of your camera and learnt about its traits, quirks and functionality, and we guarantee that the quality of your photos will increase dramatically.

Date: Sun, 6 May '18
Time: 9am – 3pm
(1 hour lunch break in between at participant's own expense)
Fees: Member \$100, Public Officer \$120, Guest \$150
Venue: Singapore Botanic Gardens
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 29 Apr '18



SOCIAL ACTIVITIES

TRAVEL



1D Kulai Hakka Village Tour

Fees	Adult	Child (<11 years)
Member	S\$ 75	S\$ 70
Public Officer	S\$ 80	S\$ 75
Guest	S\$ 85	S\$ 80

Date: Sun, 25 Mar '18

Meeting Time/Place:

6:30am at CSC @ Tessensohn

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

Register by: First-come-first-served

Tour by: Amazing Explorer

Package includes

- 1-day usage of air-con 40-seater bus
- Experienced tour guide from Malaysia
- Meal & entrance fee as per itinerary
- Group Insurance Medical \$500, Accidental Death & Disability \$10,000

Package excludes

- Personal Expenses'
- Not state at the Itinerary
- Tipping

International Passport

Passport minimum must have 6-month validity from the date you are departure

3D Sky Mirror, Kuala Selangor Tour

STAY @ Chalet & Hotel Vivatel Or Similar	Adult Sharing	Child with Bed (11years & below)	Child w/out Bed (6years & below)
Member	\$ 308	\$ 278	\$ 228
Public Officer	\$ 328	\$ 288	\$ 238
Guest	\$ 338	\$ 298	\$ 248

Package includes

- 3-day usage of air-con 40-seater bus
- 1-night stay @ Chalet or similar (Family per room 5-8pax)
- 1-night stay @ Vivatel Hotel or similar (Twin/Triple)
- Tourism Tax
- 3 Lunches & 3 Dinners
- Tipping for Guide and driver
- Entrance as per itinerary
- Group Insurance Medical \$ 500, Accidental Death & Disability \$10,000

Package excludes

- Personal Expenses
- What's not stated in the itinerary
- Colourful tee-shirts for photo takings

International Passport

Passport minimum must have 6-month validity from the date you are departure



Date: Sat - Mon, 28 - 30 Apr '18

Meeting Time/Place:

6:30am at CSC @ Tessensohn

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

Register by: First-come-first-served

Tour by: Amazing Explorer



3D2N Cameron Tour

Heritage Hotel or Strawberry Park Hotel or equivalent	Twin/Triple	Child No Bed
Member	S\$ 285	S\$ 260
Public Officer	S\$ 295	S\$ 270
Guest	S\$ 315	S\$ 275

• Child -11 yrs old and below.

• Infant below 3 years - FOC with No Seats in coach.

Date: Sat - Mon, 26 - 28 May '18

Meeting Time/Place:

6:30am at CSC @ Tessensohn

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

Register by: First-come-first-served

Tour by: Amazing Explorer


REGULAR ACTIVITIES

CSC @Tessensohn



Activity	Date	Time	Instructor	Fees			Group Size	Register By
				Member	Public Officer	Guest		

Aqua Aerobics | For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg

	Deep Aqua	10 Thursdays, 5 Apr – 7 Jun '18 (No lesson on PH)	6:30pm – 7:30pm	Anthea	\$85	\$95	\$110	18 Pax (Max)	1 Apr '18
		10 Fridays, 9 Mar – 18 May '18 (No lesson on PH)	6:45pm – 7:45pm	Vikki	\$85	\$95	\$110	18 Pax (Max)	2 Mar '18
		10 Saturdays, 7 Apr – 30 Jun '18 (No lesson on PH)	8am – 9am 9am – 10am	Anthea	\$85	\$95	\$110	18 Pax (Max)	1 Apr '18
		10 Tuesdays, 27 Mar – 12 Jun '18 (No lesson on PH)	8am – 9am	Vikki	\$85	\$95	\$110	18 Pax (Max)	20 Mar '18
		10 Wednesdays, 2 May – 4 Jul '18 (No lesson on PH)	6:15pm – 7:15pm or 7:15pm – 8:15pm	Vikki	\$85	\$95	\$110	18 Pax (Max)	27 Apr '18
	Shallow Aqua	12 Sundays, 6 May – 22 Jul '18 (No lesson on PH)	9am – 10am	Vikki	\$80	\$90	\$105	18 Pax (Max)	27 Apr '18

Ballroom for Beginners | For info, contact Gek Cheng @6391 5624 or kuagekcheng@csc.sg

Slow Foxtrot Level 2	10 Sundays, 25 Mar – 27 May '18	2pm – 3pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	19 Mar '18
Latin American Dance – Cuban Rumba	10 Sundays, 25 Mar – 27 May '18	3pm – 4pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	19 Mar '18
Ballroom Tango Level 2	10 Sundays, 25 Mar – 27 May '18	4pm – 5pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	19 Mar '18

Swimming | For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg

Ladies (Beginner)	10 Mondays, 26 Mar – 11 Jun '18 (No lesson on PH)	7pm – 8pm	Ms Thipa	\$210	\$220	\$230	12 Pax	20 Mar '18
Ladies (Intermediate)	10 Mondays, 26 Mar – 11 Jun '18 (No lesson on PH)	8pm – 9pm	Ms Thipa	\$210	\$220	\$230	12 Pax	20 Mar '18
Children	4 Lessons Mar/Apr '18 Choice Of Sat/Sun	Depends on swimming Level & Age (Instructors Will Advise)	Kurusamy / Seng Yung / Derick/ Chang	\$70	\$80	\$85	15 Pax	15 Mar '18 15 Apr '18



REGULAR ACTIVITIES

CSC @Tessensohn



Activity	Date	Time	Instructor	Fees			Group Size	Register By
				Member	Public Officer	Guest		

Martial Arts | For info, contact Hai Ming @6391 5607 or onnhaiming@csc.sg

Traditional Taekwon-Do

13 Saturdays,
7 Apr – 30 Jun '18
(No lessons 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
\$100 parent & child pair
\$150 parent & 2 children

10 Pax 31 Mar '18



Wing Chun Kung Fu, "Chi Sau"

4 Thursdays

5 – 26 Apr '18,
(No lessons on eve or PH)

8pm – 10pm

Sifu Ken Lau

\$90 \$95 \$100

10 Pax 29 Mar '18

5 Thursdays,

3 – 31 May '18
(No lessons on PH)

8pm – 10pm

Sifu Ken Lau

\$90 \$95 \$100

10 Pax 26 Apr '18

Wing Chun Kung Fu, "Chi Sau" (Adult Beginner)

4 Saturdays,

7 – 28 Apr '18
(No lessons on PH)

9am – 10:30am

Sifu Ken Lau

\$90 \$95 \$100

10 Pax 31 Mar '18

4 Saturdays,

5 – 26 May '18
(No lessons on PH)

9am – 10:30am

Sifu Ken Lau

\$90 \$95 \$100

10 Pax 28 Apr '18

Wing Chun Kung Fu, "Chi Sau" (Adult Intermediate)

4 Saturdays,

7 – 28 Apr '18
(No lessons on PH)

11:30am – 1pm

Sifu Ken Lau

\$90 \$95 \$100

10 Pax 31 Mar '18

4 Saturdays,

5 – 26 May '18
(No lessons on PH)

11:30am – 1pm

Sifu Ken Lau

\$90 \$95 \$100

10 Pax 28 Apr '18

Wing Chun Kung Fu, "Chi Sau" (Children 6 – 12 yrs)

4 Saturdays,

7 – 28 Apr '18
(No lessons on eve or PH)

10:30am – 11:30am

Sifu Ken Lau

\$90 \$95 \$100

10 Pax 31 Mar '18

4 Saturdays,

5-26 May '18
(No lessons on PH)

10:30am – 11:30am

Sifu Ken Lau

\$90 \$95 \$100

10 Pax 28 Apr '18

Studio Fitness | For info, contact Serene Cho @6391 5620 or serenecho@csc.sg

Pilates

10 Mondays,

19 Mar – 21 May '18

7pm – 8pm

Mabeline

\$85 \$95 \$100

12 Pax (Min) 14 Mar '18

Yoga

10 Fridays,

18 May – 27 Jul '18
(No lesson on PH)

7pm – 8pm
or
8pm – 9pm

Huay Lin

\$75 \$80 \$85

12 Pax (Min) 11 May '18



REGULAR ACTIVITIES

CSC @Bukit Batok



Activity	Date	Time	Instructor	Fees			Group Size	Register By
				Member	Public Officer	Guest		

Aqua Aerobics | For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg

Deep Aqua	10 Tuesdays, 6 Mar – 8 May '18 (No lesson on PH)	7pm – 8pm	Vicsland	\$85	\$95	\$110	18 Pax (max)	1 Mar '18
	10 Saturdays, 21 Apr – 23 Jun '18 (No lesson on PH)	8:30am – 9:30am	Kelvin	\$85	\$95	\$110	18 Pax (max)	18 Apr '18

Martial Arts | For info, contact Hai Ming @6391 5607 or onnhaiming@csc.sg

Traditional Taekwon-Do	13 Saturdays, 7 Apr – 30 Jun '18(No Lesson on eve or PH)	3pm – 4:30pm	Singapore Taekwon-Do Academy	\$60	\$70	\$80	10 Pax	31 Mar '18
				\$100 parent & child pair \$150 parent & 2 children				
Aikido (Children)	10 Sundays, 6 May – 8 Jul '18 (No lesson on PH)	10am – 11am	Steven Goh	\$120	\$130	\$135	20 Pax	29 Apr '18
Aikido (Adult)	10 Sundays 6 May – 8 Jul'18 (No lesson on PH)	11am – 12pm	Steven Goh	\$120	\$130	\$135	20 Pax	29 Apr '18

Swimming | For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg

Children	4 Lessons Mar/Apr '18 Choice Of Sat/Sun	Depends on swimming Level & Age (Instructors Will Advise)	Yusman / Ishaak/ Paul / Vishnu	\$70	\$80	\$85	15 Pax	15 Mar '18 15 Apr '18
Ladies	10 Thursdays, 5 Apr – 7 Jun '18 (No lesson on PH)	7:30pm – 8:30pm	Thipa	\$210	\$220	\$230	12 Pax	25 Mar '18

Studio Fitness | For info, contact Serene Cho @6391 5620 or serenecho@csc.sg

Pilates	10 Saturdays, 7 Apr – 9 Jun '18	11am – 12pm	Agnes	\$85	\$95	\$100	12 Pax (min)	31 Mar '18
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CSC @Changi



Swimming | For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg

Children	4 Lessons Mar/Apr '18 Choice Of Sat/Sun	Depends on swimming Level & Age (Instructors Will Advise)	Chang Mun Chung	\$70	\$80	\$85	15 Pax	15 Mar '18 15 Apr '18
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Name (*Mr/Mrs/Mdm/Miss): _____

CSC M'ship no./NRIC No: _____ **M'ship type:** *Ordinary/ Supplementary/ Retiree/ Life/ Associate **Gender:** *Male/ Female

Address: _____ **Singapore (_____)**

Contact No: _____ **Email:** _____ **Marital status:** *Single/Married

I would like to participate in: _____ **(Activity & Date) for** _____ **members including myself.**

Indicate name and m'ship nos. if more than one member: _____ **and (____) guests.**

Indicate name(s) of guest(s): _____

*Delete as appropriate • For more than one activity and/or extended list of guests, please attach sheets separately • For swimming lessons, please contact the clubhouse at 6391 5605 • For badminton, 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 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.

**APPLY
NOW AT**



www.csc.sg/Membership
and receive a \$10 CSC Club voucher!



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PROMOTION ENDS
30 APRIL 2018

FOR NON-PUBLIC SERVICE OFFICERS (SINGAPOREANS & PR)

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MEMBERSHIP**
• \$900
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RRP \$296

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Promo Code: **FRYER**

AZTECH AIR
FRYER 2.8L*
RRP \$213

OR

Promo Code: **ROBOT**

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CLEANER*
RRP \$239



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MEMBERSHIP**
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EXTRACTOR*
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*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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