

# Fusion!

one membership, three clubhouses, three distinct experiences

may - june 2018 issue



## School's Out

Children Holiday Programme



**CSC Family Day-Out  
@ Singapore Zoo**  
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**Doggie  
Carnival**  
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Sports & Family Day**  
PAGE 21



## Civil Service Club

# ORDINARY MEMBERSHIP

(FOR PUBLIC SERVICE OFFICERS)  
PROMOTION ENDS 30 JUNE 2018

## Promotion

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](http://www.csc.sg)



### APPLY NOW AT

[www.csc.sg/Membership](http://www.csc.sg/Membership)

**5 Year Membership**  
**\$360**



2 NIGHTS  
CHALET STAY  
@ CSC CHANGI I  
(OFF-PEAK)\*\*  
RRP \$296

OR



AZTECH INNOBAKE OVEN\*  
RRP \$299

Promo Code: **CRN2N**

Promo Code: **OVEN**

**4 Year Membership**  
**\$288**



CASIO EDIFICE  
WATCH\*  
RRP \$159

OR



AZTECH  
AIR FRYER 2.8L\*  
RRP \$213

Promo Code: **CW**

Promo Code: **FRYER**

**3 Year Membership**  
**\$216**

LADYSHIP ESSENCE  
EXTRACTOR\*  
RRP \$249



OR



ACTXA SPUR\*  
RRP \$99

Promo Code: **LEE**

Promo Code: **AS**

**2 Year Membership**  
**\$144**

MORRIES MULTI-CYCLONE  
VACUUM CLEANER\*  
RRP \$89



OR

JABEES BEEBUD  
- TRUE WIRELESS  
FITNESS EARBUDS\*  
RRP \$99



Promo Code: **VC**

Promo Code: **EB**

**1 Year Membership**  
**\$72**



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.

<http://www.csc.sg>

6391 5604 / 6514 6396

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



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#### CSC @ Tessensohn

60 Tessensohn Road  
Singapore 217664  
T: 6294 8933  
tessensohn@csc.sg

#### CSC @ Bukit Batok

91 Bukit Batok West Ave 2  
Singapore 659206  
T: 6513 7480  
bukitbatok@csc.sg

#### CSC @ Changi

2 Netheravon Road  
Singapore 508503  
T: 6709 4709  
changi@csc.sg | rooms@csc.sg

#### CSC @ Changi II (former Aloha Changi)

30 Netheravon Road  
Singapore 508522  
T: 6545 2343 / 6545 6373  
changi2@csc.sg

#### CSC @ Loyang (former Aloha Loyang)

159W Jalan Loyang Besar  
Singapore 507020  
T: 6581 9033 / 6582 8006  
loyang@csc.sg

#### Corporate Services

##### Membership Matters

T: 6514 6396 (Hotline)  
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/>

📱 [f](#) [i](#) [g](#) Civil Service Club

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





# Dear Members,



“For this financial year, the Club is set to transform its operating model... The Club will continue to evolve into a smart Club though continual IT infrastructure upgrades and embracing of smart technologies.”

## OVERVIEW

Welcome to the new Financial Year 2018/2019. For this financial year (FY), the Club is set to transform the operating model of the Club. The Club will maintain a sustainable budget by reducing the dependency on income from the fruit machine room and increase our revenue from all our other BUs. The Club will continue to evolve into a smart Club though continual IT infrastructure upgrades and embracing of smart technologies. Lastly, the Club will stay relevant to members and public service officers through promoting a balanced lifestyle with value-added services.

For this FY, the Club is expected to have a net cash budget deficit due to the termination of 33% of our current holdings of fruit machines from 1 November 2018. This will result to the closing of the fruit machine room in CSC @ Changi and a reduction in the number of fruit machines at the other two Clubhouses. The Club will need to transform its business model to cushion the impact of this financial deficit and yet stay relevant to members and public service officers. The business model of our BUs has been reviewed with an aim of remaining competitive and yet generate more revenue. All cost centres will be scrutinised to remain operationally efficient and yet with cost containment by harnessing the use of IT technology and automation.

However, the Club will continue to invest in our CAPEX to refresh the Club and upgrade our facilities. Planet Bowl's pin setting mechanism will be overhauled. The buildings at CSC @ Bukit Batok will be given a coat of new paint and the corridors on the 2<sup>nd</sup> and 3<sup>rd</sup> storey of CSC @ Tessensohn will be spruced up to complement the new façade that will be

completed by the last quarter of this FY. We look forward to have three renovated and upgraded Clubhouses by the end of this FY.

## ALOHA CHALETS

The Club has taken over the management of the Aloha Chalets, (now renamed to CSC @ Loyang and CSC @ Changi II). Our focus is to provide chalets that are efficiently managed so chalet guests have a positive experience.

**Booking System.** The booking system now has a more user-friendly interface to view the location and types of chalets that they intend to book. To protect the user's booking data, the process is secured, where only members and public service officers who want to book the chalets will have their booking requests captured in the system. Those who are browsing through, will need to key in their request whenever they access the booking system. As the booking system adopted by the previous Managing Agent was different to that used by the Club, there was unfortunately an initial mismatch of data, resulting in some double bookings of the chalets. For those who visit the old booking website, they will be redirected to [www.cscchalets.sg](http://www.cscchalets.sg). For members and public service officers who encountered booking issues during this transition period, I would like to thank you for your patience and understanding. Do continue to provide us with your feedback and queries to [chalets@csc.sg](mailto:chalets@csc.sg).

**Enhancements.** As part of our first wave of enhancements to the chalets, we have put in baby cots, baby high-chairs and child-friendly crockery to make the chalets more family-friendly. All the chalets have been installed with a digital safe, hair dryers, torchlights and umbrellas. The shuttle bus to commute chalet guests from one cluster of the chalets to another is in operation and those who are staying in CSC @ Loyang can now visit and use the facilities at CSC @ Changi by simply hopping onto the bus and vice versa. The Club has also partnered OBiKe to provide bike parks around all the three chalet clusters to convenience chalet guests who want to visit the neighbourhood. All the chalets are now WiFi-enabled and the speed will be upgraded to 200 Mbs by June 2018.

**Coming enhancements.** Soon, we will be introducing cable TV with sports, movies and kids channels to make the chalet stays more interesting and varied. Other enhancements such as bathroom amenities, coffee and tea dispenser for each chalet, buggies for ease of transportation within the cluster and a sea-sports centre in CSC @ Loyang will be phased in gradually.

**New Staff.** The Management would like to welcome staff who crossed over from Aloha Chalets to Civil Service Club. These staff are familiar with the operation of these chalets and have already been of great help to the Club during this transition stage.



With the integration of the three clusters of chalets, there are more facilities and activities that chalet guests can indulge in. So, do consider booking a holiday staycation during the coming June school holidays, at any one of the clusters of chalets and spend some quality time with your family without the fuss of travelling out of the country. To enhance your stay, the Club's Social Team will be organising some family themed programs at the chalets to keep the family engaged. More information on CSC @ Loyang and CSC @ Changi II can be found on pages 26/7.

## ACTIVITIES OVER THE PAST TWO MONTHS

**Social Activities.** The key highlights over the past two months were the Children's Easter Party and the CSC Children's Swimming Meet. The Children's Easter Party attracted about 40 children to CSC

CSC @ Loyang





@ Bukit Batok on 1 April 2018. This is the first time that the Club is organising such an event. From the excitement, laughter and fun that the children displayed, this event is going to be a mainstay for next Easter too. Likewise, the CSC Children's Swimming Meet held at CSC @ Tessensohn on 21 April 2018, attracted about 70 participants. These young swimmers gave their best to have their names registered in the inaugural swimming record roll of honour that the Club recently created for them. There was a great vibe at the event, with parents and children bonding through a relay, mingling and photoshoots.

**Sports.** There were 9 STAR games organised and including Healthy Lifestyle Walk held at the Singapore Botanic Gardens. The games were very well supported and about 300 members and public service officers participated in the walk. All these activities would not happen without the strong support from the Government Ministries/Agencies Sport's Liaison Officers (SLOs) and Games Convenors. The Club organised a STAR Games Award Presentation Event at CSC @ Tessensohn Ruby Ballroom on 28 March 2018 to recognise and honour their contributions to the promotion of Sports across the Public Service. The Board of Games Chairman, Mr. Tan Boon Huat, presided over the event and awards were presented to the SLOs by the Committee members and the Chairman.

## LOOKING AHEAD: THE UPCOMING TWO MONTHS

**Social Activities: Mother's & Father's Day.** A host of activities has been planned to kick start this FY. What better way to start off by honouring the ones dearest to us. A Mother's Day lunch will be held at CSC @ Tessensohn, Qian Xi Restaurant, on 13 May 2018. Beyond the promise of sumptuous food, the participating mothers will also get the opportunity for a pre-lunch massage, on-site eye makeup services and a free gift. There will be a flurry of dazzling performances, party games and lucky draw prizes. It is no wonder the event is well-supported by our members and public service officers every year. Fathers will also be celebrated at the Father's Day event on 10 June 2018. Details of the Father's Day lunch is on page 9.

**June School Holiday Programme.** For those families who are not travelling overseas, the Club has lined up a myriad of social activities for them to participate. The activities include a family outing to the zoo, adventure camp, parent and child workshop, baking classes, science and magic workshop and enrichment classes. For dog lovers, the Club is organising a Doggie Carnival at CSC @ Changi on 9 June 2018 between 10 am and 4 pm. Do check out our in-house movie treats that are held at CSC @ Tessensohn Auditorium on 29 June 2018. Also, in conjunction with the International Day of Yoga, we are partnering with Vyasa Yoga to stage a mass yoga session at each of our Clubhouses on different days in June (refer to page 9 for the details). I am sure members and public officers will find an activity (or a few!) that they would like to participate in. For all the details of the coming social activities, do refer to pages 31 to 45.

**Sport Activities.** Besides the numerous STAR games that the Club will be organising, the highlight will be our partnership with the organiser of Sundown Marathon 2018 for our members and public service officers. This year's Marathon will be held at the F1 Pit Building on 19 May 2018. As of now we have seen a 99% increase in the number of participants, especially in the categories of the full and half marathon runs. This is encouraging as the Club will be organising the sunset Run By The Bay on 20 October 2018 and we hope members will also actively participate in this scenic run.

# Did You Know?

**New MHA Rulings.** The new MHA rulings on National Council on Problem Gambling (NCPG) for fruit machine (FM) will take effect from 1 May 2018. In compliance with the regulatory requirements, all members entering the FM room must sign a one-time consent form to allow the Club to check for NCPG Self-Exclusion. As mandated by the relevant authorities, members who do not wish to sign the one-time consent form will not be allowed to enter the FM Room.

**New F&B Tenant.** CSC @ Changi will have a new F&B operator to take over the place left vacant by the previous operator. LOTS Gourmet will be offering more F&B food options when they commence their operation in late May 2018. They will be operating the poolside café as well as the restaurant previously occupied by Meyer House Restaurant. LOTS Gourmet currently runs a well-patronised outlet at Changi North, just opposite Changi Prison. The owner of LOTS Gourmet, Ms Jenny, will be the executive chef of the restaurant so there is plenty of tasty food, delicious ice cream and yummy desserts to expect from her eateries.



**New Tenant at CSC @ Changi.** The Club would like to welcome Asia Detour Pte Ltd who is operating the space left vacant by Swim Bike Run. They specialise in organising outdoor team building activities, adventure activities, especially in Pulau Ubin, and is also the creator of the app-based Amazing Race.



**Change of nomenclatures.** Some of the Management's nomenclatures have been changed to keep up with times and to best reflect their roles as the Club transforms its business model. The General Manager will be renamed Chief Executive (CE), his deputy will be DCE, Clubhouse Manager will be Clubhouse Director and the Sports Manager will be Director of Sports. A new position has been created to manage the three clusters of Chalets and I am pleased to announce that Mr. Gary Chua has been appointed as the Manager of Resorts.

It is my pleasure to wish all the mamas and papas "A Happy Mother's and Father's Day" and to all readers, a great June Holiday with your family!





# School's Out

## Children Holiday Programme

### Outdoor Fun

#### Singapore Zoo

#### CSC Family Day-out @ Singapore Zoo

**Sat, 2 Jun '18**

Organised specially for CSC members and your families, this free-and-easy tour invites you to get up close with the animals in their habitats.

**First 100 members to sign up receive an attractive goodie bag each. Don't miss!**

*Tickets collection between 8.30am - 10am  
at Singapore Zoo's entrance.*

	Member	Public Officer
Adult (Usual: \$35)	\$25	\$30
Child (Usual: \$23) [3 to 12 years old]	\$13	\$18

\*Senior Citizen admission tickets are available at <https://store.wrs.com.sg/>

**Tickets available while stocks last!**

#### 3D Adventure Camp

*Age 7 to 12 years*

At this residential camp, happy campers can look forward to Clip N Climb activities, kayaking at the Sports Hub and the Amazing Race games segment at Loyang. Accommodation will be at the CSC @ Loyang (previously known as Aloha Loyang).

**Date:** Tue to Thur, 12 to 14 Jun '18

**Time:** 9.30am (12 Jun) – 5pm (14 Jun)

**Venue:** Meet & Dismiss at CSC @ Tessensohn

**Fees:** Supplementary member \$360, Guest \$380

**Contact:** Gek Cheng at 6391 5624 or [kuagekcheng@csc.sg](mailto:kuagekcheng@csc.sg)

**Register by:** 1 Jun '18





## Fun Survival Education at 'Last Kampong in Singapore'

Conducted on Pulau Ubin, this programme aims to instil self-discipline and teach children teamwork and environmental awareness, while picking up life skills such as map and compass reading.

**Date:** Fri, 8 Jun '18

**Time:** 8.30am – 4.30pm

**Meeting Venue:** 8.30am at Changi Point ferry Terminal

### Fees:

#### Per child:

Supplementary member \$90,  
Guest \$110

#### Family Packages (1 adult & 1 child):

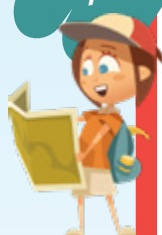
Member \$125, Guest \$145

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

**Free**



*Write on a leaf and have it laminated as a bookmark and delivered to your home! Every child gets to bring home a compass!*



## Yakult and Farm Tour

First stop: The Yakult factory for a documentary presentation on the benefits of probiotics on our digestive system.

Followed by some retail therapy of renowned Korean red ginseng, honey, tea packs and more to Sofei, a Korean product warehouse.

Final stop is to Kin Yan Agrotech for a wheatgrass farm tour to understand how this is grown organically and the good it does for your health.

**Date:** Wed, 20 Jun '18

**Time:** 9am – 4.30pm

**Fees:** Member \$17, Public Officer \$23, Guest \$29

**Venue:** Assemble 9am at the lobby of CSC @ Tessensohn

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

**Register by:** 13 Jun '18



## Parent-Child Bonding

### Chuck Glider (Parent-child workshop)

Age 6 years and above

A 3-hour workshop that inspires the young to gain interest in aviation through interactive building and flying activities. Participants will also get to test-flight their planes outdoors.

#### Learning outcomes:

- Science principles and aerodynamics
- Craftwork techniques
- Balancing and trimming a glider
- Proper throwing techniques

	CSC @ Tessensohn	CSC @ Changi
<b>Date</b>	Sun, 3 June '18	Fri, 8 June '18
<b>Time</b>	9am – 12pm	9am – 12pm
<b>Register by</b>	27 May '18	1 Jun '18

**Fees per pair:** Member \$45, Public Officer \$52, Guest \$58

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



### Kids Can Bake

Parent-child pairs, children of age 3 to 11 years

Most kids love to measure and mix, pour and decorate, and then watch the cake rise in the oven! Sign up for these classes for exciting family bonding time.

#### Fee per course (Inclusive of all workshop materials & ingredients):

**Each parent-child:** Member \$65, Public Officer \$72, Guest \$75

**Each additional child:** Supplementary member \$40, Guest \$45

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

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

#### Waffle Cone Castle Cake

**Date:** Sun, 13 May '18

**Time:** 10.30am – 12.30pm

**Register by:** 7 May '18

#### 3 Best Friends Cupcakes

**Date:** Sat, 19 May '18

**Time:** 1.30pm – 3.30pm

**Register by:** 11 May '18

#### Gravity Defying Sweetie Cake

**Date:** Sat, 9 Jun '18 or Sun, 17 Jun '18

**Time:** 1.30pm – 3.30pm or 10.30am – 12.30pm

**Register by:** 2 Jun '18 or 10 Jun '18

#### Candy Crab Cupcakes

**Date:** Sat, 16 Jun '18

**Time:** 4pm – 6pm

**Register by:** 8 Jun '18



### In-House Movie Treat

Catch your favourite movie in a high-quality space with top-notch acoustics and great seating. Come for a FREE in-house movie screening at our newly renovated auditorium at the Tessensohn Clubhouse!

#### Disney's The BFG\*

**Date:** Fri, 29 Jun '18

**Time:** 7pm

**Venue:** CSC @ Tessensohn





# School's Out

Children Holiday Programme

## Young Scientists

### Super Heroes Science and Magic Challenge

Age 6 to 8 years

Sign your kids up for a challenging session of fun science and magic with the Super-Heroes. Let them discover the secrets behind the powers of their favourite Super-Heroes through fun activities. Also have fun learning through IQ & Magic tricks and science experiments:

- Slimy Slime Attack
- The Magic Ring
- Amazing Flying straw
- Rocket Power.... and more!

**Date:** Thur, 31 May '18

**Time:** 2.30pm – 5pm

**Fees:** Supplementary member \$38, Guest \$45

**Venue:** CSC @ Tessensohn

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

**Register by:** 24 May '18



### LEGO® Mindstorms Advanced Robotic

Age 6 years & above

The hottest selling LEGO® brand, Mindstorms, combines classic LEGO® building with robotics, using motors, sensors and software. Your child will learn how to design and program your LEGO® Bots to perform a wide range of tasks! A fun and easy-to-learn way to pick up basic programming logic. (All campers get to take home a photo at the end of the camp.)

**Date:** Fri, 8 Jun '18

**Time:** 9.30am – 12.30pm

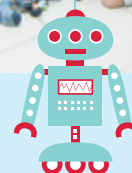
**Fees:** Supplementary member \$70, Guest \$90 (Morning snacks included)

**Venue:** CSC @ Tessensohn

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

**Register by:** 1 Jun '18

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



### Star Warz Robots

Age 7 to 10 years

Children will learn to design and program alliance robots by using Lego® Mindstorms robotics. They will also learn basic programming, sensors and constructions skills, and put their creativity and team spirit into use. No prior programming experience is needed. Robots are provided for in-class training but not to be brought home.

**Date:** Mon, 4 Jun '18

**Time:** 10am – 4pm

**Fees:** Supplementary member \$85, Guest \$95

**Venue:** CSC @ Tessensohn

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

**Register by:** 28 May '18



### Junior Tinker Engineer

Age 7 to 9 years

Allow your child to tinker with different materials and create something! Build an Elastic band glider and learn about the science of flight. Compete with other teams to build the longest flying glider. Use Lego® Bricks to build a crossbow and catapult! Or learn about electrical circuits and create a LED Circuit Sticker card!

**\*Some toys built can be brought back except those using Lego® bricks.**

**Date:** Mon, 11 Jun '18

**Time:** 2.30pm - 5.30pm

**Fees:** Supplementary member \$40, Guest \$48

**Venue:** CSC @ Tessensohn

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

**Register by:** 4 Jun '18



### LEGO® WeDo Junior Robotic

Age 6 years & above

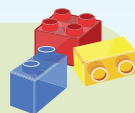
The Bricks 4 Kidz® Junior Robotics camp offers all the fun of building with LEGO® Bricks, plus the challenge of computer programming! Using drag-and-drop, icon-based software, the WeDo software introduces young learners to computer programming and robotics.

	CSC @ Tessensohn	CSC @ Changi
<b>Date</b>	Wed, 6 Jun '18	Fri, 15 Jun '18
<b>Time</b>	9.30am – 12.30pm	9.30am – 12.30pm
<b>Register by</b>	1 Jun '18	9 Jun '18

**Fees:** Supplementary member \$70, Guest \$90 (Morning snacks included)

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

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



### It's Slime Time with Magnetic Slime!

Age 5 years & above

Children will be "attracted" to this new kind of slime and enjoy using a super-strong neodymium magnet to form a miniature Devil's Tower in the polymer! Unleash the creative energy in young learners to explore the science of making magnetic slime and understand important magnetic principles.

All campers bring home their magnetic slime and a lapbook.

**Date:** Wed, 13 Jun '18

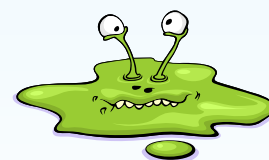
**Time:** 9.30am – 12.30pm

**Fees:** Supplementary member \$60, Guest \$80

**Venue:** CSC @ Tessensohn

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

**Register by:** 7 Jun '18





## Drone Workshop

Age 6 years and above

Drones flying provides training in broad applications beyond the aviation industry like surveillance, transportation, aerial filming etc. At the end of this 3-hour workshop, learners will understand flight characteristics and the principles through flying drones.



### Learning outcomes:

- Science principles and aerodynamics
- Drone navigation
- Drone building and assembly
- Hand-eye coordination and motor skills
- Applications of drones and UAVs

**Date:** Tue, 12 Jun '18

**Time:** 9am – 12pm

**Fees:** Supplementary member \$70, Guest \$80

**Venue:** CSC @ Tessensohn

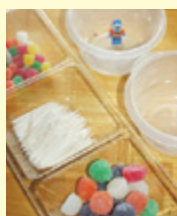
**Contact:** Hai Ming at 6391 5607 or onnhaiming@csc.sg

**Register by:** 5 Jun '18

## STEM with Candy-Bridge Building

Age 5 years & above

Candy Gumdrop Bridge Building STEM project (science, technology, engineering, and math) is perfect for learning Physics and shape comparison, load distribution and building structure, compression and tension force.



Participate in this exciting STEM camp to learn the science of building bridges, unleash potential creative energy while engaging in hours of fun and learning important science and engineering concepts. All campers take home a polaroid photo and a worksheet at the end of the camp.



**Date:** Wed, 20 Jun '18

**Time:** 9.30am – 12.30pm

**Fees:** Supplementary member \$60, Guest \$80 (Morning snacks included)

**Venue:** CSC @ Tessensohn

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

**Register by:** 10 Jun '18

## Learn through Play

### Bowling for Kids

Age 8 to 12 years

What better way to start a child on bowling than with this course? Learn common bowling terms, 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 etiquettes, selecting a suitable ball and keeping score. Our experienced instructor will be on hand to share bowling knowledge and take students through their paces.

	Resort Bowl @ CSC Changi	Westwood Bowl @ CSC Bukit Batok	Planet Bowl @ CSC Tessensohn
Date	Mon & Tue, 4 & 5 Jun '18	Wed & Thur, 6 & 7 Jun '18	Mon & Tue, 11 & 12 Jun '18
Time	10am – 12pm		

### FOR THE ABOVE COURSES:

**Fees:** Supplementary member \$65, Guest \$75  
(Fee includes use of house balls, lane fees and shoes rental)

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

**Register by:** 27 May '18



### Introduction to Chinese Cross Talk (相声)

Cross Talk is a unique way to cultivate an appreciation for the Chinese language through wit and humour, while providing a fun platform for the child to appreciate the language.

#### Course outline:

- Introduction to Chinese Cross Talk
- Experiencing a Cross Talk Basic Script
- Performing Cross Talk

**Date:** Sat, 9 Jun '18

**Time:** 11am – 12pm

**Fees:** Supplementary member \$50, Guest \$60

**Venue:** CSC @ Tessensohn

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

**Register by:** 27 May '18



### Marbling Coin Pouch

Suitable for children age 7 to 12 years

A two-hour leather crafting workshop that balances both traditional and contemporary designs and techniques to instil in children a new appreciation for craftsmanship and spontaneous creativity.

**Date:** Sat, 9 Jun '18

**Time:** 2.30pm – 4.30pm

**Fees:** Supplementary Member \$30, Guest \$40  
(inclusive of material fees)

**Venue:** CSC @ Tessensohn

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

**Register by:** 2 Jun '18





# DOGGIE CARNIVAL

**9 JUNE 2018 | 10AM - 4PM  
AT CSC @ CHANGI**

**FREE  
ADMISSION**

**Come enjoy a special day with family and  
furry friends and look forward to a variety  
of tail-wagging activities.**

**Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg  
Register by: 2 June 2018**

## Carnival Highlights



### Equipment Tryout

A free tryout of  
equipment to train  
your canines.



### Demo & Performance

Witness the great  
agility and obedience  
of the different  
breeds.



### Fun Games for Furry

Watch the furries compete  
in the "Most Talented" (most  
tricks in the shortest time) and  
"Greatest Temptation" (highest  
resistance for rolling balls, food  
treats or other lures).

**Fee: \$3 per furry per game**



### Bazaar

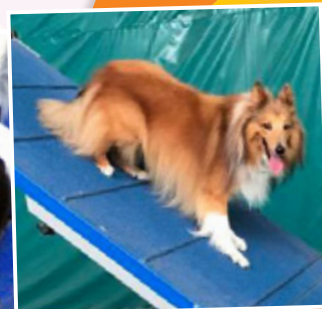
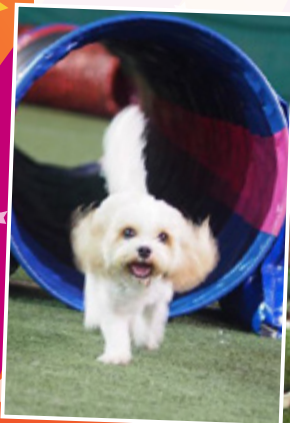
For a wide range of  
interesting accessories  
and knick-knacks.



### Free Goodie Bag

For the first 100 members  
to register online with us.

*Programme subject to change*



**Jointly organised by**





# Father's Day Lunch

Sunday, 10 Jun 2018 | 12pm – 3pm  
Qian Xi (Farrer Park) Restaurant, CSC @ Tessensohn

Dad certainly deserves a break from all the hard work he has put in for the family. Show your appreciation for the man of the house with a special lunch treat at Civil Service Club.

★ ★ ★

## FATHER'S DAY LUNCH MENU

- Cold Dish •
- Mushroom Fish Maw Soup •
- Crispy Roasted Chicken •
- Butter Prawn •
- Nonya Style Steamed Sea Bass •
- Braised Mushroom with Kai Lan •
- Seafood Hong Kong Noodle •
- Longan Bean Curd Jelly •

## FEE (PER TABLE):

Member \$348  
Public Officer \$368  
Guest \$388

**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg  
**Register by:** 27 May 2018 (Pre-booking required, no walk-ins)



Each Table  
Will Receive  
One Bottle  
of Wine!

**Highlights**

- ★ Head & Shoulder Massage for Daddies
- ★ Fastest Beer Drinker Contest
- ★ Darts Challenge
- ★ Mahjong Bingo

**Fabulous Prizes To Be Won!**

# International Day of Yoga

In conjunction with the International Day of Yoga this June, join us for a free yoga session conducted by professional yoga masters from Vyasa Yoga to rejuvenate your body and mind.



**YOGA SESSIONS  
AT CIVIL SERVICE CLUB  
FREE  
FOR ALL!**

Participants to bring  
your own yoga mat

1

Date: Sun, 17 Jun '18  
Time: 9am – 11am  
Venue: CSC @ Bukit Batok



2

Date: Thur, 21 Jun '18  
Time: 7pm – 8.30pm  
Venue: CSC @ Tessensohn



3

Date: Sun, 24 Jun '18  
Time: 5pm – 7pm  
Venue: CSC @ Changi



**Limited vacancies available, pre-registration required**  
**CONTACT:** Serene Cho at 6391 5620 or serenecho@csc.sg  
**REGISTER BY:** 3 Jun '18

Jointly organised by:



**Vyasa YOGA**  
Singapore



# PRAWNING COMPETITION

**Saturday, 21 July 2018**  
**8.30am – 12.30pm**

**Duration of Prawnng Session: 3 Hours**

**Fees:** Member \$28,  
Public Officer \$33, Guest \$36

**Venue:** 6 Tebing Lane,  
Singapore 828835

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

**Register by:** 7 July 2018

## HEAVIEST CATCH

Prize for landing the  
heaviest single prawn

## LIGHTEST CATCH

Prize for the lightest  
prawn caught

## FIRST CATCH

Prize for the first prawn hooked  
upon lowering of rods

## COLOUR TAGGED PRAWNS

Prize for each tagged  
prawn caught

**Fees include:** Prawnng demonstration and pre-briefing of basic prawnng skills & Prawnng and BBQ equipment (rods, baits, charcoal, BBQ pits/grill etc.)



# National Day Celebrations

**Eatlah!**

**Playlah!**

**@ CSC Tessensohn**

Celebrate Singapore's birthday the Singaporean way by indulging in local-licious food and games with CSC! We will be giving birthday presents to August birthday babies (members only).

**Date** Thur, 9 Aug '18

**Time** 3pm - 8pm

**Venue** CSC @ Tessensohn

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

*All are Welcome!*

*Get your coupons now!*

All F&B purchases are by coupons. You may purchase your coupons online from 1<sup>st</sup> May onwards and collect on 9 August!

**EARLY BIRD PRICE FOR THE FIRST 100 MEMBERS!**  
**MEMBERS/ \$8 FOR \$15 VALUE**

## COUPONS FEES:

- ★ Members/ \$10 for \$15 value
- ★ Public officers/ \$12 for \$15 value
- ★ Guests/ \$15 value

## Highlights

- ★ Local delights  
Burger / Satay / Chicken Wings /  
Taco Balls / Churros and many more
- ★ Game stalls
- ★ August Birthday Celebration
- ★ Live screening of  
National Day Parade



**WATCH THIS SPACE FOR MORE DETAILS IN THE NEXT FUSION!**





# CSC CHINESE NEW YEAR *Lohei Dinner 2018!*

Can you believe we're way into second quarter of 2018? And that the Lunar New Year (LNY) celebrations are over. Time flies!

Still, it is fit that we should recap the LNY finale that took place on 22 February, which was a *lo hei* dinner at CSC Tessensohn, also in celebration of "everyone's birthday".

For the 500 guests who came in their LNY best – particularly the ladies in their elegant cheongsams – the evening began with pre-dinner drinks and finger foods of *nian gao* and fortune cookies. Many tried their hand at rounds of mahjong Bingo and *Tai Sai*.

The exuberance continued inside the Diamond Ballroom as the guests were ushered into the dining hall, by then abuzz with animated chatter, as family, friends and colleagues caught up with one another.

Dinner began with the much-anticipated *yusheng* – a dish served with much pomp and ceremony as guests chimed in unison the auspicious phrases as each ingredient was added followed by the mixing and the tossing, the higher the better.

This was followed by the cutting of a mega birthday cake by the CSC executive committee in honour of "everyone's birthday". As the cake was distributed to the diners, the eight-course dinner proper began: Crabmeat fish maw soup, Herbal roast duck, Prawns fried with passion

fruit, Red snapper steam Teochew-style, Mixed vegetable in nest...

So did the stage programme which featured song and dance performances as well as appearances by *Fu Lu Shou*, the God of Fortune and two lively LED-lit lions. In truth, the best entertainment was provided by the effervescent compere Lay Cheng who sent the audience chuckling as she belted out familiar Chinese New Year tunes and sportingly poked fun at herself.

The audience were as entertaining. An Indian diner and his Chinese wife gamely danced around a 'coconut tree' (played by Lay Cheng). And winners of a game spunkily performed a penguin dance before they were allowed to collect their prize.

Just as enjoyable was the segment to pick the best-dressed. To win audience votes, all six female contestants strutted their sexiest dance moves, while their nine male counterparts had to do an Indian dance number. Finally, it was Ms Irene Goh who won the best-dressed award, probably thanks as much to her energetic Latin dance-inspired catwalk.

She said, "I am very surprised to win. I had a good time the whole night. I have been coming to the CSC *lo hei* dinner for six years now because of the great atmosphere and food."

Powerful words that capture the event quite aptly.





# CSC's EGG-stravagant Children's Easter Party

CSC's first Children's Easter Party held on 1 April at the Bukit Batok clubhouse was both EGG-citing and EGG-cellent!

As soon as the 40 children were welcomed by a life-sized Bunny mascot, they participated in two ice-breaker games, "Simon Says" and the "Squirrel, Hunter and Fire". Then, led by ArtZone, the happy kids had a chance to unleash their creativity doing EGG-decoration and colouring. Lunch was another highlight – a McDonald's Happy Meal!

What is Easter party without an EGG-hunt? The atmosphere continued on a high with the much anticipated EGG hunt. The children were each given a basket to collect the plastic eggs that were hidden around in the playroom. Each "egg" was either a chocolate or a sweet attached with a 'Happy Easter Day' message or a slip for them to claim a "mystery gift" such as water bottles, stationery sets, teddy bears, vouchers and bowls.

The party ended with every child given a chance to break the colourful EGG-shaped Piñata stuffed with marshmallows. All the children went home with a basket filled with presents, personalised hand-decorated eggs and candy floss. It was a memorable party and certainly an EGG-traordinary one!



# MOVIE TREATS @Shaw Lido



## MARVEL STUDIOS' ANT-MAN AND THE WASP

Date: Thur, 12 Jul '18  
Time: 6.30pm (TBC)  
Register by: 28 Jun '18

As Scott Lang balances being both a Super Hero and a father, Hope van Dyne and Dr. Hank Pym present an urgent new mission that finds the Ant-Man fighting alongside The Wasp to uncover secrets from their past.



## MISSION IMPOSSIBLE FALLOUT

Date: Thur, 2 Aug '18  
Time: 6.30pm (TBC)  
Register by: 19 Jul '18

Ethan Hunt and his IMF team, along with some familiar allies, race against time after a mission went wrong.

**CSC Main Card Holder**

**Supplementary Member,  
Public Officer & Guest**

**\$13 for 1 pair  
\$26 for 4 tickets**

**\$8.50 per ticket**







## MINDEF makes it nine in a row at the Badminton Tournament

1 February to 9 March 2018

The Ministry of Defence (MINDEF) was an unstoppable force once again as they emerged Overall Champion in the Public Service Badminton Tournament 2018. Held at the Tessensohn Clubhouse from 1 Feb to 9 Mar '18, this year's tournament saw 61 teams from 18 organisations battle it out over four categories – Women's Open, Men's Open, Men's Senior and Men's Active Agers.

MINDEF sent a contingent of five teams with members from the Army, Navy, Air Force and ministry's civilian staff. The agency clinched top positions in the Men's Open and Men's Active Agers categories, a runner-up finish in the Men's Senior category and a third place in the Women's Open category. The points were enough to secure them the Overall Championship title. Remarkably, the title is their ninth in a row and 17th overall under the leadership of team manager Maj (Ret) Victor Sim.

Maj (Ret) Victor believes MINDEF's continued success is a result of a cohesive team with fighting

spirit. "It must have been the great teamwork of all my players that contributed to our success yet again," he said. "The players' sacrifices and their attitude of 'We Believe We Can' are factors that have contributed to our success at PSSG 2018."

Maj (Ret) Victor singled out the dedication and exemplification of his 38-player squad and their Singapore Armed Force's core values for MINDEF's record-breaking success. "To my players, I am extremely grateful for your sacrifices having to play through CNY, on Valentine's Day night and on Chap Goh Mei night," he said, and making special mention to one team player in particular, Cpt Ang Soon Tat, who welcomed the birth of his daughter during the tournament. "Despite the arrival of his new-born and his nappy night duties, he turned up to fight the battle for MINDEF," Maj (Ret) Victor said.

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



### RESULTS

POSITION	MEN'S OPEN	MEN'S SENIOR	WOMEN'S OPEN	MEN'S ACTIVE AGERS	OVERALL POSITIONS
<b>Champion</b>	Ministry of Defence (1)	Ministry of Home Affairs	Ministry of Education (1)	Ministry of Defence	Ministry of Defence
<b>1<sup>st</sup> Runner-Up</b>	Ministry of Home Affairs (1)	Ministry of Defence	Ministry of Health	Ministry of Education	Ministry of Home Affairs
<b>2<sup>nd</sup> Runner-Up</b>	Ministry of Education (2)	National University of Singapore	Ministry of Defence	Land Transport Authority	Ministry of Education
<b>3<sup>rd</sup> Runner-Up</b>	Land Transport Authority (1)	Ministry of Education (1)	Ministry of Home Affairs	Housing & Development Board	Ministry of Health



## MINDEF wins third consecutive Mixed Netball Tournament

10 February 2018

After winning back-to-back titles in 2016 and 2017, the Ministry of Defence (MINDEF) completed a hattrick by winning this year's Public Service Mixed Netball Tournament. Held at the MOE (Evans Road) Sports Hall on 10 Feb '18, the tournament was contested by 25 teams from 15 organisations.

In winning the final, MINDEF prevented Ministry of Education from making a clean sweep of the top three placing. ME5 Tay Enting, MINDEF team manager, attributed the team's success to coach, Goh Seck Tuck. "We were fortunate to have an experienced coach to strengthen our foundational skills and advise on court strategies," she said. "The training sessions we had with the coach helped us to better understand ourselves and our team members' strengths and weaknesses. With that established understanding, we were more confident."

Sharing a common goal was also key. "The competition at the Mixed Netball tournament has always been intense," ME5 Tay said. "We were champions in 2016 and 2017. This year, the team had a common goal in mind, which was to continue to defend the title. We did it, and the players were pleased with the achievement because the effort and time spent on training paid off."

And what's the plan for 2019? "Continue to play and train together and build stronger chemistry among players," she said.

Guest-of-Honour and CSC Executive Committee Member Mr Roger Ng Min Kuan presented prizes to the winning teams.



### RESULTS

<b>Champion</b>	Ministry of Defence
<b>1<sup>st</sup> Runner-Up</b>	Ministry of Education (3)
<b>2<sup>nd</sup> Runner-Up</b>	Ministry of Education (1)
<b>3<sup>rd</sup> Runner-Up</b>	Ministry of Education (2)



## MHA clinches overall championship title in 3-on-3 Basketball Tournament

24 March 2018



The Ministry of Home Affairs (MHA) emerged as the overall champion of the Public Service 3-on-3 Basketball Tournament 2018 with a dominant showing in the Men's Category. Held at Temasek Polytechnic's Sports Hall on 24 Mar '18, the tournament featured 43 teams from 15 agencies.

MHA entered seven teams in the tournament: three men's teams and four women's teams. The men's teams were unstoppable, winning the top three spots. In the women's category, MHA's team fought hard to enter the final of the Women's Category but lost to a stronger team from Ministry of Education

(MOE). MOE team also claimed the third position in the category.

MHA's basketball convenor, Lee Chee Chien, shared that his teams faced some challenges along the way and the victory was somewhat unexpected. He said "I do not think we were the hot favourites before the tournament." Lee shared "The teams train about once a week. As the players are on different shifts, we may not get the full team for each session. For each training session, we will work on the available players." Another key to MHA's success: the efforts of their senior players. "The experienced players work on improving the team play," Lee said.

### RESULTS

POSITION	MEN'S OPEN	WOMEN'S OPEN	OVERALL POSITIONS
<b>Champion</b>	Ministry of Home Affairs (2)	Ministry of Education (1)	Ministry of Home Affairs
<b>1<sup>st</sup> Runner-Up</b>	Ministry of Home Affairs (3)	Ministry of Home Affairs (4)	Ministry of Education
<b>2<sup>nd</sup> Runner-Up</b>	Ministry of Home Affairs (1)	Ministry of Education (2)	<b>Joint 2<sup>nd</sup> Runners-Up</b> Ministry of Defence & National University of Singapore
<b>3<sup>rd</sup> Runner-Up</b>	National University of Singapore	Ministry of Defence (1)	



## Public Service 11-A-Side Football Tournament sees MHA one-two-three

7 & 8 April 2018

The Public Service 11-A-Side Football Tournament 2018 was keenly contested, with 29 teams from 13 organisations taking to the field at Temasek Polytechnic's Sports Stadium on 7 and 8 April '18. The Ministry of Home Affairs (MHA) would prove to be the dominant force as their teams swept the top three places. SP Group finished as third runner-up.

Taiyo Koh Chiu Kiat, football convenor of the Home Team Sports and Recreation Association (HTSRA), attributes the ministry's success to its strong footballing culture. "Most of the MHA teams are playing regularly in internal leagues across the Home Team," he said. "Other than that, we also organise regular friendly matches against stronger opponents to help us gain exposure and improve on our field fitness."

Team spirit and diversity were also key. "Most of the team has been together for many years and we have a wide mix of teams," Koh said, also describing the strong desire to win among MHA's nine teams in this year's tournament.

Despite their success this year, this is MHA's first 11-a-side title since 2015, and the victory was somewhat unexpected. "It surprised me, as over the past few years, there were a lot of strong teams

emerging from the other organisations," Koh said. "I would say that the Ministry of Education was still considered the hot favourite to win the tournament this year. But we intended to give them a fight for that."

As many of MHA's footballers work on shifts and have standby duties, organising the teams was a challenge, but Koh worked closely with their managers to ensure they have the opportunity to participate in the tournament. "Right from the start of the year, I will seek out all the managers of the various MHA teams to have a big pool of officers and, if possible, to select their players soonest," he said. "After that, I engage the officers' supervisors directly to make necessary arrangements to release the officers."

As MHA enjoys its achievement, Koh already has an eye on the next tournament. "I am encouraging all the teams to carry on participating in football games regularly to build on their teamwork and field fitness," he said.

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



### RESULTS

<b>Champion</b>	Ministry of Home Affairs (5)
<b>1<sup>st</sup> Runner-Up</b>	Ministry of Home Affairs (1)
<b>2<sup>nd</sup> Runner-Up</b>	Ministry of Home Affairs (3)
<b>3<sup>rd</sup> Runner-Up</b>	SP Group



# MOH wins Public Service Chess Competition 2018

14 April 2018

On 14 Apr '18, 15 teams from 11 government agencies, gathered at the Tessensohn Clubhouse, the venue for the Public Service Chess Competition 2018. The Ministry of Health (MOH) continued its success in the competition, with one team emerging champion and another finishing in third place. Arch rival teams from the Ministry of Education (MOE) took the second and fourth placing.

Associate Professor Hsu Li Yang, captain of the winning team, shared that, despite their status as favourites, MOH's road to victory was not without its hurdles. "We had no coach and had not formally trained for the event this time, as we are all busy professionals," he said. "However, our team has played together in the past and we are comfortable with each other. Team spirit is very high."

Assoc Prof Hsu believes this team spirit was a key factor in their win, along with the arrival of two new team members. "We had very strong camaraderie and team spirit," he said. "We also had two new and strong chess players who graduated as doctors in the past couple of years. Dr Dominic Lo and Dr Jonathan Koh had represented Singapore previously for chess events and they boosted our team strength significantly." Assoc Prof Hsu also credited Dr Derrick Heng, MOH chess coordinator, for his efforts. "We were fortunate to have excellent organisational support from Dr Derrick Heng and – although it has always been difficult to have everyone come together to play in this event – we were somehow able to assemble two teams that did very well," he said.



## RESULTS

<b>Champion</b>	Ministry of Health (1)
<b>1<sup>st</sup> Runner-Up</b>	Ministry of Education (1)
<b>2<sup>nd</sup> Runner-Up</b>	Ministry of Health (2)
<b>3<sup>rd</sup> Runner-Up</b>	Ministry of Education (2)

With strong competition from MOE and Nanyang Technological University, Assoc Prof Hsu shared that MOH already has a strategy in place to preserve their chess superiority. "We may organise training sessions before next year's event," he said.

CSC Executive Committee member Mr Cheng Kiah Lim presented prizes to the winning teams.

## CSC Healthy Lifestyle Walk @ Singapore Botanic Gardens 23 March 2018

After the last walk at Labrador Park in February, the CSC Healthy Lifestyle Walk moved on to the Singapore Botanic Gardens, a UNESCO World Heritage Site, on 23 March '18. An ongoing programme designed to keep public officers active and healthy, this edition of the walk was attended by 325 participants from 12 government agencies.

Besides the health benefits that they gained from the walk, participants also got to savour the numerous species of flora, orchids and heritage trees along the over four-km trail.

Ning Hwee Tiang, a three-time participant from the Ministry of Education, said that the walks are very rewarding. "I've ensured myself an exercise session of 60 minutes minimally, I get to explore a new route as the venue changes regularly, I get to spend time with friends and colleagues who registered and I can appreciate the flora and fauna along the route leisurely," she said.

She also had a particularly memorable day at the gardens – she claimed the top prize in the lucky draw held after the walk which was a welcome bonus. "I couldn't believe it, I won \$100," she said.

Ning also described how the organisers went the extra mile to make the walk even more enjoyable. "Part of the walk was accompanied by nice music from the first responder of the event," she said. "Special thanks to the warm and encouraging ushers at the various checkpoints."

Joining the walk was Guest-of-Honour Mr Vincent Goh, CSC Executive Committee Member, who flagged off the event and also gave out the lucky draw prizes.

Missed out on this CSC Healthy Lifestyle Walk? Look out for the next one – coming soon to a green space near you!







## A Victorious Finish to A Great Year of Sports

CSC STAR Games Awards Presentation Ceremony, 28 March 2018

2017 was a good run for Public Service STAR Games aimed at encouraging a healthy and active lifestyle among public service officers. In all, CSC organised 45 sporting events that were attended by some 12% more public officers compared to the 2016 edition of the Games. Certainly, a triumph that called for recognition of the Sports Liaison Officers (SLOs), CSC Games Convenors and participating agencies. CSC did so by hosting the STAR Games Awards Presentation Ceremony on 28 March 2018 at the Tessensohn Clubhouse.

The evening saw a gathering of 80 SLOs and sports activists from participating ministries and statutory boards who raised toasts to the successful completion of STAR Games 2017. STAR Games continues to evolve as new events are introduced. For instance, Beach Frisbee was included at the Beach Games held at Sentosa in 2017. Also flagged off in 2017 was the Public Service Step Challenge in a tie-up with the Health Promotion Board, to encourage active walking among more public service officers. Issued with step trackers, participants compete across agencies – an effort that received overwhelming response.

More changes are in the works, thanks to suggestions mooted by SLOs and sports activists at the last STAR Games Seminar in October 2017. This includes allowing cross-agency teams to compete in non-championship STAR Games and making it easier for smaller agencies to participate. Come 2018, Lawn Bowl would be introduced as a non-championship game. The best is yet to come for STAR Games, said Mr Tan Boon Huat, Guest-of-Honour and Chairman, Board of Games. While upbeat about how far STAR Games has grown since inception, he has his eye firmly on the goal for a bigger game with even higher participation. He explained, "This is an unending journey... And every year there is a new generation of recruits who enters the public service whom we need to reach out to and get on board."

### STRONG SUPPORT

Participating government agencies reach out to their officers in different ways in a concerted bid to promote active lifestyle. Over at the Housing & Development Board (HDB), the STAR Games occupies a big part in its staff calendar, with the statutory board participating in 25 over games. "There is a strong tradition of sports within HDB.

In the former Inter-Statutory Board Games, HDB emerged as the champion almost every single year in the 10-year history of the competition," revealed Jerry Lim, CSC EXCO Member and HDB's Sports Liaison Officer. For 2018, HDB has committed itself to engage external coaches and with the continuing strong support from the top management, "the entire HDB team is looking forward to STAR Games 2018," said Jerry.

Then there is the strong sports culture over at Jurong Town Corporation (JTC), the 2017 champion in Division II. "Bonding through sports is one of the foundations of the JTC family," said JTC's Sports Liaison Officer Ludovic Francois. "All new recruits are encouraged to participate in a sport and those who have been active in competitive sports are welcome to join our teams. JTC foots our sports teams' training costs. JTC enters 200 to 300 officers for the STAR Games each year and has lifted the trophy at least seven times over the years." Beyond that, JTC does not just play to win. Ludovic said, the goal "is to have 50% of our staff participating in the STAR Games and at least 200 JTC staff running in the CSC Run By The Bay."

With such strong support and commitment, STAR Games is set for a far bigger race each year!







## Public Service STAR Games 2017 Standing

DIVISION I	DIVISION II
1. Ministry of Education	1. JTC Corporation
2. Ministry of Defence	2. Republic Polytechnic
3. Ministry of Home Affairs	3. Temasek Polytechnic
4. Ministry of Health	4. Ministry of Manpower
5. Housing & Development Board	5. Judiciary
6. Sport Singapore	6. Civil Service College
7. Ministry of the Environment and Water Resources	7. Central Provident Fund Board
8. Ngee Ann Polytechnic	8. Maritime and Port Authority of Singapore
9. People's Association	9. Ministry of Culture, Community and Youth
10. Land Transport Authority	10. Building and Construction Authority





20 OCTOBER 2018  
Gardens by the Bay East

A spectacular sunset run in the iconic 12.8km Marina Reservoir loop

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



EVENT OWNER :



EVENT ORGANISER:







3 – 4  
MAR  
2018

# ROLLING THE HILLS TO TRIKORA, BINTAN

*by Oei Su Cheok*



A simple and rewarding refreshment at our destination



Trikora Kelong where our cyclists enjoyed the quiet night



Enjoying sizzling chunks of chicken at a Pit-stop along our journey

**D**on't forget the scenery when we go on a tour – a bike tour. “It's beautiful!”, Jasmine encouraged us when we arrived at a coastal stretch. It was a welcome change having overcome multiple undulating hills just before. We were all anticipating a scenic and relaxing lunch point by the sea but our destination was nowhere to be found. We have gone off course! We were at risk of missing our return ferry to Singapore if we continued to seek out our wishful lunch. We needed an alternative lunch-stop for our disappointed riders and a quickest approach to the ferry terminal.

Working through our rider-translators, Eva and Robert, our guides led us to a little restaurant along the way, “Rumah Makan Gudeg, Jagi Pak Yadi” was the place name on the map. The setting was a little suspicious to us to expect a decent lunch but we were wrong. To our surprise, the owner and chef whipped out dishes of *nasi goreng* (fried rice) and *mee goreng* (fried noodle). They were well done with “wok hei” as we would say in Chinese cuisine – delicious! Moreover, he was able to converse in Mandarin as he had worked in Taiwan. He was genuinely enthusiastic to take photographs with all of us before we left! How many tourists would plan a stop at this restaurant along the “highway”? we wondered.

Our happy encounter shows that we can bring joy to others even as we enjoy the hospitality of our host and when we truly needed their support. It's like all the children of Bintan who cheer us on every time we challenge ourselves to the hills of Bintan. How joyful they were when we reciprocated with our acknowledgement.

With light traffic, good roads and undulating hills, cycling in Bintan is always an attraction. We'll be back soon to challenge ourselves on the hills again and see the friendly people of Bintan.

Garuda, welcome us again!







# NTU BIKE RALLY

by Oei Su Cheok



**10  
MAR  
2018**

A phantom marshal waved us on a wrong turn. Everyone did but we found no further signages of Bike Rally thereafter. The error credited 10 km to our distance record! A lone cyclist in the opposite direction tried to save everyone by calling out for us to reverse our path but no one heeded him. We were assured and continued our way as we saw many other cyclists ahead of us. When we eventually recovered to the same junction, the phantom marshal had disappeared! We found later that she had shifted to issue the same instruction on the diagonally opposite side of the junction. Her route instructions now made sense.

NTU Bike Rally 2018 was otherwise well organised. This year, we were blessed with light showers sprinkling a cool mist throughout most of the event. We just had to tolerate puddles and splashes of trucks and bikes at the earlier stages. What a compromise! CSC teams of riders tackled the two event routes of 108 km and 178 km.

The annual NTU Bike Rally has been the most comprehensive round-island ride in Singapore. The 178 km route brought us through the industrial airs of Tuas, climbed the hills of NTU campus and meandered through the farmlands of Kranji.

Riding 178 km was alone a personal challenge for everyone. Oops, it was 188 km this time, thanks to phantom marshal. Riding with members of CSC Cycling Club gave us the extra motivation to complete the event with the rest of us. As always, we would have forgotten the challenges when registration comes in 2019. We will surely rally each other once again for Bike Rally 2019 and to encourage all our members to do it together, once more.

More pictures: [https://www.facebook.com/pg/CSCcycling/photos/?tab=album&album\\_id=1598967323552057](https://www.facebook.com/pg/CSCcycling/photos/?tab=album&album_id=1598967323552057)

## FORTHCOMING PRESENTATION TAIWAN 9D-888 KM- CHALLENGE ROUND ISLAND CYCLING TOUR

Join us to find out more and prepare to sign up for this 888 km Taiwan Round Island Ride.



Date of Presentation	Sat, 26 May '18, 10am
Venue	CSC @ Changi Boardroom
Tentative schedule of trip	24 Nov '18 to 2 Dec '18
Contact for trip information	Paul Chan @ 91457388



### We're on Facebook

<https://www.facebook.com/pg/CSCcycling/about/>  
Be a member of Cycling Club to join our regular rides.





# FUN RUNNING SPOTS FOR RUNNING CLUB MEMBERS

by Paul Chan



Ready to take on the Bedok Reservoir route



Run for good health

Despite living on a land-scarce island, Singaporeans are blessed with a number of good running spots. There is an abundance of articles and websites that provides information on these spots. My personal favourite is Discover SG's "10 Best Places To Run In Singapore" (<https://discoversg.com/2016/02/22/running-routes-singapore/>), which features great photographs of the locations complete with detailed route maps.

With so many options to pick from, members of CSC Running Club can look forward to a refreshing change of locations for our weekly or monthly Saturday's morning runs besides the usual run at Changi coastal road. New locations add variety and fun to our runs for our members. On 17 March, a group of 10 Running Club members took the scenic Bedok Reservoir 4.3km route, which many managed to complete in under half an hour.

Ms Stella Tay, a regular CSC Running Club member said, "Bedok Reservoir is a nice place for exercise. It is a beautiful reservoir with a great running route. Many green plants thrive around the park providing fresh air and good shade. We also enjoyed a great view of the reservoir, overall a relaxing experience. I really enjoy our run here and hope to come here more often."

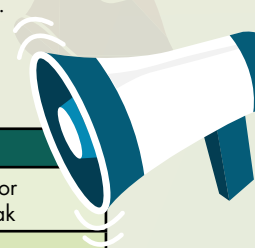
It was indeed a refreshing morning for the rest of the group. The breeze from the freshwater reservoir is different from the sea breeze at the Changi coastal road. The CSC Running Club will continue to organise its run events at different spots to add interest and appeal to more members.

## Upcoming Run Events

DATE	ROUTE
5 May '18	Getaway to Kluang, a small town in Johor incorporating a climb up Gunung Lambak
2 Jun '18	Lorong Halus Wetland, Singapore

The CSC Running Club is open to CSC members only. To join, please log-on to [www.csc.sg/stargames/](http://www.csc.sg/stargames/) (go to Running Club's webpage) and pay the annual subscription fee of \$12.

**For more information about our CSC Running Club, please contact our Chairman, Abraham at 96637837.**





# PUBLIC SERVICE SPORTS AND FAMILY DAY

**DATE:** Saturday, 14 July 2018

**TIME:** 8am – 1pm

**VENUE:** Gardens By The Bay (Bay East)



**FREE**  
PARTICIPATION  
OPEN TO CSC MEMBERS,  
PUBLIC OFFICERS AND  
FAMILY MEMBERS

The Civil Service Club's biggest sporting event of the year is here again! There is a wide array of fun and sporting activities line up for you and your family members at the event. These include healthy lifestyle walk, mass aerobics, bell-boating, kayaking and ActiveSG's sports try out stations. Families can take part in the family treasure hunt and there are art competitions and inflatable bouncers to fully occupy your children.

Public Service officers can team up with fellow colleagues and take part in the fun Interactive Games (Human Foosball, Archery Tag and Bubble Soccer), Dragon Boat Race, CSC Charity Bike Ride and Amazing Race.

You need to pre-register to get the free PSSFD tickets to take part in the activities, games booths and for redemption of fun packs, ice-cream, popcorn, candy floss and also eligible for a lucky draw. The top lucky draw prize is \$500.

- ◆ If you are a public officer working in a government agency, please visit [www.csc.sg/sportsday/](https://www.csc.sg/sportsday/) for more information and registration to obtain the free tickets for yourself and your family members.
- ◆ Public Officers wishing to take part in the Interactive Games, Public Service Amazing Race, dragon boat races and cycling, have to register through their respective Sports Liaison Officers (<https://www.csc.sg/stargames/Sports-Liaison-Officers-Civil-Service-Club>). The events are open to public officers only.
- ◆ If you are a Civil Service Club member, please email [onnhaiming@csc.sg](mailto:onnhaiming@csc.sg).

Don't miss this once-a-year fun and exciting multi-sport event. Register now and spend a wholesome Saturday morning with us at the Public Service Sports and Family Day 2018!





# Public Service Month



## Fun Barista

A workshop designed to introduce beginners to the art of making latte. While at it, we guarantee you great fun pulling your own espresso shot, while frothing and texturing milk for your coffee.

**Date** : Sat, 7 Jul '18  
**Time** : 9am – 12pm  
**Fees** : Member/Public Officer \$70,  
Guest \$80 (inclusive of materials)  
**Venue** : Near Farrer Park MRT  
**Contact** : Vanessa at 6391 5641  
or vanessachoo@csc.sg  
**Register by** : 1 Jul '18

## All about Manuka Honey

Come and learn about Manuka Honey, its uniqueness, how it is different from normal honey as well as its multiple health benefits.

**Date** : Sat, 14 Jul '18  
**Time** : 10am – 11am  
**Fees** : Member/Public Officer \$5,  
Guest \$12  
**Venue** : CSC @ Tessensohn  
**Contact** : Serene Cho at 6391 5620  
or serenecho@csc.sg  
**Register by** : 1 Jul '18



## Creating Your Own Fragrance Workshop

Discover the simple and power of fragrance and how these essential oils can influence our minds, emotions and more. Learn to customise scents for your own fragrance oil diffusers.

**Date** : Sat, 14 Jul '18  
**Time** : 2pm – 4pm  
**Fees** : Member/Public Officer \$10,  
Guest \$15  
**Venue** : CSC @ Tessensohn  
**Contact** : Vanessa at 6391 5641  
or vanessachoo@csc.sg  
**Register by** : 9 Jul '18

## Wine Appreciation

This will be an interactive session covering a wide range of wine knowledge topics, from tasting fundamentals to wine aging, as well as new world vs. old world styles.

**Date** : Fri, 20 Jul '18  
**Time** : 7pm – 8.30pm  
**Fees** : Member/Public Officer \$10,  
Guest \$20  
**Venue** : CSC @ Tessensohn  
**Contact** : Serene Cho at 6391 5620  
or serenecho@csc.sg  
**Register by** : 10 Jul '18



## Leather Crafting Two-Piece Bifold Wallet

At this 3-hour workshop, you will learn to make a unique two-piece bifold wallet that balances both traditional and contemporary designs and techniques.

**Date** : Sat, 21 Jul '18  
**Time** : 2.30pm – 5.30pm  
**Fees** : Member/Public Officer \$60,  
Guest \$75  
(inclusive of material fees)  
**Venue** : CSC @ Tessensohn  
**Contact** : Vanessa at 6391 5641  
or vanessachoo@csc.sg  
**Register by** : 18 Jul '18



## Grooming and Makeup Talk

A talk that provides useful tips on dressing up according to your body build. Also covered will be the importance of skincare, including basic care routine and preparing the skin for applying makeup that lasts – from foundation, eyebrow shaping, choosing eye colours, skin toning and blushing techniques.

**Date** : Sat, 28 Jul '18  
**Time** : 10am – 11.30am  
**Fees** : Member/Public Officer \$5,  
Guest \$12  
**Venue** : CSC @ Tessensohn  
**Contact** : Serene Cho at 6391 5620  
or serenecho@csc.sg  
**Register by** : 15 Jul '18







Mr Yuen Kuan Moon, Singtel's CEO, Consumer Singapore with some of the staff and their families sharing how they feel at the end of the event.

Water telematch - the grand finale of the games.

## AN EPIC SINGTEL MEET

### Singtel Inter Group Games 2018 at CSC @ TESSENSOHN



**O**n 7 April, over 1,000 Singtel staff and family descended upon CSC @ Tessensohn for their annual Inter Group Games (IGG). This is the second consecutive year that Singtel held their IGG at the clubhouse, and boy was it massive!

The event returned this year with a step-up of new activities such as archery, karaoke competition and e-gaming which added to the air of excitement. Hot favourites such as futsal, badminton and table tennis catered to the competitive players, and were upped a notch with umpires from the Singapore Badminton, Table Tennis and Archery Association who presided and even shared tips to the players. "It was really fun and awesome," said Pradish, who participated in the futsal tournament.

Many of Singtel's staff such as Daryl, appreciated the assortment of activities and that there was something for everyone, down to the little ones with bouncy castles and PS4 console games. "The whole event was interesting and very diversified."

But the key highlight was the adrenaline-fuelled water telematch. From flag-off by Mr Yuen Kuan Moon, Singtel's CEO, Consumer Singapore, to the final race, it was cheers and good fun all around.

Mr Tong, Associate Director of The Singtel Recreation Club affirmed the event's success and was impressed by CSC's capacity to host a wide range of activities that caters to different interests. The e-game segment truly left an impression with the committee as the set-up was as close as those international tournaments with live commentary. "The overall experience has been wonderful!"

Create your own corporate retreat with us.  
Contact us for a no-obligation discussion and viewing of our facilities:  
**Jacqueline Tang at 6391 5605 or [jacquelinetang@csc.sg](mailto:jacquelinetang@csc.sg)**  
**Eve Zhuang at 6391 5623 or [evezhuang@csc.sg](mailto:evezhuang@csc.sg)**



L-R: Futsal, Karaoke Competition, Bowling, Table Tennis, Badminton, Archery...something for everyone.



Meet the Masterchefs.

The e-Gaming segment drew the millennials like bees to honey.

Photobooth fun.

A bouncy castle wonderland that had the kids smiling throughout.



# “Book Your Next Event with Us at Tessensohn Clubhouse”



CSC @ Tessensohn with its central location and enhanced facilities makes it the perfect place for meetings, incentives, conferences and exhibitions (MICE).

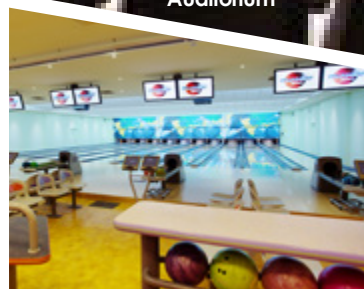
Take advantage of our state-of-the-art auditorium, fully-equipped multipurpose function and seminar rooms and other recreational facilities, and bring your next corporate programme to new heights at the Tessensohn Clubhouse.



Function Rooms



↑ Cooking Studio | Pool Terrace ↓



↑ Planet Bowl | Rock Climbing ↓



## CONTACT US

for enquiries and bookings:

**Jacqueline Tang at 6391 5605**

or [jacquelinetang@csc.sg](mailto:jacquelinetang@csc.sg)

**Eve Zhuang at 6391 5623**

or [evezhuang@csc.sg](mailto:evezhuang@csc.sg)

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

## Tessensohn Clubhouse Wins CSC Décor Challenge 2017/2018



Part of the fun of celebrating festivals in Singapore is seeing decorations go up across the country – on the streets, in malls and in public buildings. This is no exception at CSC.

Each festival sees a friendly inter-clubhouse competition to determine the clubhouse with the most creative and best décor. The results are tallied at the end of the year and the team with the most wins claim the overall prize. The 2017/2018 CSC Décor Challenge award goes to Team Tessensohn.

An elated Lim Kian Cheng, Assistant Manager of Tessensohn Clubhouse, attributed the win to close team effort. “All staff contributed to this overall win,” he said, describing their eagerness to win and the spontaneous sharing of concepts and ideas.

Evidently, this is their recipe for success as Team Tessensohn has won the Challenge two years in a row, without any intentions to give up the title. “Team Tessensohn has won two consecutive Challenges and is determined to win for a third year come what may, challenges and all.”





# 11th Anniversary Promotions

15 Jun to 30 Sep '18

## Westwood Bowl

**11 PREPAID GAMES \$28\***

(usual: \$37.40)  
Non-peak hours

**11 PREPAID GAMES \$37\***

(usual: \$44)  
Peak hours

**ONE FREE GAME VOUCHER\***

For every \$11 spend on swimming pool related expenses (eg., Entrance fee, Rental of floats, towels, paddle boats etc) in a single receipt



## Children's Playroom

**\$11/HR SPECIAL RATE\***

For booking of playroom on weekdays



## Treehouse

**\$11 OFF\***

For all bookings on 11th of each month during promotion period

**BUY-10-GET-1-FREE\***

Wristbands for entry to swimming complex



## Tennis

**FREE USE OF COURT FROM 11AM TO 12NOON\***

For bookings of more than 1 hour during promotion period



\*Terms & Conditions apply.



More choices for

# Stay, Meet and Play at CSC Changi & Loyang!



With the recent takeover of Aloha Resorts, CSC now offers a wider range of accommodations and recreational facilities.



CSC Loyang



CSC Loyang



CSC Changi II

For company bookings or seminar facilities queries at  
CSC @ Changi II (former Aloha Changi) and CSC @ Loyang (former Aloha Loyang),  
please email [janyeo@csc.sg](mailto:janyeo@csc.sg)

**CSC Chalets at  
Loyang and  
Changi are now  
KIDS  
FRIENDLY!**

Parents will love the new kids-friendly enhancements at CSC @ Loyang and CSC @ Changi II (Former Aloha Loyang and Former Aloha Changi).



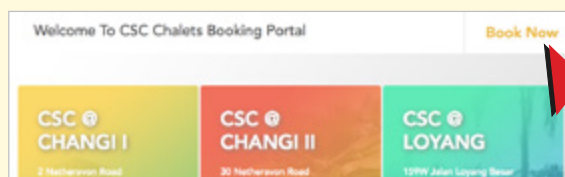
# Book A Chalet in 5 Easy Steps



1

## Visit [www.cscchalets.sg](http://www.cscchalets.sg)

Click on Book Now button.



2

## Log In/New Registration

### Civil Service Club (CSC) Members

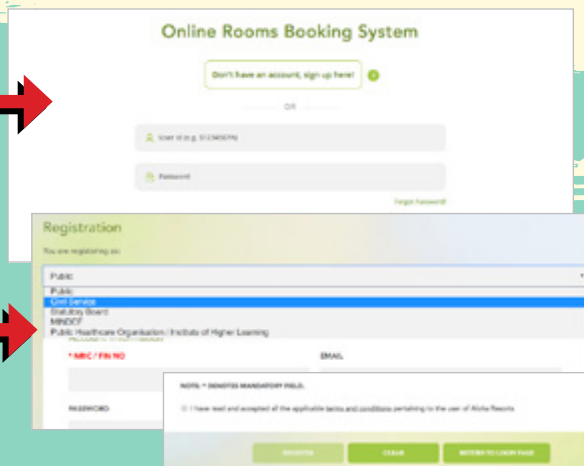
Log in with your User ID (NRIC) and Password. If you have forgotten your password, reset your password by following the screen instructions.

**For Civil Servants, Statutory Board Employees, Institute of Higher Learning, Public Healthcare employees, MINDEF staff and members of public who have registered with the previous Aloha Resorts booking system before, you may use your login ID (NRIC) to request for a new password by clicking on <FORGOT PASSWORD?>.**

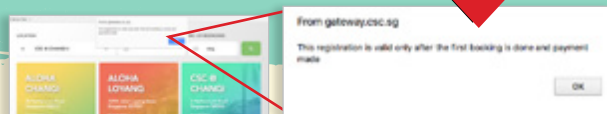
### New Users

Choose the **<DON'T HAVE AN ACCOUNT, SIGN UP HERE!>** option and proceed to complete the online registration by following screen instructions.

After clicking on **<REGISTER>**, a pop up will indicate "This registration is valid only after the first booking is done and payment made". **NOTE:** Your account is only registered in our booking system upon your completion of a first booking.



Check the Terms & Conditions before registering

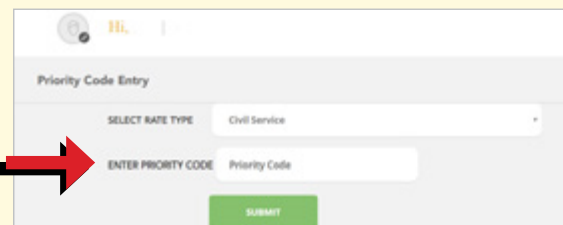


3

## Use of Your Priority Code

For Civil Servants, Statutory Board Employees, Institute of Higher Learning, Public Healthcare employees and MINDEF staff, you are required to key in your Priority Code at the point of registration on **<ENTER PRIORITY CODE>** to enjoy the special rates. The special rates apply to chalet units at CSC @ Loyang (former Aloha Loyang) and CSC @ Changi II (former Aloha Changi) only. The Priority Code may be obtained from your HR department or Flex-work Ambassadors.

For National Servicemen Full-time (NSFs) and members of public, the priority code does not apply.



4

## Book Your Chalet

Once logged in, you may choose your preferred location from the dropdown on **<LOCATION>**: CSC @ CHANGI II (Former Aloha Changi), CSC @ LOYANG (Former Aloha Loyang) or CSC @ CHANGI.

Choose your **<CHECK IN>** date. Then click **<SEARCH>** to generate the search, after which you may proceed to select your preferred **<TYPE OF ACCOMMODATION>** and stay period.

Before finally landing in your **<ROOM BOOKING>** page with Room Policies, Arrival Date, Departure Date and Total Amount Summary.

Verify all details, then check the box to acknowledge the Terms and Conditions agreement and proceed to confirm your booking on **<BOOK NOW>**.

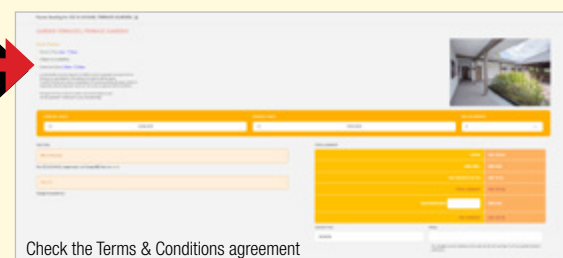


5

## Make Payment

Once directed to the payment page, follow the steps to complete your payment.

**IMPORTANT NOTE:** If the payment is not made or completed, your booking is not confirmed. For NEW users, your account that was created will not be registered as well.



Check the Terms & Conditions agreement

For further queries, please call: **CSC @ Loyang 6581-9033/6582-8006** or **CSC @ Changi II 6545-2343/6545-6373** from 8am to 8.30pm daily. Or email to [chalets@csc.sg](mailto:chalets@csc.sg)

# Civil Service Club MEMBERS' PRIVILEGES



Check out these members' perks in store for you! More exciting offers coming your way soon.

## HEALTH, BEAUTY & WELLNESS

THE  
**AESTHETICS**  
MEDICAL CLINIC

**\*\$88 NETT**  
on selected services

**BLACKMORES**  
THE BEST OF HEALTH

**\*30% OFF**  
via International eShop



**\*20% OFF**  
selected services

**GNC**  
LIVE WELL

**\*15% OFF**  
regular-priced items



**\*Dental Packages**  
- Basic @ \$65  
- Enhanced @ \$100  
- Kiddy @ \$50



**\*40% OFF**  
à la carte Spa services



**\*10% OFF**  
for Tooth Fillings, Tooth  
Extractions, Dentures,  
Teeth Whitening

**THE SPA**  
BY THE ULTIMATE

**\*40% OFF**  
à la carte Spa Services

**dr. TAN**  
+partners  
medical centre

**\*Couple Fertility**  
Screening from \$540.80



**\*20% OFF**  
all yoga packages  
**\*10% OFF**  
Yoga Instructor  
Certification Course

## EDUCATION & SERVICES



**\*10% OFF**  
selected art  
packages



**\*50% OFF**  
HD Prints  
(no min quantity)



**\*20% OFF**  
programs and  
courses



**\*FOOD: 12% OFF**  
Min. spend of \$24  
**\*GROCERIES: 10% OFF**  
Min. spend of \$40 with free  
delivery  
**\*LAUNDRY: \$15 OFF**  
Min. spend of \$25  
*\*First-time users only*

**SPHmagazines**

**\*20% OFF**  
on 'Shape' or 'Men's  
Health' subscription  
& GET FREE  
1-year digital edition  
to one other SPH  
Magazine\*\*

**\*\*Female, Her World,  
Home&Decor, HWM, Men's  
Health, Nuyou, Shape, Torque,  
Young Parents**



**\*10% OFF**  
all course fees

## SHOPPING



**\*10% OFF**  
with min spend of \$50  
in single receipt  
(excl customised items)



**\*10% OFF**  
regular priced footwear  
& additional  
**5% OFF**  
on sales footwear





## ✈ TRAVEL & LEISURE

**AVIS**

**\*25% OFF**  
Local Car Rental Rates

**BOUNCE INC**  
FREE-JUMPING REVOLUTION

**\*10% OFF**  
General Admission

**CHUBB**

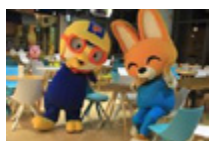
**\*35% OFF**  
all travel insurance  
plans

**DYNASTY TRAVEL**  
华富旅游  
SINCE 1978

**\*UP TO 50% OFF**  
on selected travel  
packages



**\*25% OFF**  
Adults & Kids Tickets  
Promo period:  
7 - 25 May '18



**\*PARTNER**  
**ADMISSION RATES**  
for CSC members

**ROYAL ALBATROSS**

**\*10% OFF**  
Sunset Sail, Bar &  
Restaurant



**\*50% OFF**  
travel products in  
SEA region, including  
staycations and  
admission to local  
attractions.

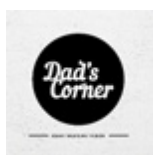


**\*CSC Members**  
10% OFF Peak & 20% OFF  
Off-Peak Day Passes  
**Public Service Officers**  
10% OFF Peak & Off-Peak  
Day Passes

## 🍷 FOOD, WINE & DINE



**\*10% OFF**  
total bill (except beer,  
paus and titbits)



**\*10% OFF**  
total bill



**Promotion A:**  
Receive \$30 Cash  
Reward from catering  
orders of minimum \$300  
(code: CSCFL30); and  
**Promotion B:**  
Receive \$10 Cash  
Rewards from cake  
orders of minimum of  
\$50, code: CSCFLC10



**\*10% OFF**  
Detox Workshop  
& Dine In



**\*FREE**  
You're My Shining Star  
dessert with min. order  
of 2 main dishes



**\*10% OFF**  
on Cake Products



**\*5% OFF**  
Total Bill



**\*10% OFF**  
Total Bill



**\*10% OFF**  
with min spend of  
\$10



**\*10% OFF**  
Total Bill



**\*CSC members**  
earn double  
Souperholic points



**\*10% OFF**  
ice cream cakes during  
birthday month



**\*10% OFF**  
with min spend of \$10

\* Please visit [www.csc.sg/membersperks](http://www.csc.sg/membersperks) for the full listing, detail and terms.



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

Travel worry-free when you are insured with Travel Pro® Enhanced. Enjoy the following exclusive promotion for members of the Civil Service Club:

**35% off**

Single Trip plan (except Basic plan)\*

OR



Free 24 Inch Luggage with purchase of Annual plan\*

Buy now: <https://travelprosg.chubbinsured.com/jquek>  
For more information, please call Chubb's registered Financial Advisor, **Jonathan Quek**, at 9003 1000.

\* Terms, conditions and exclusions apply:  
• Single Trip plan discount promotion period: From 1 April to 31 December 2018  
• Annual plan Free Luggage promotion period: From 1 May to 30 June 2018  
• Promotion is exclusive to Civil Service Club members and immediate family only  
• Free luggage is only applicable to Supreme and Ultimate Annual plan  
• Free luggage will be redeemable 2 months from the date of purchase  
• Please email your policy confirmation page to [jonathan.quek@chubb.com](mailto:jonathan.quek@chubb.com) and we will arrange a date and place for you to collect your luggage

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**CHUBB®**

## Smile Arts DENTAL STUDIO

*Comprehensive Care You Can Trust*

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





**CLEAN SMILE PACKAGE \$100**

Inclusive of:

- \* Dental Examination
- \* Full Scaling & Polishing
- \* Fluoride Therapy

**SURGI-SMILE PACKAGE \$880**

(Medisave Claimable)

Inclusive of:

- \* Dental Examination
- \* Digital Dental X-Ray
- \* Surgical Removal Of Wisdom Tooth
- \* Medication
- \* Review

**PG CARD HOLDER PACKAGE**

\* Dental Examination

\* Detection Of Decays With Advanced Laser Technology

\* Scaling & Polishing

\* Fluoride Therapy

**FULLY CLAIMABLE WITH CHAS PG CARD**

**HEALTHY SMILE PACKAGE \$175**

Inclusive of:

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

**SMILE IMPLANT PACKAGE \$2750**

(After Medisave Deductions)

Inclusive of:

- \* Dental Examination
- \* Digital Dental X-ray
- \* German Implant System
- \* Medications
- \* Review
- \* Implant Crown

**BLUE CARD HOLDER PACKAGE**

\* Dental Examination

\* Detection Of Decays With Advanced Laser Technology

\* Scaling & Polishing

\* Fluoride Therapy

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

**KID SMILE PACKAGE \$75**

(for children between 6 to 12 yrs old)

Inclusive of:

- \* Dental Examination
- \* Full Scaling & Polishing
- \* Fluoride Therapy (if applicable)



**WHITE SMILE PACKAGE \$300**

Inclusive of:

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

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

Inclusive of examination, digital xrays & retainers

**LASER DENTISTRY**

With dental Laser, you can now expect:

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



**CENTER FOR BIOMIMETIC DENTISTRY**

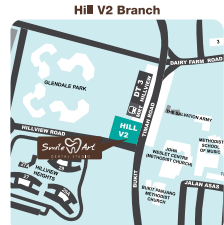
**MERCURY FREE PRACTICE**

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

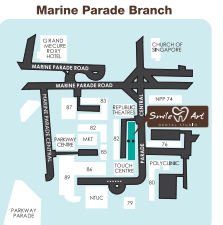
\*Any other procedures/materials if needed, will advised and charge separately.

**Call us for an appointment!**

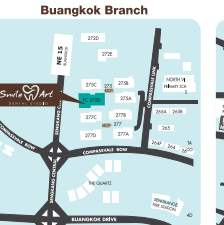
**Hill V2 Branch**




**Marine Parade Branch**



**Buangkok Branch**



**Tiong Bahru Branch**




**Marine Parade Branch Tel: 6348 0824**  
Blk 81 Marine Parade Central  
#01-632 S440081  
email: [smilearts@gmail.com](mailto: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](mailto: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](mailto: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](mailto:smileartshillview@gmail.com)  
Mon,Tue,Thurs: 9am - 9pm  
Wed, Fri, Sat: 9am - 6pm  
Sun: 9am-6pm (Appointment bookings & purchases only)



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



## SOCIAL ACTIVITIES

### BEAUTY



## Making Your Own Natural Lip Balm Workshop

Still in search for the right lip balm for protection against elements, such as the sun, wind, cold weather and harmful chemical cocktail? Stop looking! Create your own lip balms and have them customised to your specific need.



The workshop demonstrates easy steps to make your own balms, be it Honey Lip Balm or Peppermint Lip Balm.

**Date:** Sat, 7 Jul '18

**Time:** 2pm - 4pm

**Fees:** Member \$10, Public Officer \$12, Guest \$15

**Venue:** CSC @ Tessensohn

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

**Register by:** 1 Jul '18

## Korean Dewy Hands-On Makeup

Achieve the Korean Dewy Natural Look at this 2-hour hands-on workshop where you will learn:

- Your skintype and skincare
- Preparing your skin before makeup
- Base to even you skin tone
- Coverage without drying your skin
- The dewy glow without looking oily
- Eyebrow based on your individual face shapes
- Simple natural eye makeup, blusher and lips

Experienced beauty consultants will be on hand to provide personalised consultation for questions you might have. Lucky participants will get a chance to win gifts worth \$26!



**Date:** Sat, 21 Jul '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](mailto:onnhaiming@csc.sg)

**Register by:** 14 Jul '18

## Makeover & Photography Session

Allow the professionals to work their magic on you and family in these makeover and photography sessions:

### Couple Fun Package

1 x Natural Makeup and Hairstyling for Couple  
2 x Couple Own Outfits  
Photography Session  
20 x Face & Half Body Shots for selection  
2 x 4R Couple Photo Print  
4 x 2R (Wallet Size) Photo Reprints  
\*Free Eyebrow Shaping

### Family-of-Four Package

1 x Natural Makeup and Hairstyling for Family of 4  
1 x Family Own Outfit  
Photography Session  
20 x Face & Half Body Shots for selection  
2 x 4R Family Photo Prints  
4 x 2R (Wallet Size) Photo Reprints  
\*Free Eyebrow Shaping



**Redemption period:** May & Jun '18

**Time:** 11am - 6pm (by appointment only)

**Fees:** Member \$88, Public Officer \$98, Guest \$108 (per package)

**Venue:** Concorde Hotel

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

**Register by:** 15 May/Jun '18

## SOCIAL ACTIVITIES

### FINANCE



## Investing for Starters

Let the team of experienced dealers from UOB Kay Hian Investor Centre share with you 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 free charting tool.



**Date:** Sat, 2 Jun '18  
**Time:** 1pm - 3pm  
**Fees:** Member \$5, Public Officer \$9, Guest \$12  
**Venue:** CSC @ Bukit Batok  
**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg  
**Register by:** 28 May '18

## Will Planning & Lasting Power of Attorney Talk

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

Learn the making of a Will. A well-planned Will allows a smooth transfer of wealth to your loved ones and preserves the liquidity of your estate for efficient distribution to the surviving generation.

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, the LPA of your choice can help you take charge of your assets and general affairs.

(Participants will enjoy a special rate for drafting/certification of a WILL/LPA, and a complimentary WILL/LPA planning session).



**Date:** Sat, 30 Jun '18  
**Time:** 11am - 1pm  
**Fees:** Member \$5, Public Officer \$9, Guest \$12  
**Venue:** CSC @ Tessensohn  
**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg  
**Register by:** 22 Jun '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.

The talk will equip you with useful tips to 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, 14 Jul '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:** 7 Jul '18

## SOCIAL ACTIVITIES

### FOOD



## Baking with Chef Harry

Let renowned Chef Harry show you how to work magic with your oven. Choose from these different classes or better still, attend them all!

### Loaf Bread

Danish Bread Loaf  
 Okara Sesame Loaf  
 Green Tea Loaf

**Date:** Sat, 9 Jun '18  
**Register by:** 2 Jun '18

### Local Breakfast Delights

Ang Ku Kueh with three fillings  
 Teochew Png Kueh

**Date:** Sat, 23 Jun '18  
**Register by:** 14 Jun '18

### Afternoon Tea Delights

Quiche (French savoury pie)  
 Profiteroles  
 Chocolate Tarts

**Date:** Sat, 14 Jul '18  
**Register by:** 7 Jul '18

**Time:** 2pm - 5pm  
**Fees per course:** Member \$60, Public Officer \$70, Guest \$75  
**Venue:** CSC @ Tessensohn  
**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg



# Food Gathering Cooking Workshops 美食聚汇

## WORKSHOP ENTRÉES

- Macau Banana Butter Sponge
- Nam Yue Beancurd Wings
- Seafood Chowder

**Date:** Sat, 7 Jul '18  
**Time:** 2pm – 5pm  
**Register by:** 2 Jul '18

- Lisa's Marshmallow Chocolate Cake
- Shoyu Konbu Tofu 酱油豆腐
- Today Day's Special Menu

**Date:** Sat, 25 Aug '18  
**Time:** 2pm – 5pm  
**Register by:** 17 Aug '18

- Crystal Mangosteen Bean Cake
- My Soup Pot 平秋燥的老火靚汤
- My Bread Machine Demo

**Date:** Sun, 2 Sep '18  
**Time:** 2pm – 5pm  
**Register by:** 27 Aug '18

- Bour Loy Wi Lad (Thai Sago Blue Pea Balls)
- AF 5 Spice Salted Prawns 五香盐酥虾
- Kaffir Lime Belachan special

**Date:** Fri, 5 Oct '18  
**Time:** 7pm – 9.30pm  
**Register by:** 28 Sep '18

- Cai Bao Vegetarian Dumplings 菜糰
- Dai Wok Crab Noodle Special 螃蟹面汤
- Today Day's Bread M/C Demo

**Date:** Fri, 2 Nov '18  
**Time:** 7pm – 9.30pm  
**Register by:** 30 Oct '18

- Veggie Meat Pow 雞肉菜包
- Lisa's Almond Portage 丽莎杏仁霜
- Roasted Thai Chilli Special 泰烤辣椒酱

**Date:** Sun, 2 Dec '18  
**Time:** 2pm – 5pm  
**Register by:** 26 Nov '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



## A Moment with Chef Lisa Gourmet Workshops

### WORKSHOP ENTRÉES

- Honey Custard Gai Daan Jai 雞蛋仔
- Funky Kelp Salad 怪味海帶 (治療貧血)
- Regiliat Thai Coffee Jello 3-in-1 果冻

**Date:** Fri, 20 Jul '18  
**Time:** 7pm – 9.30pm  
**Register by:** 13 Jul '18

- Spareribs with Hairy Gourd 節瓜炆排骨
- Lisa's Maurchi Mooncake Special 月饼
- Dancing Gourmet Delights

**Date:** Fri, 31 Aug '18  
**Time:** 7pm – 9.30pm  
**Register by:** 24 Aug '18

- Thai Noodle Special 泰北风味辣面
- Chiang Mai Pork Curry 泰北风味咖喱肉
- My Thai Crusty Kaya Milk Sponge 鲜奶蛋糕

**Date:** Sun, 23 Sep '18  
**Time:** 2pm – 5pm  
**Register by:** 17 Sep '18

- Honey Swiss Wings 蜂蜜瑞士雞翼
- Flossy Regilait Eggy Sponge 肉松蛋糕
- Dancing Today's Menu

**Date:** Sat, 20 Oct '18  
**Time:** 2pm – 5pm  
**Register by:** 12 Oct '18

- Balinese Rojak Ayam 巴厘岛炸鸡
- Shrimp Laksa Cookies 辣沙曲奇
- Dancing Tom Beehoon Special

**Date:** Sun, 11 Nov '18  
**Time:** 2pm – 5pm  
**Register by:** 5 Nov '18

- X'mas Walnut KIRI Cake 圣诞蛋糕
- COOL X'mas Haven
- Dancing X'mas Stew Special 圣诞节菜

**Date:** Fri, 7 Dec '18  
**Time:** 7pm – 9.30pm  
**Register by:** 1 Dec '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



## SOCIAL ACTIVITIES

FUN



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

### The Chek Jawa Adventure

Sign up for an adventure to discover Chek Jawa's six ecosystems and its diverse array of unique habitats. Get up close with fiddler crabs, monitor lizards and other rare faunas and floras.

**Date:** Sun, 20 May or 27 May or 17 Jun or 30 Jun '18

Sat, 2 Jun or 16 Jun '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)



### Grow Your Own Microgreens

If you are into a healthy eating lifestyle, you would know about microgreens. Microgreens are shoots of salads, vegetables and herbs picked just after the seed leaves are developed.

This course introduces you to the health benefits of microgreens and teaches you how to grow your own. Participants will each receive a starter kit comprising a planting tray, pesticide-free potting mix, and an organic Microgreens seed pack.

**Date:** Sat, 26 May '18

**Time:** 10am - 11.30am

**Fees:** Member \$45,

Public Officer \$55, Guest \$60

**Venue:** CSC @ Tessensohn

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

**Register by:** 20 May '18

### 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:** Sun, 3 Jun '18 and/or Sat, 7 Jul '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)

#### 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)





## Wakeboarding

Wakeboarding involves riding a wakeboard over the water surface and is fun, sporty and relaxing. It combines water skiing, snow boarding and surfing techniques, and is easy to enjoy. It is a great outing for a group of friends or for family.

**Date:** Sat, 9 Jun '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:** 2 Jun '18

## 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 that the nation produces.

**Date:** Sat, 9 Jun '18

**Time:** 8.45am – 12pm

**Fees:** Member \$45, Public Officer \$49, Guest \$55

**Venue:** Meet at CSC @ Tessensohn main lobby

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

**Register by:** 1 Jun '18

### 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



## Yacht Fishing Trip

Waters at the southern islands is home to Singapore's largest reef eco-system. 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 thrive. 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**

- 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** Fishing equipment is provided free for students from MFFA. (We recommend students to use their own setups to familiarise with their setup's characteristics.)

For those who are not yet certified by MFFA, rental charges are applicable and subject to availability.

- 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**

- 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, 10 Jun '18 and/or Sat, 28 Jul '18

**Time:** 8am – 5pm

**Fees:** Member \$110, Public Officer \$115, Guest \$120 (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.

## SOCIAL ACTIVITIES

### FUN



## Inline Skating for Beginners

Suitable for adults and children aged 4 and above

One sport, many gains including physical wellness, mental fitness plus lots of fun.



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

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

### WEEKDAY GROUP CLASS:

Mon **Date:** 4 Mondays, 4 – 25 Jun '18 or 9 – 30 Jul '18  
**Time\*:** 6.30pm – 7.30pm  
**Venue:** Sengkang Basketball Court

Thur **Date:** 4 Thursdays, 7 – 28 Jun '18 or 5 – 26 Jul '18  
**Time\*:** 6.30pm – 7.30pm  
**Venue:** Choa Chu Kang Park

Fri **Date:** 4 Fridays, 8 – 29 Jun '18 or 6 – 27 Jul '18  
**Time\*:** 6.30pm – 7.30pm or 8pm – 9pm  
**Venue:** Pinnacle @ Duxton

### WEEKEND GROUP CLASS:

Sat **Date:** 4 Saturdays, 9 – 30 Jun '18 or 7 – 28 Jul '18  
**Time\*:** 3.30pm – 4.30pm or 5pm – 6pm  
**Venue:** East Coast Park Car Park F1

### 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.

## Leather Crafting Workshop – Flat Pouch

Learn leather crafting skills and techniques, and understand how leather goods are painstakingly handcrafted. All materials will be provided and you will get to bring home your very own leather flat pouch.

**Date:** Sat, 2 Jun '18  
**Time:** 2.30pm – 5.30pm  
**Fees:** Member \$40, Public Officer \$45, Guest \$50  
**Venue:** CSC @ Tessensohn  
**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg  
**Register by:** 26 May '18



## Create Your Own Table Display using Artificial Flowers

Accessorise your home or office with a gorgeous flower arrangement put together by yourself. All materials will be provided including foam container (about 25cm). Participants will bring home their flower arrangements.

Bonus! Participants will also be taught hamper gift wrapping.

**Date:** Sat, 9 Jun '18  
**Time:** 1pm – 3pm  
**Fees:** Member \$65, Public Officer \$70, Guest \$75  
**Venue:** CSC @ Tessensohn  
**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg  
**Register by:** 1 Jun '18



## 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, 7 Jul '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:** 30 Jun '18



## SOCIAL ACTIVITIES

### HEALTH



## Yoga

Take time off to relax and rejuvenate your body at this yoga class by experienced yoga instructor, Ms Rita. Through simple breathing exercises and meditation, allow your body, mind and soul to be in tranquil harmony.

**Date:** 10 Tuesdays, 15 May – 24 Jul '18  
(No lessons on PH)  
**Time:** 8pm – 9pm  
**Fees:** Member \$75,  
Public Officer \$80, Guest \$85  
**Venue:** CSC @ Bukit Batok  
**Contact:** Serene Cho at 6391 5620 or  
serenecho@csc.sg  
**Register by:** 10 May '18



## Yoga for Runners

Yoga that is designed for the runner's body offers both strength-building and muscle-sculpting benefits to enhance one's running performance. Stretch areas that are tight, such as hamstrings, IT band and hips; while strengthen the weak areas, like the core and upper body.

**Date:** 10 Fridays, 1 Jun – 17 Aug '18  
(No lessons on 15 Jun & 10 Aug '18)  
**Time:** 8pm – 9pm  
**Fees:** Member \$130,  
Public Officer \$140, Guest \$150  
**Venue:** CSC @ Tessensohn  
**Contact:** Serene Cho at 6391 5620  
or serenecho@csc.sg  
**Register by:** 27 May '18

## 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 will feel every muscle of your body working on overdrive! This class is suitable for all ages.

Venue	CSC @ Bukit Batok	CSC @ Tessensohn
<b>Dates</b>	8 Wednesdays, 23 May – 20 Jun '18 8 Mondays, 9 Jul – 27 Aug '18	8 Wednesdays, 13 Jun – 1 Aug '18 8 Fridays, 20 Jul – 14 Sep '18 (No lesson on 10 Aug '18)
<b>Time</b>	8pm – 9pm	7pm – 8pm
<b>Register by</b>	17 May '18 or 2 Jul '18	8 Jun '18 or 15 Jul '18



**Fees:** Member \$140, Public Officer \$150, Guest \$160  
**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg



## Karate

More than an art of self-defence, karate can offer the same benefits of a full cardio workout as you acquire the agility and speed needed for the various techniques. All are welcome to join our beginner's class. Also a great way to make new friends, while working out and attaining good health.

**Date:** 9 Sundays, 1 Jul – 26 Aug '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

## K-Kardio Dance (Kpop Cardio Dance)

A one hour non-stop contemporary aerobic and heart-pumping exercise routine, paired with simplified K-pop dance moves and K-pop beat. Expect an interesting combination of Hip-hop, Pilates, Kickboxing, Aerobics and more! This exercise is designed to increase heart and metabolic rate to result in fat loss and tone muscles. No prior dance experience is required!

**Date:** 8 Mondays, 9 Jul – 27 Aug '18  
(No lessons on PH)  
**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



## SOCIAL ACTIVITIES

### HEALTH



## Integrative Solution for Backache

Backache is a common health issue affecting both young and old. Left unattended, it can lead to other conditions 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:** Fri, 25 May '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:** 18 May '18



## Stronger Knees & Joints Programme

Understand an important four-step framework that will strengthen your knees and joints. Participants will learn meridian flexercise and therapy techniques to enhance your body functions, flow of *qi* and blood circulation. Take steps today to alleviate aches, stress and insomnia, digestive issues, even cough and flu.

**Date:** 4 Thursdays, 31 May – 21 Jun '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:** 24 May '18



## LOHAS Meridian Self-Therapy Program (LOHAS-MSP)

Four comprehensive and practical sessions to solve nagging health issues such as headache and migraine, lethargy, sensitive nose and skin, sciatica pain, weight and digestion issues, insomnia and many more. (Be our graduate and attend lifetime refresher training and update for free.)

**Date:** 4 Saturdays, 16 Jun – 7 Jul '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:** 8 Jun '18

## 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.

### Friday with Ms Vicsland

**Date:** 4 Fridays, 1 – 29 Jun '18 or 6 – 27 Jul '18  
**Time:** 7.45pm – 8.45pm

### Tuesday with Ms Anthea

**Date:** 4 Tuesdays, 5 – 26 Jun '18 or 3 – 24 Jul '18  
**Time:** 6.30pm – 7.30pm or 7.30pm – 8.30pm

### Thursday with Ms Anthea

**Date:** 4 Thursdays, 7 – 28 Jun '18 or 5 – 26 Jul '18  
**Time:** 7.30pm – 8.30pm



**Fees:** Member \$100, Public Officer \$110, Guest \$120  
 Min 4 pax, Max 5 pax  
**Venue:** CSC @ Tessensohn  
**Contact:** Vanessa Choo at 6391 5641 or vanessachoo@csc.sg  
**Register by:** 1 week before class



## Pilates for Beginners

Pilates is a great way to improve strength, flexibility and posture. It is a safe and effective method of rehabilitation and exercise that focuses on muscular balance. In a group environment, our instructor, Ms Mabeline will take you through a series of exercises to work on different muscle groups.

**Date:** 8 Saturdays, 2 Jun – 11 Aug '18  
 (No lessons on 16 Jun '18)  
**Time:** 2pm – 3pm  
**Fees:** Member \$85, Public Officer \$95, Guest \$100  
**Venue:** CSC @ Tessensohn  
**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg  
**Register by:** 27 May '18



## Zumba Fitness

A cardio dance programme which incorporates basic Latin dance moves with resistance exercises, zumba dance that 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!

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

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

**Register by:** 1 Jun '18 or 5 Jul '18

### CSC @ Bukit Batok

**Date:** 4 Tuesdays, 5 – 26 Jun '18 or 10 – 31 Jul '18

**Time:** 7pm – 8pm  
**Instructor:** Haynia

### CSC @ Tessensohn

**Date:** 4 Tuesdays, 5 – 26 Jun '18 or 10 – 31 Jul '18

**Time:** 7pm – 8pm or 8pm – 9pm  
**Instructor:** Yumi  
(Max 12 participants)



## 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.

Facilitated by instructors from the Grace Sagaya Team, this is a full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements.

**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](mailto:serenecho@csc.sg)



Venue	CSC @ Bukit Batok	CSC @ Tessensohn
Dates	4 Wednesdays, 6 – 27 Jun '18 or 4 – 25 Jul '18	4 Thursdays, 7 – 28 Jun '18 or 5 – 26 Jul '18
Register by	2 Jun '18 or 1 Jul '18	

## TEMPOFiit Class

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

To the beat of workout music, participants are paired up to engage each other in a cycle of heart-pumping routine focusing 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, 7 – 28 Jun '18 or 5 – 26 Jul '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](mailto:serenecho@csc.sg)

**Register by:** 2 Jun '18 or 1 Jul '18



## Bounce Dance Fit

A total workout that combines dance, fitness, cardio, muscle conditioning, balance and flexibility in an amazing boost of energy to make you feel energised at the end of every class! The choreography is fun and easy to follow, with the latest hip-hop and chart hits.

**Date:** 4 Mondays, 11 Jun – 2 Jul '18 or 9 Jul – 30 Jul '18

**Time:** 7pm – 8pm

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

**Venue:** CSC @ Bukit Batok

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

**Register by:** 5 Jun '18 or 2 Jul '18



## SOCIAL ACTIVITIES

### HEALTH



## 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

**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 including:

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

**Date:** 4 Wednesdays, 23 May – 20 Jun '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:** 16 May '18



## 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.

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

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

### CSC @ Bukit Batok

**Date:** 10 Thursdays, 28 Jun – 6 Sept '18

**Time:** 7.30pm – 8.30pm

**Register by:** 20 Jun '18

### CSC @ Tessensohn

**Date:** 10 Mondays, 11 Jun – 20 Aug '18 (No lessons on PH)

**Time:** 7pm – 8pm (Beginner's class) or 8pm – 9pm (Intermediate)

**Register by:** 10 Jun '18

## Keeping Fit the Muay Thai Way

Muay Thai is a traditional form of boxing for self-defence and for keeping fit. 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 Class

**Date:** 10 Saturdays, 14 Jul – 22 Sep '18 (No lessons on PH)

**Time:** 11am – 12pm (Beginner) 9am – 10am (Intermediate)

**Fees:** Member \$130, Public Officer \$140, Guest \$150

**Venue:** CSC @ Bukit Batok

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

**Register by:** 8 Jul '18





## SOCIAL ACTIVITIES

### MUSIC



## Master The Erhu

One of the most popular Chinese instruments, the Erhu is easy to pick up. Under the tutelage of Mr Pang Chin Soon, who has more than 20 years of experience, you will be able to play a tune on the Erhu within minutes.

Minimum of six participants is needed to start the class. Participants also need to bring their own Erhu.

**Date:** 10 Wednesdays, 9 May – 11 Jul '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](mailto:kuagekcheng@csc.sg)

**Register by:** 4 May '18



## Learn to Play Ukulele

Popular in the 1920s, the ukulele is making a comeback. They are cute and have a wide appeal to both young and old. With just four strings (unlike the guitar's six strings), it's easier to learn. Plus, its sound is sunny and joyful, you'll find yourself smiling after the first few plucks. Come learn under Mr Fahmy who has been jam rocking for more than 20 years with this little novel instrument.

**Date:** 4 Sundays, 27 May – 17 Jun '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](mailto:kuagekcheng@csc.sg)

**Register by:** 21 May '18



## Learn to the Keyboard

Bring colours into your music with the keyboard which offers a full ensemble of rhythms at a touch. In this course, you will be taught the basics of note and chords reading, thus being able to play like a one-man band. You will also learn to play a wide array of songs ranging from classical, pop, rock and so on.

Instructor Titus Chia has been teaching the piano, keyboard and organ for close to 10 years. Under him, you will find pick up the new skill in no time

**Date:** 6 Mondays, 28 May – 2 Jul '18

**Time:** 7pm – 8.30pm

**Fees:** Member \$165, Public Officer \$175, Guest \$185 (Fee includes materials and the keyboard for play in class)

**Venue:** CSC @ Bukit Batok

**Contact:** Gek Cheng at 6391 5624 or [kuagekcheng@csc.sg](mailto:kuagekcheng@csc.sg)

**Register by:** 21 May '18



## Learn to Play the Harmonica

Students will be taught how to play the harmonica with proper breathing techniques like blowing and drawing air from the instrument. Enhance playing techniques by way of vibrato.

Titus Chia is a full-time instructor with years of performing and teaching experiences. He has taught the tremolo, chromatic and the blues harmonica.

**Date:** 6 Wednesdays, 30 May – 4 Jul '18

**Time:** 7pm – 8.30pm

**Fees:** Member \$120, Public Officer \$130, Guest \$140 (For hygiene reasons, participants have to bring their own harmonica)

**Venue:** CSC @ Tessensohn

**Contact:** Gek Cheng at 6391 5624 or [kuagekcheng@csc.sg](mailto:kuagekcheng@csc.sg)

**Register by:** 23 May '18



## SOCIAL ACTIVITIES

### MUSIC



## Learn to Play Violin

The violin is portable, hence easy to carry around. The ability to master the violin will allow you to produce beautiful sound and music. In this course, you will be taught to handle the violin, essential bowing techniques, postures and note reading. Playing on the violin will then be fun and enjoyable.

Instructor Leong Gah Chiong has more than 20 years of experience teaching violin.

### 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,  
13 Jun – 15 Aug '18

**Time:** 7.30pm – 8.30pm

**Register by:** 6 Jun '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,  
18 Jun – 20 Aug '18

**Time:** 7pm – 8pm

**Register by:** 11 Jun '18

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



## Learn to Play Flute

Come and learn to play the flute under veteran instructor Mr Chye Yong Seng who has been teaching for more than 20 years and helmed many concerts and music events through that time.

**Date:** 8 Wednesdays, 20 Jun – 8 Aug '18

**Time:** 7pm – 8.15pm

**Fees:** Member \$170, Public Officer \$180, Guest \$185  
(For hygiene reasons, participants have to bring their own flute to class)

**Venue:** CSC @ Tessensohn

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

**Register by:** 13 Jun '18

## Karaoke On-Going Singing Classes (English & Mandarin)

### English Class (Conducted By Ms Ivy Wee)

Let our instructors bring your singing talent to a higher level in our newly furnished training room! Learn to sing your vowels and discover more about phonetic 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, 13 Jun – 15 Aug '18

**Time:** 7.30pm – 9.30pm

**Register by:** 9 Jun '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)



**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

**Date:** 10 Wednesdays, 6 Jun – 8 Aug '18

**Time:** 7pm – 9pm

**Register by:** 4 Jun '18



## SOCIAL ACTIVITIES SELF IMPROVEMENT



### Microsoft Excel 2016 Basic to Intermediate 2 Days (14 hrs)

Course outline:

- Introduction to Excel 2016
- Excel 2016 Interface & Charts
- New Feature: Do Things Quickly, New Chart Types
- Understanding the different types of data
- Manipulating worksheets
- Different ways of viewing large amount of data
- Different types of data formatting
- Applying formatting on data based on set conditions
- Different types of calculation operators
- Create formula to automate work and solve problems
- Create Excel basic functions
- Create different types of hyperlink
- Prepare the worksheet for printing
- Apply worksheets and workbook protection

**Date:** Tue & Wed, 5 & 6 Jun '18  
or Thu & Fri, 5 & 6 Jul '18

**Time:** 9am – 5pm

**Fees:** Member \$310,  
Public Officer \$320, Guest \$330  
(Inclusive morning and afternoon  
tea breaks)

**Venue:** The Adelphi Singapore

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

**Register by:** 1 week before class



### Photoshop CC 2018 Fundamental 3 Days (21 hrs)

Course outline:

- Retouching and Enhancing  
Photos in Adobe Camera Raw
- Photoshop Basics
- Layers: The key of development
- Navigation
- Selection: Choosing what to Edit
- Retouching and Enhancing Tools
- Typesetting
- Transforming Images
- Layer Composition
- Adding Graphics Effects with  
Layer Styles
- Working Smarter with Filters

**Date:** Mon – Wed,  
18 – 20 Jun '18 or 16 – 18 Jul '18

**Time:** 9am – 5pm

**Fees:** Member \$470, Public Officer \$480, Guest \$500  
(Inclusive morning and afternoon tea breaks)

**Venue:** The Adelphi Singapore

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

**Register by:** 1 week before



### Conversational Hokkien

Learn Hokkien and develop  
basic listening and speaking  
skills. Participants will gain  
conversational skills relevant to a  
variety of social contexts equipping  
them for communication in basic  
Hokkien and for building rapport  
with the community and relatives.

**Date:** 4 Wednesdays, 4 – 25 Jul '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](mailto:onnhaiming@csc.sg)

**Register by:** 27 Jun '18



### 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  
the People's Association since 2002 and teaches  
Mandarin and English Language at Queenstown  
PAP Community Foundation, Continual Learning  
Center since 2005.

**Date:** 6 Saturdays, 14 Jul – 18 Aug '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](mailto:onnhaiming@csc.sg)

**Register by:** 7 Jul '18



## SOCIAL ACTIVITIES SELF IMPROVEMENT



### Phonics Made Easy for Parents

In this workshop, parents will learn the following:

- What is Phonics and its importance
- Decode letters into their respective sounds
- Merge separate sounds to make it one word
- Identify the sounds in words (segmenting)
- Learn to distinguish between long and short vowels, consonants and letter blends
- Know what are and how to teach sight words
- Motivate and engage your child through games and activities

**Date:** Sat, 26 May '18

**Time:** 2.30pm – 5.30pm

**Fees:** Member \$40, Public Officer \$50, Guest \$60 (inclusive of materials)

**Venue:** CSC @ Tessensohn

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

**Register by:** 20 May '18

### Chinese Calligraphy Class

Here is the opportunity to learn this unique art form from Instructor Ms Xu Li Ya.

Course outline:

- The appreciation of and Chinese calligraphy as a unique form of Chinese art
- Philosophy of Chinese characters
- Sitting postures, brush movements.
- Demonstrations on Chinese calligraphy writing.



**Dates:** 10 Thursdays,

14 Jun – 23 Aug '18

**Time:** 7pm – 8.30pm

**Fee:** Member \$160, Public Officer \$170, Guest \$180 (Fee excludes \$25 materials cost [optional] to be paid to Instructor)

**Venue:** CSC @ Tessensohn

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

**Register by:** 13 Aug '18

## SOCIAL ACTIVITIES TRAVEL



### 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)
<b>Member</b>	\$ 315	\$ 285	\$ 235
<b>Public Officer</b>	\$ 330	\$ 295	\$ 245
<b>Guest</b>	\$ 340	\$ 300	\$ 250

#### Package includes

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

**Date:** Sat to Mon, 2 – 4 Jun '18

**Meeting Time/Place:** 6.15am at CSC @ Tessensohn

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

**Register by:** First-come-first-served

**Tour by:** Amazing Explorer

### 2D Malacca Tour

Itinerary includes:

• Visit to the Upside down House • Shopping at Pahlawan Mall • Visit to the Machap Walk Night Market • Magical Show at Nyonya Village

Package includes:

2-day usage of 40-seater air-con bus • 1-night stay @ The Pine Hotel or similar • 2 lunches • Tourism Tax • Entrance fees as per itinerary • Tipping for Guide & driver • Group Insurance Medical \$500 • Accidental Death & Disable \$10,000

Stay @ Pine Hotel or Or Similar	Twin/ Triple	Single	Child w/Bed (12years & below)	Child w/out Bed (12years & below)
<b>Member</b>	\$ 180	\$ 222	\$ 160	\$ 130
<b>Public Officer</b>	\$ 190	\$ 230	\$ 170	\$ 140
<b>Guest</b>	\$ 195	\$ 225	\$ 175	\$ 145

**Date:** Sat & Sun, 9 & 10 Jun '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





## 1D Kota Tinggi Tour

Fees	Adult	Child (<11 years)
<b>Member</b>	\$ 75	\$ 65
<b>Public Officer</b>	\$ 85	\$ 75
<b>Guest</b>	\$ 90	\$ 80

Itinerary includes:

- Famous Bak Kut Teh Breakfast
- Visit Natural Rock Kota Tinggi Waterfall
- Tasting Kampong Coffee
- Visit Fruit Farm

### Package includes

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



**Date:** Sat, 16 Jun '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

## 3D Mantin Tour

Itinerary includes:

- Visit Kampong Mantin
- Mantin Art Farm stay
- Farm visits and activities
- Shopping at Malacca

Package includes:

3-day usage of 44-seater air-con bus · 2-night stay @ Mantin Forest Art Farm Stay · Meals · Entrance fees as per itinerary · Group Insurance Medical \$500 · Accidental Death & Disability \$10,000

STAY @ Mantin Forest Art Resort Or Similar	Twin/Triple	Child with Bed (11years & below)
<b>Member</b>	\$ 305	\$ 218
<b>Public Officer/Guest</b>	\$ 315	\$ 228
<b>Guest</b>	\$320	\$ 238

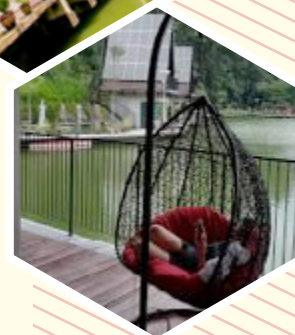
**Date:** Sat to Mon, 23 to 25 Jun '18

**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



## 1D Durian Tour

Fees	Adult	Child (<11 years)
<b>Member</b>	\$ 85	\$ 80
<b>Public Officer</b>	\$ 90	\$ 85
<b>Guest</b>	\$ 95	\$ 85

### Package includes

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

**Date:** Sat, 14 Jul '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



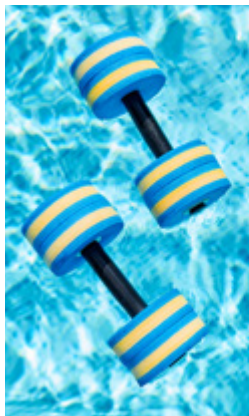
# REGULAR ACTIVITIES

## 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

	<b>Deep Aqua</b>	<b>10 Fridays,</b> 25 May – 27 Jul '18 (No lessons on PH)	6.45pm – 7.45pm	Vikki	\$85	\$95	\$110	18 Pax (Max)	20 May '18
		<b>10 Tuesdays,</b> 12 Jun – 14 Aug '18 (No lessons on PH)	8am – 9am	Vikki	\$85	\$95	\$110	18 Pax (Max)	7 Jun '18
		<b>10 Thursdays,</b> 21 Jun – 23 Sep '18 (No lessons on PH)	6.30pm – 7.30pm	Anthea	\$85	\$95	\$110	18 Pax (Max)	18 Jun '18
		<b>10 Wednesdays,</b> 27 Jun – 5 Sep '18 (No lessons on PH)	6.15pm – 7.15pm or 7.15pm – 8.15pm	Vikki	\$85	\$95	\$115	18 Pax (Max)	20 Jun '18
		<b>10 Saturdays,</b> 7 Jul – 8 Sep '18 (No lessons on PH)	8am-9am 9am – 10am	Anthea	\$85	\$95	\$110	18 Pax (Max)	2 Jul '18
	<b>Aqua</b>	<b>12 Sundays,</b> 5 Aug – 21 Oct '18 (No lessons on PH)	9am – 10am	Vikki	\$80	\$90	\$105	18 Pax (Max)	25 Jul '18

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

<b>Slow Foxtrot</b>	<b>10 Sundays,</b> 3 Jun – 5 Aug '18	2pm – 3pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	27 May '18
<b>Latin Rumba – Level 2</b>	<b>10 Sundays,</b> 3 Jun – 5 Aug '18	3pm – 4pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	27 May '18
<b>Ballroom Tango</b>	<b>10 Sundays,</b> 3 Jun – 5 Aug '18	4pm – 5pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	27 May '18

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

<b>Children</b>	<b>4 Lessons</b> May/Jun '18 Choice Of Sat/Sun	Depends on Swimming Level & Age (Instructors Will Advise)	Kurusamy / Seng Yung / Derick/ Chang	Supp Member \$70	-	\$85	15 Pax	15 May '18/ 15 Jun '18
<b>Ladies (Beginner)</b>	<b>10 Mondays,</b> 11 Jun – 13 Aug '18 (No lessons on PH)	7pm – 8pm	Thipa	\$210	\$220	\$230	12 Pax	7 Jun '18
<b>Ladies (Intermediate)</b>	<b>10 Mondays,</b> 11 Jun – 13 Aug '18 (No lessons on PH)	8pm – 9pm	Thipa	\$210	\$220	\$230	12 Pax	7 Jun '18







Acitivity	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								
Wing Chun Kung Fu, “Chi Sau” (Adult Beginner)	5 Saturdays, 2 – 30 Jun ‘18 (No lessons on PH)	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	26 May ‘18
	4 Saturdays, 7 – 28 Jul ‘18 (No lessons on PH)	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	30 Jun ‘18
Wing Chun Kung Fu, “Chi Sau” (Adult Intermediate)	5 Saturdays, 2 – 30 Jun ‘18 (No lessons on PH)	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	26 May ‘18
	4 Saturdays, 7 – 28 Jul ‘18 (No lessons on PH)	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	30 Jun ‘18
Wing Chun Kung Fu, “Chi Sau” (Children 6 – 12 yrs)	5 Saturdays, 2 – 30 Jun ‘18 (No lessons on PH)	10.30am – 11.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	26 May ‘18
	4 Saturdays, 7 – 28 Jul ‘18 (No lessons on PH)	10.30am – 11.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	30 Jun ‘18
Wing Chun Kung Fu, “Chi Sau”	4 Thursdays 7 – 28 Jun ‘18 (No lessons on PH)	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	31 May ‘18
	4 Thursdays, 5 – 26 Jul ‘18 (No lessons on PH)	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	28 Jun ‘18
Traditional Taekwon-Do	13 Saturdays, 7 Jul – 29 Sep ‘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	10 Pax	30 Jun ‘18
				\$100 parent & child pair \$150 parent & 2 children				

<b>Studio Fitness</b>   For info, contact Serene Cho @6391 5620 or serenecho@csc.sg								
<b>Yoga</b>	<b>10 Fridays,</b> 18 May – 27 Jul '18 (No lessons on PH)	7pm – 8pm or 8pm – 9pm	Huay Lin	\$75	\$80	\$85	12 Pax (Min)	11 May '18
<b>Pilates</b>	<b>10 Mondays,</b> 11 Jun – 13 Aug '18	7pm – 8pm	Mabeline	\$85	\$95	\$100	12 Pax (Min)	4 Jun '18



## REGULAR ACTIVITIES

### CSC @ Bukit Batok



Acitivity	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, 8 May - 10 Jul '18 (No lessons on PH)	7pm - 8pm	Vicsland	\$85	\$95	\$110	18 Pax (max)	5 May '18
	10 Saturdays, 14 Jul - 15 Sep '18 (No lessons on PH)	8.30am - 9.30am	Kelvin	\$85	\$95	\$110	18 Pax (max)	10 Jul '18
Martial Arts   For info, contact Hai Ming @6391 5607 or onnhaiming@csc.sg								
Traditional Taekwon-Do	13 Saturdays, 7 Jul - 23 Sep '18 (No lessons on PH)	3pm - 4.30pm	Singapore Taekwon-Do Academy	\$60 \$100 parent & child pair \$150 parent & 2 children	\$70	\$80	10 Pax	30 Jun '18
Aikido (Children)	10 Sundays, 22 Jul - 23 Sep '18 (No lessons on PH)	10am - 11am	Steven Goh	\$120	\$130	\$135	20 Pax	15 Jul '18
Aikido (Adult)	10 Sundays 22 Jul - 23 Sep '18 (No lessons on PH)	11am - 12pm	Steven Goh	\$120	\$130	\$135	20 Pax	15 Jul '18
Swimming   For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg								
Children	4 Lessons May/Jun '18 Choice Of Sat/Sun	Depends on Swimming Level & Age (Instructors Will Advise)	Yusman / Ishaak/ Paul / Vishnu	Supp Member \$70	-	\$85	10 Pax	15 May '18/ 15 Jun '18
Ladies	10 Thursdays, 28 Jun - 6 Sep '18 (No lessons on PH)	7.30pm - 8.30pm	Thipa	\$210	\$220	\$230	12 Pax	20 Jun '18
Studio Fitness   For info, contact Serene Cho @6391 5620 or serenecho@csc.sg								
Pilates	10 Saturdays, 23 Jun - 25 Aug '18	11am - 12pm	Agnes	\$85	\$95	\$100	12 Pax (min)	17 Jun '18

## CSC @ Changi

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

<b>Children</b>	<b>4 Lessons</b> May/Jun '18 Choice Of Sat/Sun	Depends on Swimming Level & Age (Instructors Will Advise)	Chang Mun Chung	Supp Member \$70	-	\$85	10 Pax	15 May '18/ 15 Jun '18
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**APPLICATION FORM**

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.



Civil Service Club

# Associate Membership

FOR NON-PUBLIC SERVICE OFFICERS  
(SINGAPOREANS & PR)

# Promotion

APPLY  
NOW AT



[www.csc.sg/Membership](http://www.csc.sg/Membership)



**3-YEAR  
MEMBERSHIP**  
★ \$900 ★



Promo Code: **CRN2N**

2 NIGHTS CHALET STAY @ CSC CHANGI I (OFF-PEAK)\*\*  
**RRP \$296**

OR



Promo Code: **LX**

LUMINOX GENTS BLACK  
LEATHERBACK SEA TURTLE\*  
**RRP \$422.70**

**2-YEAR  
MEMBERSHIP**  
★ \$600 ★



Promo Code: **FRYER**

AZTECH AIR  
FRYER 2.8L\*  
**RRP \$213**

**1-YEAR  
MEMBERSHIP**  
★ \$300 ★



Promo Code: **LEE**

LADYSHIP ESSENCE  
EXTRACTOR\*  
**RRP \$249**

PROMOTION ENDS  
**30 JUNE 2018**

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.

<http://www.csc.sg>

6391 5604 / 6514 6396

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

# Retreat Planning Made Easy



Civil Service Club is an ideal venue for corporate functions such as seminars, business meetings, teambuilding and family days.

We customise activities and plan programme lineups that meet your group objectives at your preferred venue. Share your event objectives with us and leave the rest to us.

- Fitness Classes
- Enrichment Workshops
- Art & Craft
- Nature Trekking
- Local Tours
- LEGO Challenge
- Water Tele-Match
- Interactive GPS Game
- Amazing Race
- and Many More!*

Please contact Samantha Chin at  
6391 5613 or [samanthachin@csc.sg](mailto:samanthachin@csc.sg)



## Make Cooking Fun! *Culinary Team Building Activities*

Food has a way of bringing people together. Let us customise for you a culinary event at our state-of-the-art cooking studio at CSC Tessensohn. We guarantee you a deliciously fun day for your team.

For more information, please contact  
Kua Gek Cheng at 6391 5624 or  
[kuagekcheng@csc.sg](mailto:kuagekcheng@csc.sg)