

fusion!

one membership, three clubhouses, four distinct experiences

september – october 2018 issue



Mid-Autumn Celebration

CSC @ Bukit Batok



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Fun Fitness Party at
CSC @ Tessensohn

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CSC Run By The Bay

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CSC @ Loyang Open House

MCI (P) 030/11/2017

Civil Service Club

ORDINARY TERM MEMBERSHIP

(FOR PUBLIC SERVICE OFFICERS)

PROMOTION ENDS 31 OCTOBER 2018

Promotion



APPLY NOW

www.csc.sg/membership

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



5Year
Membership
\$360

2 NIGHTS CHALET STAY
@ CSC CHANGI I (OFF-PEAK)**
RRP \$296 Promo Code: CRN2N

OR

GRUNN I1-ECOBOT RED*
RRP \$239 Promo Code: ROBOT



4Year
Membership
\$288

CASIO EDIFICE WATCH*
RRP \$159 Promo Code: CW



OR

KRISTEN NOODLE MAKER*
RRP \$399 Promo Code: NM



3Year
Membership
\$216

LADYSHIP ESSENCE
EXTRACTOR*
RRP \$249 Promo Code: LEE



OR

ACTXA SPUR*
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2Year
Membership
\$144

MORRIES MULTI-CYCLONE
VACUUM CLEANER*
RRP \$89 Promo Code: VC



OR

JABEES BEEBUD – TRUE
WIRELESS FITNESS EARBUDS*
RRP \$99 Promo Code: EB



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MORRIES ELECTRIC
LUNCH BOX*
RRP \$35.90 Promo Code: MEL



Terms and conditions apply. All promotion gifts are valid for Ordinary Term Membership only.

*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

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tessensohn@csc.sg

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CSC @ Changi I

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)
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events@csc.sg

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

🌐 <https://www.csc.sg/>

📘 📷 Civil Service Club

✉ feedback@csc.sg



Dear Members,



Time passes really fast, with all the excitement of celebrating our Nation's 53rd Birthday just past. It was a very impressive and well-choreographed birthday bash at the Floating Platform, kudos to the organiser. In conjunction with the RSAF's 50th birthday, we had a grand display of our air force capabilities, with the extended air display. Those who attended the NDP at the venue displayed their pride by donning our national colours of red and white. Viewing their jubilant faces and singing along with the favourite National Day songs at the Club's own National Day Live telecast held at CSC @ Tessensohn, made us proud to be Singaporeans. This year, the Live telecast for our 53rd NDP was held at CSC @ Tessensohn. This is the first time it was held there. The last few years being held at CSC @ Changi I. More than 100 members, their families and guests turned up for this event. There was plenty of food and entertainment. Besides the goody bags, the Club managed to secure 50 actual NDP fun packs which were given to the lucky participants. After the Live Telecast, all the participants who were born in August were invited to blow out a candle honouring Singapore's birthday and received a National Day featured cupcake. In the words of Zi Shen and his fiancé Rachel Koh, "It's my 3rd year attending this event as I find the atmosphere inspiring as we celebrate Singapore and her growth". (For details, please refer to page 9.)

The Club also celebrated National Day with a National Day Wine and Dine, which was fully subscribed with about 450 members and guests attending the event. Participants had a great time soaking in the festive mood. With a sit-down 8-course dinner, red and white wine, entertainment, lucky draw and a goody bag for all participants. The round up for the evening was patriotic, with participants singing a rendition of our familiar National Day songs. We were pleased to note that everyone surveyed gave their thumbs up.

ACTIVITIES OVER THE PAST TWO MONTHS

SPORTS ACTIVITIES

PS Sports and Family Day. As part of the Public Service Month, the Club organised the PS Sports and Family Day for members, public service officers and their families. It was held at Gardens By The Bay (Bay East) on 14 Jul 2018. The weather was good. More than 4,000 participants had an enjoyable morning. There was something for everyone at the carnival that featured a wide selection of activities - from fun and games, water and land sports, healthy life style offerings to fringe events. There was a CSR event, where members of our Cycling Interest Club cycled from CSC @ Changi I to the event venue to raise funds for the National Cancer Institute Singapore. Another fringe activity was the Amazing Race where participating Ministries competed to search for designated locations around the vicinity of Gardens by the Bay. The most important take-away from all these activities was the spirit of camaraderie and bonding of public service officers and their

families participating in the diversity of sports and social activities that were organised for them. (For details, please refer to pages 12 & 13.)

PS Dragon Boat Race. This was the first time that the PS Dragon Boat Race was held at Bedok Reservoir on 7 & 8 Jul 2018, organised in partnership with the organiser of this year's Singapore Dragon Boat Festival. An interesting event for this year's dragon boat race was the 500-metre race, a distance that is 300 metres longer than that of previous years' races. Congratulations to MHA who was the overall champion for a remarkable 20th time.

ACTIVITIES OVER THE NEXT FEW MONTHS

SOCIAL ACTIVITIES

Mid-Autumn Festival. It will be held at CSC @ Bukit Batok. Unlike previous year where we partnered a school to organise this event, this year it will be only for our members, public service officers, their families and guests. **Members and their family members who are supplementary members will participate for free**, while public service officers and their family pay \$3 per participant. It will be a night of entertainment, free sampling of festive goodies plus a free goody bag for all who registered. The evening will end with a night lantern walk around the swimming pool complex with colourful lanterns adorning the path of the walk. It will be a worthwhile experience with your family. We look forward to the support of our members and public service officers to bring their loved ones to enjoy this cultural experience at CSC @ Bukit Batok on 21 Sep 2018. (For details, please refer to page 4.)

Beer Night. Once again, the Club has partnered our new F&B operator, LOTS Gourmet at CSC @ Changi I to organise a Beer Night at Meyer House and its open deck on 19 Oct 2018. If the weather is fine, the open deck area, fronting the sea, will be an interesting place for an enjoyable evening of free flow of beer, delicious LOTS beer platters, live music and free gifts. In case of wet weather, there will be a back-up plan to meet the needs of party goers. So, for the beer drinkers, either car pool, take the public transport or book a chalet stayover so you can easily get some sleep after the merry making and awaken to the sound of the sea in the morning. (For details, please refer to page 5.)

Fun Fitness Party @ Tessensohn. After all the partying, what better way to burn up extra calories than by participating in our Fun Fitness Party to be held at CSC @ Tessensohn on 27 Oct 2018 between 9am to 12pm. There will be K-Kardio, pound fitness and yoga exercises all at one go, an exciting 3-in-1 routine with our fun and energetic CSC instructor. All are welcome and members only need to pay \$10 to participate.

SPORTS ACTIVITIES

City60 Bike-Run Challenge. Thank you for your registration for the duathlon event which will be held on 7 Oct 2018. The Club partnered MetaSport to enable our members and public service officers to participate in this premier bike-run challenge in the heart of the city, at great discount of 20% for public service officers while members get an additional 10% discount. If you missed registering for this year's event, there will be another one in 2019.

CSC Run By The Bay. This year, the CSC Run By The Bay takes on a new format of organising the run. It will be held at Gardens By The Bay (Bay East) on 20 Oct 2018. Unlike previous years, where the run was organised in the wee hours of the morning, this



time round, it is going to be a sunset run. The CSC edition of the distance will be a 21.1km run, a 12.8km and a 6km fun run. There will be an Ekiden race for the 21.1km and a race of 4 runners for the 12.8km. The race will cover iconic Singapore landscapes such as Marina Barrage, Gardens by the Bay, Marina Bay Sands, Singapore Flyer, the National Stadium and more. The venue will be transformed into a carnival with bazaar stalls, entertainment and healthy lifestyle workouts. Entries are still open for public service officers who will enjoy an exclusive 20% discount and CSC members an additional 10% discount off their race entry in the event. This is on top of the very attractive items in the goody bags. So, hurry up before registration closes. (For details, please refer to page 11.)

CSC @ LOYANG AND CHANGI II (FORMER ALOHA CHALETs)

The Club has taken over the operation of the Aloha Chalets at Loyang and Changi since 1 Apr 2018. The Club took over at an opportune time when both clusters of the chalets had undergone a facelift and A&A upgrading. Together with the comprehensive handing and taking over of these chalets by the Club, most of the repairs had been rectified, leaving some minor repairs that the contractors are in the process of repairing. Most importantly, a new pool pump system, that filters the water in the swimming pool, has been replaced and the rough edges of the pool will soon be rectified. Other associate pool safety aids have been either replaced with new ones or more safety amenities have been added.

The Club believes in providing an enhanced experience for chalet guests rather than just providing chalets for them to stay. With the three clusters of chalets, Changi I, Changi II and Loyang, the Club has seamlessly integrated them, through our shuttle bus services, so that guests staying in one cluster can visit the other clusters. There are bicycle docking stations at each cluster. Beside the chalets, the Club will evolve different offerings so that the sum total of the facilities will enable the chalet guests to enjoy different experiences within a stone's throw of each other. For Loyang, the Club is creating a sea sports centre where guests can do sea sports activities such as canoeing, kayaking, bell boating etc. There will be a chillout lounge that offers BBQ food and ice-cold beers. There will be three sea fronting, dog-friendly corner chalets, set aside for guests to bring along their furry friends. These chalet occupants will have easy access to Pasir Ris Park and the beach. However, there will be stringent measures to ensure that other chalet guests will not be inconvenienced by the presence of these dogs. These new facilities will complement the existing facilities at Changi I, where there is a 20-lane bowling centre, a family karaoke lounge with private rooms, an infinity pool and great F&B outlets. Changi I is also located beside the food haunt of Changi Point, that has a wide range of popular local favourites.

The WiFi speed of all the chalets has

been upgraded from 60 MBPS to 200 MBPS. There will be cable TV for almost all the chalets instead of just the free TV programmes. Each room will be provided with thoughtful amenities for your convenience e.g. a mini safe, torchlight, umbrellas, mineral water, oven toaster, electric water kettle and even coffee maker dispenser. Toiletries will be provided such as toothpaste/brush and shower gel. Bath towels will also be provided too. The chalets are also children friendly. These improvements introduced by the Club will enhance the experience of the chalet guests at a relatively small cost.

As these are the initial improvements, the Club hopes that down the road more improvements can be introduced. **The Club will be holding an open house on the 6 & 7 Oct 2018 to showcase what the Club has done.** Those members and public service officers who are interested can visit CSC @ Loyang. There are ferry bus services to pick you up at Tampines and Pasir Ris MRT stations. Do check out CSC @ Changi website for the details of the ferry services. Looking forward to see you at the Open House. (For details, please refer to page 22.)

EXTERNAL SURVEY FY 17/18 - MEMBERS' SATISFACTION SURVEY FINDINGS

The Club conducts an annual survey to gauge members' satisfaction when they visit the Club, be it in terms of the touch points or quality of facilities and services rendered. Every alternate year, the Club engages an external research company to conduct a more comprehensive survey for the Club. The Club engaged a research firm to conduct such a survey with an increased survey base of 2,500 members, and public service officers.

Members' Satisfaction. The Club is happy to report that overall members' satisfaction has been at its all-time high over the past few external surveys, since 2013. The average mean score of 5.77, over a maximum score of 7. CSC @ Changi I was rated the highest with a score of 5.9. The most popular facilities across all Clubhouses were the swimming pool and the bowling centre. The highest satisfaction rated facilities, rated excellent by members, were the swimming pool and Changi I chalets. CSC @ Changi I continued to be the most popular Clubhouse that members would like to visit.

Information Platforms. *Fusion!* magazine continued to be the most popular information platform while the most preferred platform was email, showing a growing trend of members who are more tech-savvy.

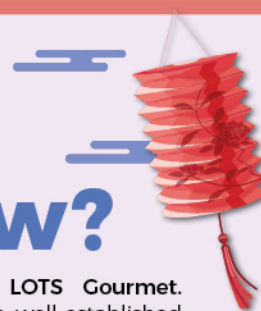
Mystery Shopper. The research company engaged 10 members of the public to conduct mystery shopping at the three Clubhouses. All received excellent ratings except for CSC @ Bukit Batok where the F&B experience was given an average rating.

Areas of improvement. There are two areas that the Club will work on. Firstly, to increase the number of F&B outlets in CSC

@ Bukit Batok. The Club is actively trying to engage a F&B operator to run a quality café that serves a fusion of local and western food. Secondly, to improve the social activities that the Club is organising. Although the Club organises about 80 social activities every month, there is a need to organise more interesting children's activities that suit the needs of our members and public service officers. Should members have any feedback on the type of social activities to organise that would be most helpful, and we welcome any suggestions. Please post your suggestions to either Samantha of the Social Department or through the feedback loop.

The Club would like to express our appreciation to all our members and public service officers for taking time to provide your constructive and invaluable feedback. A summary of the CSC Members' Satisfaction Survey 2018 is on page 10.

Did You Know?



Hornbill Café & LOTS Gourmet. LOTS Gourmet is a well-established eatery at Meyer House. Since its soft opening in July 2018, the restaurant has been serving to a full-house. The restaurant is tastefully renovated, the food is good and the alcoholic drinks are well-stocked. On certain days, when business was overwhelming, the owner Jenny, and her brother Daniel had to rent a chalet suite to catch up with some lost sleep!

Inter-Club Festive Decoration Competition. CSC @ Tessensohn emerged as the best decorated and patriotic Clubhouse for the National Day competition. Visit the Clubhouse to take a look at the creative decorations by the staff of CSC @ Tessensohn.

Partnering Institute of higher learnings. The Club has an ongoing partnership programme with Temasek Polytechnic and Nanyang Academy of Fine Arts. The programme is intended to provide students an opportunity to use the three Clubhouses and the three clusters of chalets as a test bed for their creative ideas. The Club sponsored \$3000 for each Institute, as book prizes for the top three creative proposals by the student teams. The Club hopes to use the creative ideas generated by them for future improvements to the Club.

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



BRING YOUR OWN HANDMADE LANTERN AND RECEIVE A MYSTERY GIFT FROM US!

Mid-Autumn CELEBRATION

CSC @ BUKIT BATOK
FRIDAY, 21 SEP '18 | 6PM – 8.30PM
PUBLIC SERVICE OFFICER \$3, GUEST \$5



FREE
FOR CSC MEMBERS
(Pre-registration online is required)



This Mid-Autumn Celebration promises to be a memorable evening for all. Bring your family and friends for an evening of fun and entertainment at CSC @ Bukit Batok as we celebrate Mid-Autumn Festival together under the bright moonlight!

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg | Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
 Register By: 11 Sep '18

Highlights

FREE!



Muah Chee



Chickpeas



Mooncakes



Candy Floss



Balloon Sculpting

PLUS!

- Chinese Tea Tasting
- Musical Performance
- Chinese Ink Painting Demo
- Fun and Exciting Games
- Lantern Parade
- Fabulous Lucky Draw Prizes to be Won!



Fun & bubbly emcee
 Happy Fei Fei

Plus a FREE Goodie Bag for all who registered!

Fun MAHJONG CHALLENGE

Sunday, 30 Sep '18 | 9.30am – 5pm
CSC @ Tessensohn

Member \$20, Public Service Officer \$25
(Breakfast & Lunch are provided)

A keen mahjong player? Relish the prospect of going head-to-head against other mahjong players in the Club? Then sign up for this Fun Mahjong Challenge. Play 2 rounds of mahjong & accumulate as many points as possible. Player with the highest overall points will be the champion and win attractive prizes!



Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg | Register by: 17 Sep '18

BEER NIGHT

at CSC @ Changi I

Friday, 19 Oct '18 | 7pm - 9pm

LOTS OF BEER PASS (Basic)

FEES: Member \$32
Public Service Officer \$42
Guest \$55

- Complimentary Bottle opener
- Franziskaner Draff beer (free flow)
- \$10 LOTS Gourmet Dining Voucher

LOTS OF BEER THE MORE THE MERRIER! (Party Of 4)

FEES: Member \$140
Public Service Officer \$180
Guest \$220

- 4 Complimentary Bottle opener
- Franziskaner Draff beer (free flow)
- 1 set of LOTS Beer Platter
(Chicken Wing, Sausages,
Pork Ribs & Curly Fries)
- 4 Sake Bombs
- \$40 LOTS Gourmet Dining Voucher



Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg | Register by: 5 Oct '18



Fun Fitness Party!

at CSC @ Tessensohn

All are
Welcome

Saturday, 27 Oct '18 | 9am - 12pm

You are cordially invited to ditch the workout and join the party!
A Fun Fitness Party to burn those calories the fun easy way
through K-Kardio Dance, Pound Fitness and Yoga, all at one go.
Game for an exciting 3-in-1 routine with our fun and energetic
CSC instructor? Sign up now!

\$10 only*

* For Members. Public Service Officers \$15, Guests \$20

Everyone
receives a free
towel, fruit
and bottled
water!

Contact: Vanessa Choo at 6391 5641 or vanessachoo@csc.sg | Register by: 20 Oct '18 (up to 80 pax)

3D ADVENTURE CAMP



Tuesday to Thursday, 27 - 29 Nov '18
9.30am (27 Nov) - 5.00pm (29 Nov)

(7-12 years old)-Residential

VENUE

Meet & Dismiss at CSC @ Tessensohn

Member's Child \$360	Public Service Officer's Child \$370	Member's Guest Child \$380
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CAMP PACKAGE INCLUDES

- 5 Simple Meals (3 pack lunch & 2 dinner)
- 3 Light Snacks
- All Camp Activities and Games
 - Clip n Climb
 - Kayaking at Singapore Sports Hub or MacRitchie
 - Amazing Race
 - CSI training at resort
- Group insurance of \$10,000 on life and \$500 on medical
- Camp Leader to co-ordinate and run Camp Programme

CAMP PACKAGE EXCLUDES

- Any medical costs
- Personal and other expenses incurred other than those stated above

CONTACT: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
REGISTER BY: 12 Nov '18



MOVIE TREATS @ Shaw Lido



CSC Members

\$11 for 1 pair

**Public Service
Officer & Guest**

\$8.50 per ticket

FANTASTIC BEASTS: THE CRIMES OF GRINDELWALD

Date: Thursday, 22 Nov '18
Time: 6.30pm (TBC)
Register by: 8 Nov '18

The second installment of the "Fantastic Beasts" series set in J.K. Rowling's Wizarding World featuring the adventures of magizoologist Newt Scamander.

DISNEY'S RALPH BREAKS THE INTERNET

Date: Thursday, 29 Nov '18
Time: 6.30pm (TBC)
Register by: 15 Nov '18

Six years after the events of "Wreck-It Ralph," Ralph and Vanellope, now friends, discover a wi-fi router in their arcade, leading them into a new adventure.





Wine & Dine

@ CSC

Friday, 23 Nov '18 | 7pm - 9.30pm
Qian Xi (Farrer Park) Restaurant, CSC @ Tessensohn

Fees Per Table (include 5 bottles of wine per table)

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

Delicious 8-Course Spread

Five-Kind Cold Dish Combination, Seafood Fish Maw Soup, Crispy Chicken, Fried Prawn with Salted Egg Yolk, Steamed Sea Bass with Beancrumbs, Braised Mushroom with Spinach, Fried Ee Fu Noodle and Red Bean Paste with Lotus Seed

Other highlights Entertainment, Game Fun & A Lucky Draw!

Make a date with us now!



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

Register by: 12 Nov '18



Drum Roll please...

CIVIL SERVICE CLUB'S

SAF AQUA® Drums Vibes

Saturday, 24 Nov '18
9am - 10am

Venue:
CSC @ Tessensohn

Fees:
Member \$8, Public Service Officer \$12, Guest \$14

PLUS! FREE Goodie bag

Deepwater Aqua Drums Vibes. A high intensity non-impact aqua fitness program done at the deeper end of the pool wearing a floatation belt.

The movement creates a water turbulence that engages the core muscles for stability. Do this to the sound of rhythmical music and burn up to 800 calories in one workout!



Trainer Vikki



Contact: Vanessa at 6391 5641 or email vanessachoo@csc.sg | Register by: 16 Nov '18



The patriotism was evident at the CSC National Day Wine & Dine held at CSC @ Tessensohn on 3 Aug 2018. Almost all the 450 guests came in national colours, turning the Diamond Ballroom into a sea of red and white.

The mood was merry as guests participated in pre-dinner activities such as the Dart Challenge and at the games table. The free popcorn, agar agar and red-and-white balloons in all shapes and sizes – from floral wristbands to poodles to giant lollipops – added to the happy atmosphere. Guests also received goodie bags, containing powerbank among other goodies.

NATIONAL FERVOUR

The note of national pride was set right from the onset as guests waved the Singapore flag and witnessed the cutting of the birthday cake, before tucking into a sumptuous eight-course dinner spread.

The night's highpoint though was when guests spontaneously swayed and "stand up for Singapore" to the strains of favourite National Day songs.

Remarked Ann Cheong, "With everyone singing National Day songs, the whole thing is very moving and inspiring. There is a good happy energy."

W C Lian who was there with his family, "I enjoy the singing and the entertainment. You get into the spirit of National Day here."

GUTSY GUESTS

MC Lay Cheng got guests to play games and ribbed the brave few who ventured up on stage to collect their prizes. It was the gutsy guests who stole the show.

Civil servant Adam Nakhoda, who gamely performed an Indian dance with MC, complete with a peekaboo behind the "trees". "I am normally quite reserved," confessed Adam, "But with an MC like that, it is easy to let your inhibitions go. She is an absolute hoot."

It was similar sentiments for co-winner Australian Beth Brooks, 52, "It has been a fun event. In particular, what struck me was the camaraderie among the guests and even first-time acquaintances. There was a spirit of friendship as I witnessed Singaporeans celebrating their nationhood."

We thank all guests who helped make this a memorable evening. To one and all, "Happy National Day!"



CSC National Day Celebration



What's the next best thing to catching the National Day Parade at the Marina Bay Floating Platform?

For more than 100 members and guests, the answer was to participate in the National Day celebrations at CSC @ Tessensohn's Ruby Ballroom on 9 August 2018.

The gamut of activities ranged from an arena filled with game booths and some close to a dozen foodstalls serving delicious bites such as the much-loved Ramly burgers, fresh pastas and pizzas made on the spot, homemade pies, gourmet fruit pickles, cookies and brownies, gourmet popcorn and more.

From start to the event's highlight which was the live beaming of the National Day Parade, there was not a dull moment. There was the "Ah Boys To Men 4" movie screening, plus a free flow of cup corn and candy floss. Games were played and prizes given out. Meanwhile the kids had great fun with ball games, archery shooting and virtual games.

"This event is a 10 out of 10 for me," said an animated Jayden Ng. "We can have unlimited play at the game booths - such fun, I would love to come back next year!"

At one point, those born in August were also invited on stage to blow out a giant candle honouring Singapore's birthday and to receive a cupcake. Further adding to the part-of-the-parade experience, 50 lucky draw winners bagged the "100% authentic" National Day Parade funpacks given out at the real parade.

Finally it was time for the much-awaited live broadcast of the National Day Parade. The unity and sense of community was deeply felt as guests waved their flags and sang along with spectators at the Marina Bay Floating Platform during the National Day songs segment. The recitation of the pledge was another inspiring moment.

The celebrations touched homemaker Yaisodha Vadivelu from India. "I am not Singaporean but I feel this is a great celebration. I feel the great affection everyone here has for the country."

Similarly, for Zi Shen and his fiancé Rachel Koh, the main draw of the event is the ambience. "We are here to be part of the National Day celebrations. It's my third year attending this event as I find the atmosphere inspiring as we celebrate Singapore and her growth."

What a meaningful way to celebrate our nation's birthday. Happy Birthday Singapore! Here's to many more good years for the nation and for us all.

CSC Members' SATISFACTION SURVEY 2018

CSC conducts the Members' Satisfaction Survey regularly to ensure that the Club remains relevant and aligned to the lifestyle patterns and preferences of members, and attractive to potential members.

This year's survey was conducted online by a research firm between 26 March and 8 May 2018. A mystery shopping audit was also conducted to evaluate the service and facilities standards across all clubhouses. Below are the highlights of their report.



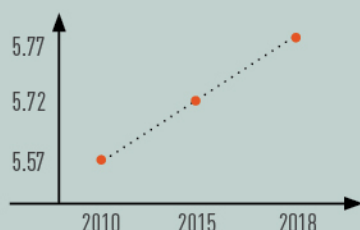
Respondent's Profile

Profile Breakdown as follows



Key Findings

OVERALL SATISFACTION OF CLUB Increase from previous surveys



OVERALL SATISFACTION ACROSS ALL CLUBHOUSES

Changi	5.90
Bukit Batok	5.74
Tessensohn	5.63

*Rated on a scale of 1 – 7. A score above 5.0 is considered 'good' and above 6.0 is 'excellent'

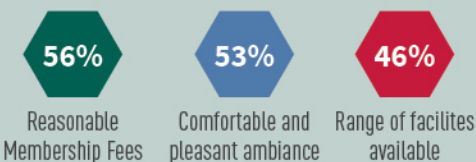
OVERALL MEMBERS EXPERIENCE WITH CSC

9/10 members enjoyed their overall experience with CSC



TOP 3 MOTIVATORS

why members sign up



8 OUT OF 10 MEMBERS

Likely to renew their CSC membership

MOST POPULAR FACILITIES ACROSS ALL CLUBHOUSES



HIGHEST RATED FACILITIES Rated 'excellent' by members



TOP 3 AREAS OF IMPROVEMENT FOR FACILITIES

- Increase variety of restaurants
- Facility upgrading
- Better facility maintenance

SATISFACTION OF SOCIAL ACTIVITIES

Scored 5.57 by members who participated in any social activities in the past 1 year.

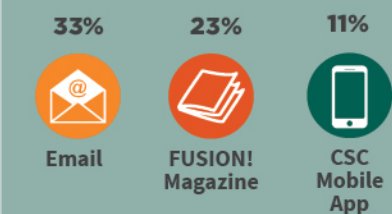
TOP 3 AREAS OF IMPROVEMENT FOR SOCIAL ACTIVITIES

- Greater Variety in different categories
- More activities for children
- Better scheduling of activities

INFORMATION PLATFORMS Most Accessed



Mostly Preferred



OVERALL SATISFACTION FOR MYSTERY SHOPPING

	CHANGI	BUKIT BATOK	TESSENSOHN
WALK-IN/ DRIVE-IN EXPERIENCE	6.2	6.2	6.2
F&B EXPERIENCE	5.7	4.6	5.7
RECREATION FACILITIES	6.3	6.1	6.3

*Rated on a scale of 1 – 7. A score above 5.0 is considered 'good' and above 6.0 is 'excellent'

Conclusion

The Club extends our gratitude and appreciation to all members who took part in the online survey. The report provides the Club valuable insights to the needs and preferences, as well as an in-depth assessment of the current state of services, facilities and F&B experiences at each Clubhouse.

Although the overall satisfaction of the Club increased slightly, social activities and F&B are identified as the two areas that the Club needs to improve on. The Club has introduced trial social classes to encourage participation, and will continue to enhance its communication channels. To increase awareness and participation of club activities, a new event booking portal will be launched in Sep 2018.

If you have any feedback or suggestions, please write in to feedback@csc.sg.



CSC RUN
BY THE BAY



20 OCTOBER, SATURDAY
SUNSET RUN Gardens by the Bay East
www.cscrunchbythebay.com

GOODIE BAG ITEMS



FINISHER ITEMS



Changes elevate CSC Run by the Bay to new level

Amid Singapore's plethora of running races, the 2018 edition of the CSC Run by the Bay on October 20 looks set to stand out from the crowd thanks to the introduction of exciting changes, including a special bespoke option of 12.8km as one of the three distances on the race card, a move to a sunset start, and an exceptional goodie bag for all participants.

That 12.8km is highly meaningful. Introduced by the newly appointed event organizer MetaSport, it reflects the total distance of a spectacular waterfront course that follows the edge of the Marina Reservoir as a celebration of the Marina Reservoir's 10th anniversary and a reminder of the crucial role Marina Reservoir plays in helping Singapore achieve self-sufficiency in its water supply.

The emblematic course gives participants a bird's eye view of a string of Singapore icons, such as the Marina Barrage, Gardens by the Bay, Marina Bay Sands, Clifford Pier, the Merlion, the Esplanade, the Singapore Flyer, the F1 Pits complex, the Singapore National Stadium and more.

A standard half marathon of 21.1km is also offered for individuals and Ekiden relay teams of three, along with a non-competitive 6km run.

Running races usually only reward the best overall athletes, but with the mostly 10-year age bands of the CSC Run by the Bay, the chance of podium glory is opened much wider. And with the event being hosted by the Civil Service Club of Singapore, the field is further broken down into "public officer" and "general public" categories, so the 2018 CSC Run by the Bay promises to be the ultimate prize-fest.

The CSC is the home club of Singapore's public service officers and is the organising body for many sporting activities. Public officers enjoy an exclusive 20% discount and CSC members an additional 10% discount off their race entry in the event.

A cash prize fund of \$20,000 will reward the elite runners, and government agencies will be in contention for CSC Star Games points to be earned by teams of 4 in the 12.8km distance.

Even for those not winning a prize, the goodie bag is a reward in itself. Inside is a T-shirt or running singlet for participants to choose, a running backpack, a drink bottle and a personalised number bib. Live results and finisher's medals will be on hand too, and those completing the half marathon also receive a finisher's T-shirt.

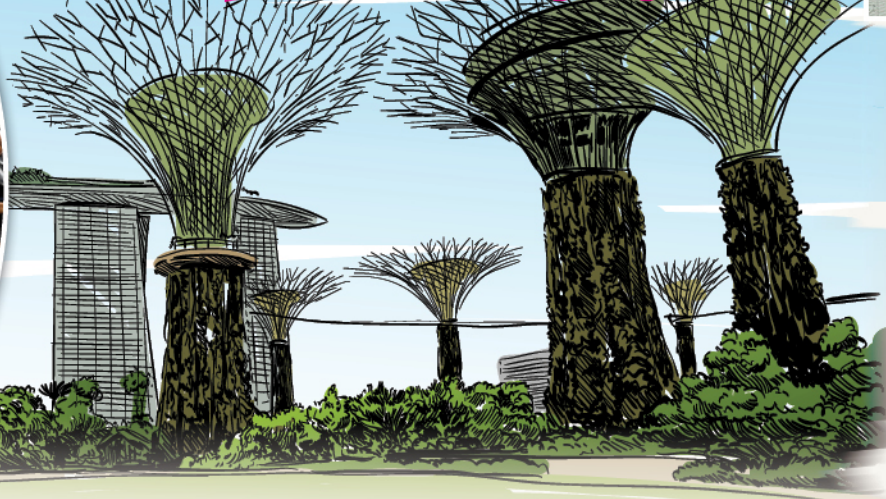
This year, runners are offered the opportunity to raise funds for the event adopted charity, New Life Community Services (New Life), which aims to raise \$100,000 through the run. New Life is committed to serve the community and mentor the next generation regardless of race and religion. New Life conducts character mentoring programmes for children and youths. It also provides rehabilitation and reintegration for youths serving time in Reformatory Training Centre, among other services.

The action does not end when the athletes cross the line, as the finish festival will be in full swing. Open to athletes and spectators, the festival offers kids activities, warm-up aerobics and Zumba, a DJ spinning cool tunes and the awards ceremonies, all taking place at a spectacular Gardens by the Bay East site overlooking the illuminated city skyline.

For full details on the CSC Run by the Bay and to register, please visit the revamped website at www.cscrunchbythebay.com.

A SPORTacular Day

CSC Public Service Sports and Family Day



Saturday, 14 July 2018. All the elements were present for a lovely day of family fun and sporting competition at Gardens by the Bay. Cool breeze. Enchanting blue sky. And Bay East Park was the perfect venue with its stunning backdrop that takes in the Flower and Cloud Dome, Marina Bay Sands and Singapore Flyer.

The carnival kicked off at 7.45am sharp with an upbeat event – the “1 PS” Human Formation (for ‘One Public Service’) by all present – participating athletes, families, pre-schoolers, and the wheelchair-bound. The end result was inspiring. With Guest-of-Honour Mr Leo Yip, Head of Civil Service and President, CSC, joining in, the group came together in unison and created a delightful formation.

SOMETHING FOR EVERYONE

There was something for everyone at this carnival that featured a varied range of activities – from races and healthy lifestyle offerings to carnival fun and fringe events.

Some carnival goers took part in the Healthy Lifestyle Walk, others in the Family Treasure Hunt. Many also tried their hand at kayaking, bell boating, basketball, human foosball, bubble soccer and archery tag.

You’d never know who would be facilitating your tryouts. At the football clinic, former national footballer Lim Tong Hai was spotted offering words of encouragement.

The carnival revellers also had a good giggle zapping zombies, whacking tennis balls, taking up the 3-minute step challenge, or having fun by the photo booths. Others just enjoyed the stage performances which included a magician, a singer and Mediacorp actress singer

Bonnie Loo. The kids were not forgotten – there was the drawing contest and three giant bouncers.

Complimentary popcorn, candy floss and ice cream – plus a free flow of healthy drinks (by Ah Heng Drink Stall) kept everyone refreshed throughout the day.

Alan Tan, 54, from the Ministry of National Development, loved the buzz and range of the carnival. “The diversity of activities makes this event a lot better than other events I have been to. It’s a good way to get the whole family together.”

CAMARADERIE AMIDST COMPETITION

Three new competition events – Bubble Soccer, Human Foosball and Archery Tag – proved hugely entertaining.

Played on a small field with players encased in a giant bubble, Bubble Soccer is sidesplittingly funny with players bouncing off the ground and off their opponents and flailing about trying to upright themselves after each bounce.

Human Foosball is table soccer brought to life. It features six rows of players tethered in twos straining against their harness to get to the ball.

Ministry of Manpower’s Human Foosball Team Captain Senior Specialist Lim Eng Wee, 34, explained its popularity. “It is fun, physical and fast paced. You’re on high alert throughout and the clashes are extremely intensive and dynamic.”

Archery Tag involves using bows and foam-tipped arrows to knock out targets.

THE CHAMPIONS

The champion trophy for the Interactive Games was lifted by the Ministry of Defence (MINDEF) coming in top two of the three games.



RESULTS

It was another triumph for MINDEF over at the Dragon Boat Race where the competition was most intense. Competition was particularly fiery in the men's race, where 16 teams vied for a trophy. In the end, all four top men's teams paddled to a photo finish in the final, with less than one second separating each team.

MINDEF Team Captain 28-year-old Air Force Captain Wong Kah Shawn said, "We know what it takes to win. We apply the same commitment to the race that we display at work, where we take our roles very seriously because lives depend on us." Well said.

Meanwhile, over at the Women's Dragon Boat Race, it was MNDragons from the Ministry of National Development that finished a convincing full 10 seconds ahead of the second place finisher.

The Amazing Race was won by defending champion, the SARI team from the Inland Revenue Authority of Singapore.

Outside the competition, the participants relished the opportunities to get to know their fellow civil servants in other agencies, while imbining the consciousness of being One Public Service.

"The relaxing atmosphere encourages us to socialise and get to know people from other agencies," noted PA's Bubble Soccer Team Captain, Constituency Manager Muhd Radziyani.

Said MINDEF's Interactive Games Team Captain, Assistant Manager (Development) Alexandria Wong, 24, "This is one sport event where your opponents cheer you on when you compete. The spirit and camaraderie is heartening. Kudos to CSC for making this possible."

JOIN US NEXT YEAR!

Congratulations to all athletes! A big thank you to all who took time out to be a part of the carnival. Mark your 2019 calendar for the next Public Service Sports and Family Day!

DRAGON BOAT RACE

	MEN'S CATEGORY	WOMEN'S CATEGORY
CHAMPION	Ministry of Defence (1)	Ministry of National Development
1ST RUNNER-UP	Ministry of Defence (2)	Housing & Development Board
2ND RUNNER-UP	Ministry of National Development	Land Transport Authority
3rd RUNNER-UP	Land Transport Authority (1)	Republic Polytechnic



INTERACTIVE GAMES

	ARCHERY TAG	BUBBLE SOCCER	HUMAN FOOSBALL
CHAMPION	Sport Singapore	Ministry of Defence	Ministry of Defence
1ST RUNNER-UP	People's Association (1)	People's Association (1)	People's Association (1)
2ND RUNNER-UP	JOINT 2ND RUNNERS-UP Ministry of Defence & People's Association (2)	JOINT 2ND RUNNERS-UP Ministry of Finance & People's Association (2)	Ministry of Manpower
3rd RUNNER-UP			-

OVERALL CHAMPION Ministry of Defence



AMAZING RACE

CHAMPION	Inland Revenue Authority of Singapore (SARI)
1ST RUNNER-UP	Ministry of Home Affairs (3) (Masri's Angels)
2ND RUNNER-UP	Ministry of Finance (2) (Champions)
3rd RUNNER-UP	Ministry of Manpower (MOM)



The Club would like to thank the following partners and supporters.

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Battle on the Sand 2018

Public Service Beach Games



Saturday 30 June 2018 saw sports teams from various government agencies coming together at Siloso Beach, Sentosa, for a fierce battle at the Public Service Beach Games 2018. There were 29 teams competing in the Beach Volleyball, 21 teams in the Beach Captain's Ball and six teams in the Beach Frisbee tournaments.

Family and friends were present to lend support. Exuberantly rooting for the People's Association women's volleyball team was 32-year-old MC Wayne Chew and his two-year-old daughter Enxi. Wayne's wife, 28-year-old Ng Lee Xuan, was playing in the match. "I am here to support my wife and sports is always a good way for family bonding," gushed Wayne. Researcher Alison Chan, 22, supporter of the NUS women's volleyball team, added: "It's great to be able to watch three different events concurrently in one afternoon!"

THE CEO WHO PLAYED ALONGSIDE HIS TEAM

For the Sport Singapore (SportSG) captain's ball team, their biggest morale booster was having their CEO Lim Teck Yin in the team. Mr Lim proved to be an outstanding goal catcher; hardly surprising for a former national water polo player with seven Southeast Asian Games medals.

Said Mr Lim, "It's a good way to build staff relationship. A great initiative to get public servants to bond outside of work."

Mr Lim was not the only former national athlete on Team SportSG. Former national footballer Lim Tong Hai, now Team Lead with SportSG, was also spotted playing in several Beach Captain's Ball matches.





HONOUR AND FAIR PLAY

While the competitors played hard, taking painful dives and ingesting mouthfuls of sand in the course, there was an abundant display of graciousness. Players were quick to commiserate when opponents fumbled a catch and to apologise when they bumped their opponents. 24-year-old safety auditor Gregory Lim who was there with his Corgi, Alexis, to support Team SportSG, was impressed by the sportsmanship: "It's definitely competitive between the teams. But at the same time, the atmosphere is terrific here and the camaraderie outstanding. Over at the Frisbee, I caught the two opposing teams coming together for a post-match review. What a great culture!"

WINNING WORDS

Meanwhile, supporters were treated to some exciting matches over at the volleyball court. In the end, the Ministry of Home Affairs (MHA) proved to be unbeatable again, emerging as champions in both the Men and Women's Categories. The teams' supreme command of the net saw powerful tight spikes and effective blocks that left their opponents bamboozled. Said MHA Women's Team Captain Quo Si En, 28-year-old Commercial Affairs Officer, "We played extra hard this year because we were determined to make up for our loss of the title last year."

In contrast, it was first-time champions Ministry of Health who stole the show in the Mixed Frisbee competition as the team put up a stunning performance in the final to emerge champion.

Over at the Captain's Ball tournament, Ministry of Education, second-time participant in this event, put up a good showing to defeat SP Group in the finals. Captain 35-year-old PE teacher Jean Chia gave a thumbs-up to the tournament. "I give today's event a perfect 10. The tournament was well organised. The vibe throughout was positive. The weather was good. There was fair play. It was great fun. Everything was there."

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



RESULTS

Beach Captain's Ball

CHAMPION	Ministry of Education (1)
1ST RUNNER-UP	SP Group
2ND RUNNER-UP	Ministry of the Environment and Water Resources (1)
3RD RUNNER-UP	Sport Singapore (2)

Beach Mixed Frisbee

CHAMPION	Ministry of Health
1ST RUNNER-UP	Land Transport Authority (1)
2ND RUNNER-UP	Land Transport Authority (2)
3RD RUNNER-UP	People's Association

Beach Volleyball

POSITIONS	WOMEN	MEN
CHAMPION	Ministry of Home Affairs	Ministry of Home Affairs (2)
1ST RUNNER-UP	Ministry of Defence	Ministry of Home Affairs (1)
2ND RUNNER-UP	Ministry of Education	Ministry of Health
3RD RUNNER-UP	Inland Revenue Authority of Singapore	Ministry of Defence

	CHAMPION	1 ST RUNNER-UP	JOINT 2 ND RUNNERS-UP
OVERALL	Ministry of Home Affairs	Ministry of Defence	Ministry of Health & Ministry of Education



MOH's Hat-Trick Victory In Chinese Chess (Xiangqi)

2 June 2018



RESULTS

CHAMPION	Ministry of Health
1ST RUNNER-UP	Ministry of Home Affairs
2ND RUNNER-UP	Ministry of Education
3RD RUNNER-UP	Ministry of the Environment and Water Resources



Twelve teams from eight government agencies congregated at the Tessensohn Clubhouse on Saturday, 2 June 2018 for the Public Service Chinese Chess (Xiangqi) Competition 2018. Besides having to bring out their best moves, participants needed the mental endurance to last from morning till late afternoon.

Defending champion Ministry of Health (MOH) edged out arch rival teams from Ministry of Education and Ministry of Home Affairs to win the championship title for the third consecutive year. The MOH team comprised same members as the previous edition of the tournament.

MOH team manager Lim Chau Sian was humble despite his team's consistent success. "Our team members are the same as last year: Low Yi Hao, Loo Swee Tian, Koh Yongkun, Kwok Kah Meng, Fiona Tan and myself. The experience and camaraderie are contributing factors to the team's success," Lim said. While it would not make the task of winning a fourth straight title easier, Lim hopes to see more teams taking part in next year's tournament. "We hope there would be continued participation in this mind sport."

Mr Cheng Kiah Lim, CSC EXCO Member, presented prizes to the winning teams.

MHA wins 20th consecutive title at Public Service Dragon Boat Race

7 & 8 July 2018



Waves were made at Bedok Reservoir on 7 and 8 Jul '18 as 44 teams from nine government agencies competed in the Public Service Dragon Boat Race. They were well prepared to challenge the 500-metre race course, a distance that is 300 metres longer than that of previous years' races.

The Ministry of Home Affairs (MHA) was the dominant force again, claiming the title of overall champions for a remarkable 20th time in a row after strong performances from its teams across the event's six categories. MHA teams took the top spots in the Open, Active Agers Open, Senior Mixed and Women's events. Only Ministry of Defence was able to break MHA's complete dominance by winning the Mixed and Men's events to secure second place overall. The Ministry of Education and the Ministry of National Development shared third place overall.

Superintendent (1A) of Police Alan Wong Lek Koon, MHA's team manager and rower, has seen it all before – 2018 marks his 13th event

as manager, after serving as team captain from 2002 to 2005. Supt Wong attributes MHA's success to determination and old-fashioned hard work. "Our rowers will try to meet every Saturday for our off-season training. Nearer the competition date, our training on water works intensifies."

Celebrating the win, Supt Wong paid tribute to MHA's rowers. "Our team has come a long way since our inception, and I believe that with a common goal of defending our title, we will break all boundaries to strive for higher grounds," he said. "While the colour of my medals will fade one day, the memories of us racing together will remain in my heart forever."



RESULTS

EVENTS	OPEN	MIXED	ACTIVE AGERS	SENIOR MIXED	WOMEN	MEN
CHAMPION	Ministry of Home Affairs (B)	Ministry of Defence	Ministry of Home Affairs	Ministry of Home Affairs (B)	Ministry of Home Affairs (B)	Ministry of Defence
1ST RUNNER-UP	Ministry of Home Affairs (A)	Ministry of Home Affairs (B)	Ministry of Home Affairs (SCDF)	Ministry of Home Affairs (A)	Ministry of Defence	Ministry of Home Affairs (A)
2ND RUNNER-UP	Ministry of Education	Ministry of Education	Ministry of National Development	Ministry of National Development	Ministry of National Development	Ministry of Home Affairs (B)
3RD RUNNER-UP	Ministry of Home Affairs (SCDF)	Ministry of Home Affairs (A)	Housing and Development Board	Housing and Development Board	Ministry of Home Affairs (A)	Ministry of Education

	CHAMPION	1 ST RUNNER-UP	JOINT 2 ND RUNNERS-UP
OVERALL POSITION	Ministry of Home Affairs	Ministry of Defence	Ministry of Education & Ministry of National Development

MINDEF and MOE share the spoils at Rock Climbing Competition

21 July 2018

On 21 July 2018, CSC @ Tessensohn hosted 37 teams from seven organisations competing for honours at the Public Service Rock Climbing Competition. Teams from the Ministry of Education (MOE) dominated the Women's event, finishing first and second, while teams from the Ministry of Defence (MINDEF) had a 1-2 of their own in the Men's event. In the end, the two teams came out as equals as they recorded identical results to share the overall title as joint champions. The result meant that MOE defended the title they won in 2017 while MINDEF won their first overall title.

MOE Team Manager Daniel Balhetchet enjoyed the shared triumph. "The joint championship came as a pleasant surprise as our main aim is to get together, work out and stay healthy – winning will be a bonus for us," he said.

LTC Ong Jun Wei, MINDEF Climbing Team Manager and Captain, had faith in his team, but still didn't quite expect the result. "We were confident of making it to the top three for the Men's Open based on our training performance, but having both teams in the final was certainly a surprise!" he said.

Teamwork and commitment were essential for both winners. "Our team constantly shared advice on how to improve our timings during training. When strategising on who should form each of the teams, everyone agreed that none of us would be bothered by it as long as MINDEF made it to the podium," said LTC Ong.

Another similar sentiment shared by both teams is, "We are our toughest opponents". "Our toughest opponent is always ourselves. Apart from being able to balance personal, family and training time, we often have to shake off the thought that we are 'too old for this'," said Balhetchet.

Both teams are already looking forward to 2019's competition. "We are definitely going to train hard for next year's competition. To us, it is a form of respect which the competition and participating teams deserve," said LTC Ong.

Guest-of-Honour Mr Eric Chan, CSC EXCO Member, presented the prizes to the winning teams.



RESULTS

POSITIONS	WOMEN	MEN
CHAMPION	Ministry of Education (1)	Ministry of Defence (2)
1ST RUNNER-UP	Ministry of Education (2)	Ministry of Defence (1)
2ND RUNNER-UP	Ministry of Home Affairs	Ministry of Culture, Community and Youth
3RD RUNNER-UP	Ministry of Defence	Ministry of Education
	JOINT CHAMPIONS	JOINT 2ND RUNNERS-UP
OVERALL	Ministry of Defence & Ministry of Education	Ministry of Culture, Community and Youth & Ministry of Home Affairs

MINDEF strikes gold at Public Service 10-Pin Bowling Competition

28 July 2018



RESULTS

	WOMEN	MEN'S ACTIVE AGERS	MIXED
CHAMPION	Nanyang Technological University	Ministry of Health	Ministry of Defence (1)
1ST RUNNER-UP	Ministry of Education (3)	Ministry of Defence	Ministry of Home Affairs
2ND RUNNER-UP	Ministry of Health	Ministry of the Environment and Water Resources	Ministry of Defence (2)
3RD RUNNER-UP	Ministry of Education (1)	Ngee Ann Polytechnic	Ministry of Education
	CHAMPION	1ST RUNNER-UP	JOINT 2ND RUNNERS-UP
OVERALL POSITION	Ministry of Defence	Ministry of Health	Ministry of Education & Nanyang Technological University

The Public Service 10-Pin Bowling Competition has traditionally drawn very good support from the agencies. It was therefore no surprise that a massive 186 teams from 27 organisations descended on Westwood Bowl at CSC @ Bukit Batok for the event held over 7 to 28 July 2018.

The Women's, Men's Active Agers and Mixed Categories saw keen contests from heavyweights such as Ministry of Defence (MINDEF), Ministry of Education and Ministry of Health. Ultimately, it was the teams from MINDEF that reigned supreme coming in top in the Mixed category and a runner-up spot in the Men's Active Agers category.

MINDEF Team 1 captain 1WO Keane Chu had a good feeling about his team's chances after a strong showing in qualifying. "I would say we were in good shape and entering the competition as one of the favourites," he said. "Still, the championship came as a surprise."

Despite the age gap of nearly 30 years between their youngest and oldest members, MINDEF's bowlers were able to work well together. "It is the quality of our relationships and team commitment," said 1WO Chu of the team's recipe for success, but threw hint of yet another factor: "My team wore a newly made jersey for the competition. We joked that it is our 'lucky tee' that got us winning."

In parting, 1WO Chu had warm words for his fellow bowlers. "To all competitors in this tournament, in this competition, we made new friends and had fun," he said. "Let's continue to love this sport."

Guest-of-Honour Mr Ho Siong Hin, CSC Executive Committee Member, presented prizes to the winning teams.

Have Bike Will Travel

BATAM BARELANG SIX BRIDGES RIDE

21 – 22 April 2018

by Oei Su Cheok



The 21 of us cyclists on this Bata Barelang ride were on a lookout for the dragon fruit

juice. We were not disappointed. It was a welcome stop as we took the opportunity to enjoy a breath-taking view of plantation and sea. The pink juice of the mythical creature-fruit of cactus may be obnoxious to the uninitiated, but this refreshing drink was all we needed to energise our ride.

We were on yet another CSC ride adventure along the Batam Six Bridges that spans Barelang, Rempang and Galang Islands of Riau, Indonesia. We were pleased to have several new cyclists join us and the undulating route did not pose a serious problem. Riding at our comfortable pace, everyone completed the route in no time.

Tropical storms have been a regular feature at several of our past CSC rides in the region. Once again, we were not spared one on this occasion! A storm was quickly upon us as we watched the blue sky give way to spiking raindrops and water puddles. No raincoat could have offered any protection from the intense storm. Instead, we took it in our stride to enjoy our immersion in the rain.

The stormy landscape magically dried up as we approached our destination, as if marking the end of our ride. What a drastic change in weather! We enjoyed our well-deserved lunch and

rest at the kelong off the end-point, as planned. Revisiting this kelong on this ride brought back memories.

Those of us who were on a previous CSC Barelang ride got to reminisce the wonderful experience of sleeping on the open deck of the kelong on our past visit.

Thanks to Jasmine, our leader's good plan, we got to enjoy the luxurious resort living at Batam Barelang Harris-Resort on the second day. We soon realised there was a theme of citrus surrounding us – from the main colour at the resort to the vehicles and the fragrance in the facilities – sight, smell and service!

After a good night's rest, we woke to a brilliant morning complete with 3D art against the backdrop of nature and the beach. We completed our immersion with a dip in the pool and to a rousing breakfast live performance put up by the hotel reception staff, chefs and waiters. What a show and what happy people!

All too soon we had to bid farewell to the good living at the resort. We vowed to ride the Batam Barelang Six Bridges again.



For more photos visit www.facebook.com/pg/CSCcycling/photos/?tab=album&album_id=1643772869071502

CSC Ride Against Cancer

Public Service Sports and Family Day
by Oei Su Cheok



Mr Michael Lee flagged off the cycling event at CSC Changi Clubhouse

Passing showers upon flag-off by Mr Michael Lee, CSC Executive Committee member, gave us a little scare. But otherwise, CSC cyclists had a rolling good time along the East Coast Park on Public Service Sports and Family Day, 14 Jul 2018. We were happy to have our regular members as well as new cyclists join us on this easy ride from CSC Changi Clubhouse to Gardens by the Bay (East) designed to accommodate the varying ride-abilities so that all participants can complete the journey.

Overall, it was a leisurely ride with opportunity to share our cycling experiences and enjoy the good weather along the PCN (park connector) as well as the snacks, drinks and simple games provided for this event.

The "Ride against Cancer" theme was chosen to heighten awareness in support of the nation's efforts against cancer. Our cyclists' donation to "CSC Ride Against Cancer" in lieu of event participation fee was our contribution to a good cause. Together with a donation of \$1,000 from the Civil Service Club, the total collection of \$3,112 was given in aid of needy cancer patients under the care of National Cancer Institute Singapore (NCIS).

The carnival atmosphere at Gardens by the Bay (East) awaited our arrival. Many thanks to the organisers for providing us with an exclusive lunch corner and bike depot!

For more photos, visit www.facebook.com/CSCcycling/posts/1744663392315782



Rolling down East Coast Park



CSC's President Mr Leo Yip (right) presents the Club's donation of \$1,000 to the National Cancer Institute Singapore, represented by Cycling Club Chairman Mr Paul Chan

JOIN US

In addition to local rides fortnightly on the 2nd and 4th Saturdays of each month, CSC Cycling Club also conducts overseas rides. Be connected with our programme. Membership forms may be obtained at any of the CSC Clubhouses or online at www.csc.sg/stargames/Sports-Interest-Cycling-Civil-Service-Club

Find us at
CSCcycling

WHY WE LOVE TO RUN

Time flies! We are into the third quarter of 2018 and it is an opportune time for our Running Club members to take stock of the year.

Through our regular monthly runs from our Changi Clubhouse and various running spots in Singapore together including our recent outing to Kluang, Johor Bahru, our members have grown closer as we stay fit together.

We checked in with two of our members to share their thoughts about being a part of the CSC Running Club. First, we caught up with Richard Goh, one of our stalwart runners and an ex-national runner for Singapore. He has chalked an impressive sub 3-hour timing for a marathon in his younger days. Richard shared, "Winners are those who keep themselves fit. Try to keep fit by exercising and this can be done through jogging or walking, which are simple and inexpensive. Joining the CSC Running Club is a good start. Being healthy and fit is wealth."

We also featured one of our newest members, Yong Shu Teong, who joined our Running Club this year. Despite his busy schedule, Shu Teong joins our Saturday morning

runs whenever he is not on work assignments. Shu Teong also shares his reasons for joining the CSC Running Club. "I joined the Club because I want to keep fit. I am in the uniformed service that requires us to take the Individual Physical Proficiency Test (IPPT) annually. I need to be fit to take this test."

He also finds it encouraging that our Running Club members take time to be involved in charity events such as the upcoming Run4Fund 2018 charity run at the Palm Resort Golf & Country Club (PRGCC) in Senai, Johor. The run will be an 8-kilometre stretch of the Melati course within PRGCC to be held on 15 September 2018. Proceeds from the registration fees will go towards support of the Palliative Care Association of Johor Bahru.

We hope that more Civil Service Club members can find time to join our Running Club in spite of their busy schedules. As we move towards the end of the year, our mantra is to keep running and to do more.



Richard (in red) enjoying a CSC weekly run



CSC Running Club is opened to CSC members only. Members can join the club via: www.csc.sg/stargames/Sports-Interest-Running-Civil-Service-Club (click on "Payment of Annual Subscription/Renewal Fee" button) and pay the annual subscription fee of twelve dollars (\$12). For more information on joining the CSC Running Club, contact Club President Abraham Chan 9663 7837.

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Get it on
Google play

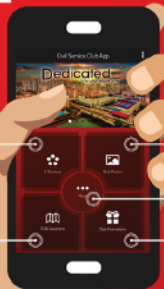
DO ONLINE
BOOKINGS!

TAKE A PEEK AT
OUR CLUBHOUSES!

AND MORE VALUE
ADDED SERVICES!

LOCATE US!

GET THE LATEST
CSC PROMOS!



PRIORITY CODES

As of 1 April 2018, Aloha Chalets is under the management of the Civil Service Club and rebranded as CSC @ Changi II and CSC @ Loyang. New Priority Codes are as follows:

Civil Service	CS9388	START DATE 29 Sep 2018
Statutory Board	SB9966	
Public Health Org & Mainstream Universities	PU2115	END DATE 29 Sep 2019
MINDEF (staff only)	MS8040	



Terms & Conditions

- Only applicable for in-service Civil Servants, Public Service Officers and employees of the stated organisations, excluding National Servicemen Full-time (NSFs).
- Civil Servants are required to bring along their Public Service (PS) Card and NRIC for verification during check-in.
- A valid employee ID must be presented at the time of check-in. In the event that the ID is not presented, the applicants would be required to top up to the non-discounted rate.
- Applicants must come in person before 2030hrs on the day of check-in.
- All applicants must not book on behalf of other individuals or corporate users using the priority codes.
- Bookings are not transferable and subletting of the chalets is strictly prohibited.

Decor Challenge National Day

For the recent National Day Décor Challenge, all three CSC clubhouses flew the Singapore spirit high proudly flying the national flag, and donning vibrant red and white bunnings.

Also on prominent display were well-loved Singapore landmarks crafted from specially structured foam boards. The iconic Toa Payoh Dragon Playground took nostalgic centerstage over at Bukit Batok, while the Merlion, the Singapore Flyer and a Singapore Armed Forces Helicopter were featured by Changi.

Winning the title this time is Tessensohn and hardly surprising. Its uniquely Singapore rendition includes the Gardens by the Bay's Supertree Grove, the towering Marina Bay Sands and the Sentosa Cable Cars. Congratulations to the décor team behind this fabulous showpiece.

In case you missed the pretty sights that were up on display, catch them here.

Tessensohn

WINNER

Bukit Batok

Changi

CLUBHOUSE

ALL ACTIVITIES AND
PROGRAMMES ARE
FREE

CSC @ LOYANG

Open House

6 & 7 October 2018

Sat & Sun | 10am to 5pm

Join us for a fun-filled weekend with free sea sports try out and workshops & activities! Also view the new dog friendly chalet units, sea sports centre and other chalets units!

Supporting partner:



Official media:

clubpets



Open House Highlights

FOR THE DOG LOVERS

- Dog yoga class
- Nutrition tips on cooking for your fur kid
- Pro tips on how to groom your fur kid
- Dog obedience talk
- Health talk & free assessment for dogs
- Pointers on pet photography
- Stand up paddling with your fur kid
- Photo booth, bazaar stalls

FREE 100 Goodie bags
each including a bento from
Furry's Kitchen for the fur kids!
(For CSC members only)

Goodie bags sponsored by Kohepets
and Clubpets. While stocks last.
First-come-first-served.

IF YOU LOVE THE SUN & SEA

- Stand up paddle boards
- Jet ski rides*
- Kayaking
- Paddle boat for kids
- Water trampoline for kids

**Activity is chargeable*

FAMILY AND KIDS FUN

- K-kardio dance
- Blend your own essential oil
- Balloon sculpting workshop
- Bazaar stalls, Free candy floss & Ice cream
- Art & crafts for kids



All activities and programmes are subject to change.

No registration required. Seats are limited and on first-come-first-served basis.

Visit <https://www.csc.sg/promotions/openhouse> for more information.





Changi Clubhouse

CSC
AT CHANGI

is 4

Come celebrate with us.

CHALETs

1 FOR 1
BUY 1 NIGHT
GET 1 NIGHT
FREE



* Valid for Mon - Thu stays only

BBQ PAVILIONS

**50%
OFF**

For Sep & Oct 2018



BOWLING

4 GAMES AT:

Member: \$8

★ Public Service Officer: \$10

Guest: \$12

*Off-Peak game: Mon - Fri, last game must end by 6pm



FUNCTION ROOM

★ For Birthday
& Wedding
Celebration

20% OFF

for bookings in Sep & Oct 2018

CORPORATE RETREAT

**ABOVE
\$800**
**FREE USE
OF PAVILION
BBQ PIT**

for Function Room
bookings on Mon - Fri



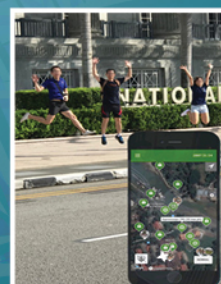
CORPORATE TEAMBUILDING

Offer 1:

TOP UP \$500

for Interactive GPS Challenge
(up to 30pax) when you book
a Seminar Room in Sep or Oct 2018.

*Additional: \$20 per pax



Offer 2:

TOP UP \$500

for bowling (10 lanes 2 hours
with free shoes) - additional
lanes \$25 per lane per hour

**TEPPANYAKI
TABLETOP
GRILL**



NOW AVAILABLE FOR RENT WHEN
YOU BOOK THE ROOFTOP BBQ PIT /
PAVILION BBQ PIT.



HOST YOUR NEXT EVENT AT CSC @ TESSENSOHN

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. Bring your next corporate programme to new heights at the Tessensohn Clubhouse.



Auditorium



Planet Bowl



Water Games



Land Games



Cooking Studio

CONTACT US

FOR ENQUIRIES AND BOOKINGS

Eve Zhuang at 6391 5623
or evezhuang@csc.sg

Jacqueline Tang at 6391 5605
or jacquelinetang@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.



Daily Promotions

FROM JUST
\$2 PER
GAME

Early Bird

Mon to Fri,
10am – 12noon
@ \$2
per game

Senior Special

Mon to Thu,
10am – 5pm
@ \$10 per hour per lane
Open to all Senior Bowlers
aged 50 years and above

Ladies Day Out

Every Mon, 10am – 1am
@ \$10 per hour per lane
Open to all Lady Bowlers
aged 18 years and above

Night Owl Special

Sun to Thu, 10pm – 1am
@ \$2.50 per game
Sat, 12am – 3am
@ \$3 per game

CSC Members / League Bowlers Special

CSC Members / League Bowlers Special
Sat, Sun & PH, 9am – 2pm
5 games @ \$18 & 10 games @ \$34

For reservation and corporate events, call 6391 5693/695 or email us at planetbowl@csc.sg



An open invitation for a splash for joy

Clubhouse Charm

CSC @ Bukit Batok



Seminar Room

CSC @ Bukit Batok is a renowned hilltop oasis situated within lush surroundings. The clubhouse revels in an expanse of landscaping and amenities for enjoyment by members and guests, as well as to provide a spectacular setting for business and social events.

Whether planning a corporate event, a wedding, a birthday celebration or a kids' party, do it with ease at **CSC @ Bukit Batok**. Choose from the clubhouse's function or seminar rooms, supported by its range of leisure options including a bowling alley, swimming pools and barbecue pits. Step into this recreational sanctuary and explore its endless possibilities.



Treehouse BBQ



Children's Party Room

TEPPANYAKI GRILLSET AVAILABLE FOR RENT!

AT THE TREEHOUSE BBQ



CONTACT US

CORPORATE EVENTS:

Huda
6513 7484
hudahidya@csc.sg

PRIVATE EVENTS:

Jeffrey
6513 7492
jeffreyang@csc.sg

BOWLING EVENTS:

Jack Foo
6513 7489
foomoojack@csc.sg



CSC MEMBERS ENJOY 30% OFF
\$126 1 Year Membership
 (U.P. \$180) **SIGN UP TODAY**
www.yellowroadrangers.com



CAR TOWING SERVICES

SINGAPORE

JOHOR BAHRU

MEMBERSHIP BENEFITS



RESTARTING



STANDARD TOWING



CHANGE FLAT TYRES



PETROTOP-UP



BATTERY REPLACEMENT



SINGAPORE & JB
COVERAGE



9999 9999 9999
 CARDHOLDER NAME GOOD TILL 08/20

Terms and Conditions
 Use of this card constitutes acceptance of the terms and conditions of the Yellow Road Rangers programme and as amended from time to time. This card is not transferable and can only be used by the rightful owner. This card is the property of Yellow Road Rangers Pte Ltd. If found, please return to Yellow Road Rangers Pte Ltd at 178 Siglap Road, #14-234 Singapore 430178.
 * 24-hr Recovery contact at: 91012323

YELLOW ROAD RANGERS
— 24HR HOTLINE —

Singapore Hotline : +65 9101 2323
 Johor Bahru Hotline: +60 1270 82411

Smile Arts DENTAL STUDIO

Comprehensive Care You Can Trust

SmileArts

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



DENTAL PACKAGES

CLEAN SMILE PACKAGE \$100

Inclusive of:
 * Dental Examination
 * Full Scaling & Polishing
 * Fluoride Therapy

HEALTHY SMILE PACKAGE \$175

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

KID SMILE PACKAGE \$75

(for children between 6 to 12 yrs old)

Inclusive of:
 * Dental Examination
 * Full Scaling & Polishing
 * Fluoride Therapy (if applicable)

SURGI-SMILE PACKAGE \$880

(Medisave Claimable)
 Inclusive of:
 * Dental Examination
 * Digital Dental X-Ray
 * Surgical Removal Of Wisdom Tooth
 * Medication
 * Review

SMILE IMPLANT PACKAGE \$2750

(After Medisave Deductions)
 Inclusive of:
 * Dental Examination
 * Digital Dental X-ray
 * German Implant System
 * Medications
 * Review
 * Implant Crown

WHITE SMILE PACKAGE \$300

Inclusive of:
 * Dental Examination
 * 10 packets of whitening gels

PG CARD HOLDER PACKAGE

* Dental Examination
 * Detection Of Decays With Advanced Laser Technology
 * Scaling & Polishing
 * Fluoride Therapy

**FULLY CLAIMABLE
 WITH CHAS PG CARD**

BLUE CARD HOLDER PACKAGE

* Dental Examination
 * Detection Of Decays With Advanced Laser Technology
 * Scaling & Polishing
 * Fluoride Therapy

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

INVISALIGN - INVISIBLE BRACES PACKAGE \$8500

Inclusive of examination, digital xrays & retainers

LASER DENTISTRY

With dental Laser, you can now expect:
 * No Drilling
 * Painless Ulcers Treatment
 * Rapid Healing following Laser Treatment



CENTER FOR BIOMIMETIC DENTISTRY

MERCURY FREE PRACTICE

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

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



Call us for an appointment!



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

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

Buangkok Branch Tel: 6752 1008
 Blk 275D Compassvale Link
 #01-01 (Unit 6) S544275
 (Next to Buangkok MRT station)
 email: smileartsbk@gmail.com
 Mon - Fri: 9am - 8pm | Sat: 9am - 5pm

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



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

Unlock \$200 OFF handsets!

Exclusive for CSC Ordinary Members!



Public Officers enjoy these exclusive privileges with StarHub Mobile, Singapore's fastest unlimited network.



Up to **30% OFF**
monthly subscription
on XS & above plans



FREE Caller Number Display and
International Roaming subscription



Happy Welcome Pack
with dining vouchers



FREE SIM Card activation
and waiver of one-time
mobile service charge

CSC Ordinary Members enjoy more savings with these perks!



\$200 OFF all handsets + **FREE extra 3GB for 12 months** + **30% OFF monthly subscription**



To enjoy, simply present your CSC Ordinary Membership Card upon sign-up. For more enquiries, email corpsup02@starhub.com



Sign up at any StarHub Shop!



OpenSignal Awards - State of Mobile Networks: Singapore report May 2018, based on independent analysis of 185,297,150 on-device measurements recorded by 11,742 users during the period Feb. 1- May 1, 2018. © 2018 OpenSignal Inc.

Promotion for CSC Ordinary Members: Promotion is applicable only to CSC Ordinary members and valid till such date determined by StarHub at all StarHub Shops and Exclusive Partner Shops. CSC Ordinary members must present their membership card at point of purchase as proof of eligibility. \$200 OFF handsets is applicable with new sign-ups (including port-in) to 2-year XS and above mobile plans for all handsets. New sign-up and recontract on 2-year XS and above mobile plans will enjoy 30% discount off the prevailing monthly subscription, free caller number display and international roaming subscription for the first 24 continuous months and free extra 3GB local data for the first 12 months. Prevailing rates apply thereafter. A one-time SIM activation charge of \$37.45 and a one-time mobile service charge of \$10.70 for all new subscriptions to our mobile service plans will be waived. **Promotion for Public Service Officers:** For more details, please visit any of our StarHub Shops with your staff pass or sign up online at starhub.com/cis. Terms and Conditions applicable to all Promotions. StarHub's services terms and conditions apply. Visit starhub.com for full set of Terms and Conditions. These Promotions are not valid with any other promotions and/or discounts. StarHub reserves the right to amend, suspend, withdraw or terminate, whether in whole or in part, this Promotion and/or any of these terms and conditions without notice and at StarHub's absolute discretion.

Exclusive Discounts* for Civil Service Club members and Public Service Officers!



Travel Insurance

Up to **40% off** Single Trip plan (excluding Basic Plan)
Up to **25% off** Annual Plan



Personal Accident Insurance

Up to **35% off** plans



Home and Contents Insurance

Up to **30% off** plans

For more information, please contact us at:

enquiry_csc.sg@chubb.com

* Discount is only applicable to CSC members, public officers, and their immediate family (i.e. spouse, children and parents). Membership card and/or Staff pass must be presented upon request, for verification purposes.

CHUBB®

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Civil Service Club MEMBERS' PRIVILEGES



* Please visit www.csc.sg/membersperks for the full listing, details and terms.

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

amore
fitness • boutique spa

*\$65 Wellness Trial
worth up to \$275.25

BLACKMORES®
THE BEST OF HEALTH

*30% OFF
via International
eShop



GLOW WELLNESS

*20% OFF
selected services

GNC
LIVE WELL

*15% OFF
regular-priced items



LEEKAJA SALON

*15% OFF
Hair, Nails and
Eyelash services



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



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

THE SPA
BY THE ULTIMATE

*40% OFF
à la carte Spa
Services



*Couple Fertility
Screening from
\$540.80



VIYASA YOGA

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



EDUCATION & SERVICES



*10% OFF
selected art
packages



*ONLY \$20
Registration Fee
+ 3 months FREE
membership



*50% OFF
HD Prints
(no min
quantity)



*20% OFF
programs
and courses

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



THiNKEL
LEARNING LAB

*10% OFF
all course fees



Unlock
\$200 OFF
all handsets!
* \$200 OFF
handsets, free
extra 3GB data
and more!
(For CSC Ordinary
Members only)

SHOPPING



Caring since 1879

*FREE 2-YEAR
Rewards
Membership
(worth S\$15)



*10% OFF
all floral items from
online store
www.glamourlafleur.com



*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
FREE-JUMPING REVOLUTION

*10% OFF
General Admission

CHUBB

*UP TO 40% OFF
on Personal
Insurance Plans

DYNASTY TRAVEL
华宫旅游
SINCE 1978

*UP TO 50% OFF
on selected travel
packages



PORORO PARK

*PARTNER
ADMISSION RATES
for CSC members



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



*10% OFF
Sunset Sail, Bar &
Restaurant



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



FOOD, WINE & DINE



*Complimentary
beverage
(coffee or ice lemon
tea) with every \$50
spent



*10% OFF
Total Bill
(except beer, paus
and titbits)



CHICKEN UP

*15% OFF
Total Bill



*10% OFF
ala-carte dishes
from Mon to Fri



*10% OFF
Total Bill



**DON'T TELL
MAMA**
*15% OFF
Food Items



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



**FOUNDER
BAK KUT TEH**

*10% OFF
on weekdays



*10% OFF
Detox Workshop
& Dine In



*10% OFF
Total Bill



*10% OFF
ala-carte dishes
from Mon to Fri



*10% OFF
on Cake Products



JEWEL COFFEE
(Claymore, Hitachi, Shenton Way)
*10% OFF total bill,
Mon - Fri

JEWEL CAFÉ + BAR
(Rangoon)

*20% OFF total bill
with min spend
of \$50



KOPI & TARTS

5% OFF
Total Bill



*5% OFF
Total Bill



*10% OFF
Total Bill



*10% OFF
with min spend
of \$15



*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



SOCIAL ACTIVITIES

KIDS



Highlight

Children's Day Celebration

A special half-day treat for the kids. Begin with a hands-on pizza baking session, then get them to learn balloon sculpting and a sweet ending with a MacDonald's Happy Meal. PLUS! A free gift for each child.



Date: Fri, 5 Oct '18
Time: 9am - 2pm
Fees: Supplementary Member \$60, Guest \$70
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 28 Sep '18



Kids Can Bake (Parent and Child)

*For child ages 3 to 11 years

Hallo Cutie Cake

Dates: Sun, 23 Sep '18 or 20 Oct '18
Time: 10.30am - 12.30pm or 4pm - 6pm
Fees:
 Per parent-child pair: Member \$85, Public Service Officer/Guest \$95
 Each additional child: Member \$43, Public Service Officer/Guest \$48
 (Fees inclusive of all workshop materials, ingredients and one baking mould per pair)
Register by: 17 Sep '18 or 13 Oct '18



Cutie Snowskin Mooncakes

Date: Sun, 23 Sep '18
Time: 1.30pm - 3.30pm
Register by: 17 Sep '18

Swirls Of Rainbow Cupcakes

Date: Sat, 6 Oct '18
Time: 4pm - 6pm
Register by: 1 Oct '18

Chocolate Dipped Hedgehog

Date: Wed, 17 Oct '18
Time: 10.30am - 12.30pm
Register by: 10 Oct '18

Fees per course:

Per parent-child pair:
 Member \$68, Public Service Officer/Guest \$78
Each additional child:
 Member \$35, Public Service Officer/Guest \$40
 (Fees inclusive of all workshop materials and ingredients)
Venue: City Square Mall #07-08
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg



Junior Robot Engineers: Robo Soccer Battle

For child ages 6 to 9 years

Learn to construct a robot and challenge teammates to a mini game of robot soccer. Children get to learn teamwork, simple programming and principles of robotics. Lego® Mindstorms Robotics set provided is for class use (not to be brought home).

Date: Sat, 10 Nov '18
Time: 10am - 1pm
Fees: Supplementary Member \$45, Guest \$55
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 3 Nov '18



Chuck Glider

A workshop to inspire young learners to gain interest in aviation through interactive building and flying activities. Participants will get to test flight their planes outdoors. Those aged 10 and above will get to make their gliders under the supervision of a first-aid trained instructor.

Date: Tue, 20 Nov '18
Time: 9am - 12pm
Fees: Supplementary Member \$35, Guest \$45
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 13 Nov '18

SOCIAL ACTIVITIES

BEAUTY



Korean Dewy Hands-On Makeup

A two-hour hands-on workshop with K-beauty skincare tips for that glowy lit-from-within dewy look:

- Your skintype and skincare
- Preparing your skin before makeup
- Base to even skin tone
- Non-drying coverage
- The dewy glow without looking oily
- Eyebrow based on individual face shape
- Natural eye makeup, blusher and lips

Experienced beauty consultants will be on hand to provide personalised consultation.

Lucky participants stand to win gifts worth \$26!

Date: Sat, 13 Oct '18

Time: 10am - 12pm

Fees: Member \$3, Public Service Officer \$9, Guest \$15

Venue: CSC @ Tessensohn

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

Register by: 6 Oct '18

Drone (Parent and Child)

Flying drones is the new "in". Get your child inculcated on flight characteristics for an early headstart in aviation.



Date: Sat, 17 Nov '18

Time: 9am - 12pm

Fees per parent-child pair: Member \$95, Public Service Officer \$105, Guest \$115

Venue: CSC @ Tessensohn

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

Register by: 10 Nov '18

Family Toy Car Making (Parent and Child)

For child ages 5 and above

Parent and child will get to work on designing their unique toy car using carpentry tools such as hand drill, saw, tri-square and sanding block. Adults will be taught the skills to guide their child on using the tools safely.



Date: Sat, 17 Nov '18

Time: 2pm - 4.30pm

Fees per parent-child pair: Member \$75, Public Service Officer \$82, Guest \$88

Venue: CSC @ Tessensohn

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

Register by: 10 Nov '18

Baby Animal Watercolour Painting (Parent and Child)

Learn from a step-by-step live demo as cute baby animals come to life in watercolours. All materials required for the workshop are provided.

Participants will get to bring home their own paintings ready to be framed PLUS a goodie bag containing

- 300g Daler Rowney Coldpressed Textured Watercolour Paper in A5 size
- Watercolour Palette with quality paints from Japan and France



Date: Sat, 24 Nov '18

Time: 10am - 12pm

Fees: Member \$65, Public Service Officer \$72, Guest \$78

Venue: CSC @ Tessensohn

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

Register by: 10 Nov '18

SPECIAL FEE
\$120 per
parent-child
pair, only for
members

SOCIAL ACTIVITIES

FOOD



Popular Local Bites by Harry

BREAKFAST BREADS

- Cinnamon Breakfast Rolls
- Multi-grain Spa Bread
- English Muffin

Date: Sat, 15 Sep '18

Fees: Member \$55,
Public Service Officer \$60, Guest \$65
Register by: 10 Sep '18

- Ang Ku Kueh,
Black Ku Kueh,
Green Ku Kueh
- Teochew Png Kueh
- Soon Kueh

Date: Sat, 6 Oct '18

Fees: Member \$55,
Public Service Officer \$60, Guest \$65
Register by: 1 Oct '18

BRUNCH AND SNACK

- Cronut
- 'Lime Me Up' Tart

Date: Sat, 27 Oct '18

Fees: Member \$65,
Public Service Officer \$70, Guest \$75
Register by: 22 Oct '18



Time: 2pm - 5pm
Venue: CSC @ Tessensohn
Contact: Gek Cheng
at 63915624 or
kuagekcheng@csc.sg

Food Gathering Cooking Workshops 美食聚汇

WORKSHOP ENTRÉES

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

Date: Fri, 5 Oct '18

Time: 7pm - 9.30pm

Register by: 28 Sep '18

- Cai Bao - Vegetarian Dumplings
- Dai Wok Crab Noodle special
- 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 Service 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 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 巴厘島炸雞
- 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 聖誕蛋糕
- Cool X'mas Haven
- Dancing X'mas Stew Special 聖誕節菜

Date: Fri, 7 Dec '18

Time: 7pm - 9.30pm

Register by: 1 Dec '18



FEES PER COURSE

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

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

Partners



I LOVE PASTA - Yummy Fusion Recipes (Demo)

Lifestyle Engineer cum Chef and Co-owner of two healthy food cafes, Bamm Hardie invites you to be wowed by the many ways you can prepare delicious pasta meals. Come mingle and make new friends at this unique event!

Recipe 1

Singapore's First Italian Penne Pasta Goreng with Prawns

Recipe 2

Fusion Chicken Pasta Salad

Recipe 3

JavaMan Fusion Curry Pasta

Date: Sat, 20 Oct '18

Time: 10am - 12pm

Fees: Member \$25,

Public Service Officer \$35, Guest \$45

Venue: CSC @ Tessensohn

Contact: Vanessa at 6391 5641

or vanessachoo@csc.sg

Register by: 13 Oct '18



Includes free recipes from all meals from each workshop

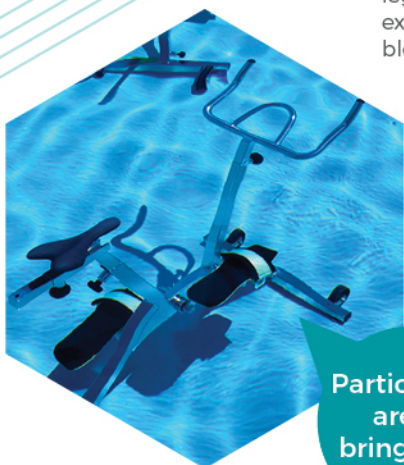
SOCIAL ACTIVITIES

FITNESS



Hydrorider AquaBike Fitness

Pedal while immersed in water to create a water density, buoyancy and hydrostatic pressure that will help shape your legs, get rid of cellulite, and achieve your weight loss goals. The exercise also helps to improve your cardiovascular system and blood circulation.



Participants are to bring aqua shoes.

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

Venue: CSC @ Tessensohn
Contact: Vanessa Choo at 6391 5641 or vanessachoo@csc.sg

Register by: 1 week before class

Tuesday evening sessions (Min 4 pax, Max 5 pax)

Dates: 4 Tuesdays, 2 – 23 Oct '18
Time: 6.30pm or 7.30pm

Thursday evening sessions (Min 4 pax, Max 5 pax)

Dates: 4 Thursdays, 4 – 25 Oct '18 or 1 – 22 Nov '18
Time: 7.30pm – 8.30pm

Friday evening sessions

Dates: 4 Fridays, 7 – 28 Sep '18
Time: 7.45pm – 8.45pm

Swimming for Ladies

Armed with 10 years of coaching experience, Ms Thipa has taught at various clubs. She is passionate about good swimming foundation and skills for adult and young learners alike. She is able to help new swimmers quickly overcome their fear of water.

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

CSC @ Tessensohn (10 Lessons)

Dates: 10 Mondays, 10 Sep – 12 Nov '18 (No lessons on PH)

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

Register by: 8 Sep '18

CSC @ Bukit Batok (10 Lessons)

Dates: 10 Thursdays, 20 Sep – 22 Nov '18 (No lessons on PH)

Time: 7.30pm – 8.30pm (Beginner's Class)
Register by: 18 Sep '18



Deep Aqua Aerobics

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

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

CSC @ Bukit Batok

Saturday Morning

10 Saturdays

Dates: 29 Sep – 1 Dec '18

Time: 8.30am – 9.30am

Register by: 26 Sep '18

Tuesday Night

10 Tuesdays

Dates: 9 Oct – 18 Dec '18

Time: 6.30pm – 7.30pm

Register by: 6 Oct '18



K-Kardio 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 to do Hip-hop, Pilates, Kickboxing, Aerobics and more – an exercise that will increase heart and metabolic rate, for fat loss and muscle toning. Best part yet, no prior dance experience is required!

October Sessions

Dates: 4 Mondays, 1 – 22 Oct '18 (No lessons on PH)

Register by: 20 Sep '18

November Sessions

Dates: 4 Mondays, 5 – 26 Nov '18 (No lessons on PH)

Register by: 24 Oct '18

Time: 8pm – 9pm

Fees: Member \$50, Public Service Officer \$55, Guest \$60

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



SOCIAL ACTIVITIES

FITNESS



Zumba Fitness

A cardio dance programme which incorporates basic Latin zumba dance moves, floor work and a good mix of effective aerobics routine – great fun while burning calories! Max 12 pax

CSC @ Bukit Batok by Instructor Haynia

Dates: 4 Tuesdays, 2 – 23 Oct '18 or 30 Oct – 27 Nov '18
(No lessons on PH)

Time: 7pm – 8pm

CSC @ Tessensohn by Instructor Yumi

Dates: 4 Tuesdays, 2 – 23 Oct '18 or 30 Oct – 27 Nov '18

Time: 7pm – 8pm or 8pm – 9pm

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

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

Register by: 2 Oct '18 or 30 Oct '18

POUND® Fitness

POUND® Fitness turns drumming into an effective workout by using a specially designed lightweight drumstick called Ripstix®.

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

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

Register by: 27 Sep '18 or 25 Oct '18

CSC @ Tessensohn

4-Session Class

Dates: 4 Thursdays
4 – 25 Oct '18

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

5-Session Class

Dates: 5 Thursdays
1 – 29 Nov '18

Fees: Member \$85,
Public Service Officer \$93.75,
Guest \$100

Ripstix®
will be
provided
for class
use.

Jump to It to Be a Stronger Runner

Learn new fitness systems and remedy hacks to be a stronger and more effective short- and long-distance runner. Improve your stamina with our 6-step jump system so you can integrate it into your training regime together with resistance bands to increase power and muscular endurance for running and sports.

NEW

All mobile fitness
equipment and
jump ropes will be
provided. Bring your
own exercise mat.

All participants to
receive a Certificate
of Experience.

Date: Sat, 6 Oct '18

Time: 9am – 11am

Fees: Member \$38, Public Service Officer \$48, Guest \$58

Venue: CSC @ Bukit Batok

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

Register by: 1 Oct '18

Muay Thai Adult Class

Get fit and learn self-defence with Muay Thai, a traditional form of boxing. Instructor Thien Wen Han will teach original Muay Thai techniques and the appropriate use of Thai boxing equipment to ensure a fun and injury-free experience!

Dates: 10 Saturdays, 6 Oct – 8 Dec '18 (No lessons on PH)

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

Fees: Member \$130,

Public Service Officer \$140, Guest \$150

Venue: CSC @ Bukit Batok

Contact: Vanessa at 6391 5641

or vanessachoo@csc.sg

Register by: 1 Oct '18





Bounce Dance Fit

A total workout that combines dance, fitness, cardio, muscle conditioning, balance and flexibility to keep you energised. The choreography to the latest hip-hop and chart hits, is fun and easy to follow.

Dates: 4 Mondays 8 – 29 Oct '18 or 5 – 26 Nov '18 (No lessons on PH)
Time: 7pm – 8pm
Venue: CSC @ Bukit Batok
Fees: Member \$55, Public Service Officer \$60, Guest \$65
Contact: Serene Cho at 6391 5620 or serenecho@csc
Register by: 3 Oct '18 or 1 Nov '18



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

Inline Skating for Beginners

A sport that boosts your health and mental fitness, while providing hours of fun. Suitable for adults and children aged 4 and above. Participants may re-arrange class schedule with the instructor.

Fees for 4 lessons: Member \$85, Public Service Officer \$90, Guest \$95
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

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

WEEKDAY GROUP CLASS

Dates: 4 Wednesdays, 3 – 24 Oct '18 or 7 – 29 Nov '18
Time/Venue: 6pm-7pm, Sengkang
 8pm-9pm, Punggol

Dates: 4 Thursdays, 4 – 25 Oct '18 or 1 – 22 Nov '18
Time: 6.30pm – 7.30pm
Venue: Choa Chu Kang Park

Dates: 4 Fridays, 5 – 26 Oct '18 or 2 – 23 Nov '18
Time: 6.30pm – 7.30pm & 8pm – 9pm
Venue: Pinnacle @ Duxton

WEEKEND GROUP CLASS

Dates: 4 Saturdays or 4 Sundays, 6 – 28 Oct '18 or 3 – 25 Nov '18
Time: 11.30am – 12.30pm, 3.30pm – 4.30pm & 5pm – 6pm
Venue: East Coast Park Car Park F1

Yoga

Veteran instructor Ms Rita will train you on how to harmonise your body, mind and soul into a state of tranquil rejuvenation through simple breathing exercises and meditation.



NEW

Nirvana Fitness

Nirvana® Fitness employs a flow of pilates, yoga, functional movements and rhythmic breathing to coax the body and mind into a nirvana state of blissful calm for total detoxification.

Benefits include:

- Whole body toning and extra energy
- Stress reduction and release of "happy hormones"
- Controlled breathing for control of stress response
- Optimised oxygenation and rejuvenation
- Nirvana mind (meditation effects)



Dates: 10 Tuesdays, 9 Oct – 18 Dec '18 (No lessons on PH)
Time: 8pm – 9pm
Venue: CSC @ Bukit Batok
Fees: Member \$75, Public Service Officer \$82, Guest \$89
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 2 Oct '18

Dates: 8 Wednesdays, 10 Oct – 28 Nov '18
Time: 7pm – 8pm
Fees: Member \$110, Public Service Officer \$120, Guest \$130
Venue: CSC @ Bukit Batok
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 3 Oct '18



SaberFit

Using glowing sabers, SaberFit intersperses cardio exercises with saber-striking techniques, also incorporating plyometric exercises and core-training movements coupled with adrenaline-pumping music. Beginners welcomed.

Dates: 4 Wednesdays, 10 – 31 Oct '18 or 7 – 28 Nov '18 (No lessons on PH)
Time: 8pm – 9pm
Fees: Member \$110, Public Service Officer \$116, Guest \$120 (Fee includes glowing combat saber for class use.)
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 3 Oct '18 or 31 Oct '18

SOCIAL ACTIVITIES FITNESS



SAF AQUA® Drums Vibes

SAF AQUA® Drums Vibes is a new approach to water training that involves creating a beat in the water using special drums vibes sticks.

The exercise unleashes the power, speed and agility of a drummer with exhilarating aerobics moves to the sounds of rhythmical music – to relieve stress, with focus on the workout and the fun. Play drums in the water! Every move you make will be even more effective! (Min. 10 pax to start)



Dates: 10 Mondays, 19 Nov '18 – 28 Jan '19
(No lessons on PH)

Time: 7.30pm – 8.30pm

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

Venue: CSC @ Tessensohn

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

Register by: 16 Oct '18



Pilates for Beginners

A great exercise to improve strength, flexibility and posture, Pilates is a safe and effective way to develop muscular balance. Instructor Ms Mabeline will take participants through a series of exercises to train different muscle groups.

Dates: 10 Saturdays, 27 Oct – 29 Dec '18

Time: 2pm – 3pm

Fees: Member \$85, Public Service Officer \$95, Guest \$100

Venue: CSC @ Tessensohn

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

Register by: 20 Oct '18

Boogie Bounce Xtreme Fitness

Boogie Bounce Xtreme is a workout performed on a mini trampoline fitted with a safety bar to minimise any knee strain. As you bounce to chart topping music, you will feel every muscle on overdrive!

Venue	CSC @ Bukit Batok	CSC @ Tessensohn
Dates	8 Thursdays, 4 Oct – 22 Nov '18 or 8 Mondays, 29 Oct – 17 Dec '18 (No lessons on PH)	8 Wednesdays, 17 Oct – 5 Dec '18 or 8 Fridays, 2 Nov – 21 Dec '18 (No lessons on PH)
Time	8pm – 9pm	7pm – 8pm
Register by	27 Sep '18 or 22 Oct '18	10 Oct '18 or 26 Oct '18



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

Learn-to-swim with The Swim Society!

Come learn to swim with Marcus Cheah, ex-national swimmer and Founder of The Swim Society. Gain water confidence and learn the different swimming styles in no time.

Programme Information:

- Curriculum is taught in a term of ten 30-minute sessions
- Each class needs to have a minimum of three students to commence
- A proficiency assessment will be conducted prior to the first session
- All four strokes, along with water safety, will be taught at all levels
- Equipment is provided; only goggles are required for the lesson

Dates (Choice of Mon/Fri/ Sat)	Timeslot (Choice of am/pm)	[Children] Fees (Group Lessons @30mins/lesson x 10 lessons)	Fees (Private Lessons @45 min/ lesson x 10 lessons)
20 Sep – 22 Nov '18 10 weekly lessons	AM: 8 – 11 PM: 3 – 7	Supplementary Member \$330, Guest \$450	Supplementary Member \$900, Guest \$970

Visit www.theswimsociety.com/schedule for more information on the schedule and terms and conditions.



Venue: CSC @ Tessensohn

Contact:

For Payment: Vanessa at 6391 5641
or vanessachoo@csc.sg

For Schedule & Timeslot: Marcus at
marcus@theswimsociety.com

Register by: 20 Oct '18

SOCIAL ACTIVITIES

MUSIC



Learning the Keyboard

Keyboards are well loved for its range – you can play virtually any style of music ranging from classical, jazz, blues, and contemporary music.

In this course, you will be taught the basics of notes and chords reading by Instructor Titus Chia who has been teaching the piano, keyboard and organ for more than six years.

Dates: 6 Mondays, 24 Sep – 29 Oct '18

Time: 7pm – 8.30pm

Fees: Member \$165, Public Service 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

Register by: 17 Sep '18

Mastering the Erhu

Learn to master the erhu from veteran Instructor Mr Pang Chin Soon, who will teach you the correct and proper way of playing the Erhu right from the start!

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

Dates: 10 Wednesdays, 17 Oct – 26 Dec '18

Time: 7.15pm – 8.15pm or 8.15pm – 9.15pm

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

Venue: CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624

or kuagekcheng@csc.sg

Register by: 10 Oct '18



Learning the Flute

Learn to play the flute with veteran instructor Mr Chye Yong Seng who has been teaching the instrument for more than 20 years at concerts and music events.

Participants will be taught posture, holding and fingering, breathing, positioning of lips and correct use of the tongue.

Dates: 8 Wednesdays, 7 Nov – 26 Dec '18

Time: 7pm – 8.15pm

Fees: Member \$170, Public Service Officer \$180, Guest \$185 (Participants to bring their own flute)

Venue: CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624 or

kuagekcheng@csc.sg

Register by: 31 Oct '18

English Karaoke Singing Class

Join the ongoing English karaoke singing class and let our qualified experienced singing coach Ms Ivy Wee take your singing talent to a higher level in a cosy newly refurbished training room. Understand the basic singing fundamentals and discover more about phonetic diction, rhythm, tempo and breathing exercises/support.

Dates: 10 Wednesdays, 19 Sep – 21 Nov '18

(No lessons on PH)

Time: 7.30pm – 9.30pm

Fees: Member \$150, Public Service Officer \$180, Guest \$185

Venue: CSC @ Tessensohn

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

Register by: 15 Sep '18



Ms Ivy Wee

Mandarin Karaoke Singing Class

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 种基本功法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, 歌唱基本功法练习以及一对一雕歌 (学员可自由选择歌曲)

Dates: 10 Wednesdays,

5 Sep – 7 Nov '18 (No lessons on PH)

Time: 7.30pm – 9.30pm

Fees: Member \$150, Public Service Officer \$180, Guest \$185

Venue: CSC @ Tessensohn

Contact: Vanessa at 6391 5641

or vanessachoo@csc.sg

Register by: 1 Sep '18



SOCIAL ACTIVITIES

FUN



Grow Your Own Microgreens

If you are into a healthy eating lifestyle, you will know about microgreens – 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 how to grow your own. Participants will each receive a starter kit worth \$10 comprising a planting tray, pesticide-free potting mix, and an organic Microgreens seed pack.

Date: Sat, 29 Sep '18
Time: 10am – 11.30am
Fees: Member \$45, Public Service Officer \$52, Guest \$55
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 24 Sep '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 and brush movements
- Demonstrations on Chinese calligraphy writing

Dates: 10 Thursdays, 4 Oct – 6 Dec '18
Time: 7pm – 8.30pm
Fee*: Member \$150, Public Service Officer \$160, Guest \$170 (*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: 27 Sep '18



Wooden Phone Speaker

Have fun with woodwork. Create this handmade cable-free phone speaker that will instantly amplify music from your phone without the need for a power source and without unsightly power cables. Personalise it with own unique design.

Date: Sat, 6 Oct '18
Time: 10am – 12pm
Fee*: Member \$75, Public Service Officer \$82, Guest \$88
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 29 Sep '18

Coil My Ware Workshop



This workshop introduces participants to coiling, one of the earliest techniques of pottery making. Shape bowls and other receptacles by using clay strips placed on top of one another and pressing them together. Max. 10 pax per workshop.

Collection of works will only be at the studio four weeks after the workshop due to various stages of pottery-making. The studio will be responsible for touching up of works and glazing.

Dates: Sat, 13 Oct '18 or Sun, 4 Nov '18
Time: 10.30am – 12.30pm
Fees: Member \$58, Public Service Officer \$78, Guest \$98
Venue: Lorong 23 Geylang
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 24 Sep '18

Fee includes all materials, tools and firing of 1 piece of work each participant.

Mini Cactus Crochet Workshop

This hands-on workshop will start you on crocheting a lovely mini cactus which you're encouraged to complete at home if you are not able to finish at the workshop.

Date: Sat, 25 Nov '18
Time: 10am – 1pm
Fees: Member \$65, Public Officer \$72, Guest \$79
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 18 Nov '18



Angler Course for Beginners

This is a one-day trip out to scenic Lazarus Island for those interested in trying out fishing or those in search of a new hobby. Participants will be taught basic theory and practical aspects of the sport.

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)

Date: Sun, 14 Oct '18
Time: 8.30am – 5.30pm
(Ferry departs at 9am sharp. Please arrive 30 minutes before boat departure time.)
Fees: Member \$82, Public Service 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 course

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



WHAT TO BRING:

- Drinking water (about 1.5l per person)
- Sunblock
- Sunglasses
- Pouch to keep your starter kit
- Raincoat
- Insect repellent
- Swimwear
- Packed lunch



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	<ul style="list-style-type: none">• Our friendly and experienced fishing master as Guide• Mineral water onboard• Fresh catch of your own from the sea to bring back• Ice for storage of catch
Bait	Bait (live prawns) is included.

Dates: Sun, 21 Oct '18 and/or 18 Nov '18
Time: 8am – 5pm
Fees: Member \$110, Public Service Officer \$115, Guest \$120 (Min age, 5 years*)
Venue: ONE°15 Marina Sentosa Cove
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.

Chek Jawa Boardwalk 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. Suitable for children aged 3 and above.

Dates: Sat, 27 Oct '18 or Sun, 11 Nov '18
Time: 8am – 11.15am
Fees: Member \$20, Public Service Officer \$25, Guest \$30
Meeting point: 8am at Changi Point Ferry Terminal
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 1 week before event date (Pre-registration is required. Limited seats per departure)

Fee includes a licensed nature guide and land transport to and from Chek Jawa.

Participants have to prepare \$6 for the 2-way boat ride.



Local Tour to Air Force Museum, Yakult Factory & Organic Farm

A three-stop tour to our **Air Force Museum** to view static aircraft displays and exhibitions chronicling the history of our RSAF (Republic of Singapore Air Force); the **Yakult factory** to understand the process of culturing the beneficial probiotic bacteria in drinks; and finally to **Kin Yan Agrotech** to see how wheatgrass is produced and juiced.

Date: Fri, 30 Nov '18
Time: 9am – 4.30pm
Fees: Member \$17, Public Service Officer \$23, Guest \$29
Venue: Assemble 9am at CSC @ Tessensohn lobby
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 23 Nov '18

SOCIAL ACTIVITIES FINANCE



Date: Sat, 6 Oct '18

Time: 2pm - 4pm

Fees: Member \$3, Public Service Officer \$9, Guest \$12

Venue: CSC @ Tessensohn

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

Register by: 22 Sep '18

Retire a Millionaire

Effective Retirement Planning Strategies

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

Growing your Wealth

- Common pitfalls to avoid when growing your Retirement Nest Egg
- Practical investment tips
- Maximising returns from strategic asset allocation
- Applying principle of "Dollar Cost Averaging" to hedge against volatile market conditions
- Important considerations for retirement investment



Will Planning & Lasting Power of Attorney Talk

A properly executed Will enables the smooth administration and distribution of one's estate among surviving beneficiaries, while the Lasting Power of Attorney (LPA) allows one to appoint one or more 'donees' to act and make decisions on his behalf in the event of a loss of mental capacity.

So how is each important? Can we do them ourselves or must we get a lawyer? How do they charge? To find out, join us at this upcoming talk.

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

Date: Sat, 3 Nov '18

Time: 11am - 12.30pm

Fees: Member \$5, Public Service Officer \$9, Guest \$12

Venue: CSC @ Tessensohn

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

Register by: 29 Oct '18

Investing for Starters

If you are interested in investing in stocks but not sure how to start, come join this enriching seminar. A team of UOB Kay Hian Investor Centre dealers will share the benefits of share investments and a diversified portfolio that meets your investment objectives. Also receive an introductory on basic technical analysis, using a charting tool to identify your trade entry and exit points.

UOB Kay Hian Investor Centres. Closer to U.



Date: Sat, 10 Nov '18

Time: 1pm - 3pm

Fees: Member \$5,

Public Service Officer \$9, Guest \$12

Venue: CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624

or kuagekcheng@csc.sg

Register by: 2 Nov '18

SOCIAL ACTIVITIES HEALTH



Healthier & Pain Free Back Program - Integrative Solutions



Healthier Back and Pain Free Programme (Integrative Solutions)

Backache is a common health issue that can lead to other conditions including headache, stiff shoulders, knee pain and more. Tackle it with integrative solutions - the best practice of meridian self-therapy and modern health science.

Dates: 4 Thursdays, 20 Sep - 11 Oct '18

Time: 7pm - 8.30pm

Fees: Member \$75,

Public Service Officer \$80, Guest \$85

Venue: CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624

or kuagekcheng@csc.sg

Register by: 13 Sep '18

Stronger Knees & Joints Programme

Learn this important four-step framework to strengthen your knees and joints, comprising meridian flexercise and therapy techniques that will enhance your body functions, flow of *qi* and blood circulation to also help alleviate aches, stress and insomnia, digestive issues, even cough and flu.



Dates: 4 Fridays, 12 Oct - 2 Nov '18

Time: 7pm - 8.30pm

Fees: Member \$75,

Public Service Officer \$80, Guest \$85

Venue: CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624

or kuagekcheng@csc.sg

Register by: 5 Oct '18

Introduction to Meridian for Wellness

This hands-on learning workshop fun, highly interactive and completely experiential. The series covers practical knowledge on meridian therapy, acupressure and guasha techniques with herbal essential oil application.

This workshop focuses on the care of our respiratory, nervous and reproductive (vitality) systems comprising the lung, large intestine, heart, small intestine, kidney and bladder meridians. It will help relieve and prevent conditions like asthma, sinus, cough and flu, as well as reduce stress symptoms like dizziness, insomnia and fatigue.

Date: Fri, 16 Nov '18
Time: 7pm - 9pm
Fees: Member \$15, Public Service Officer \$22, Guest \$25
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 9 Nov '18



Musculoskeletal Health Talk



Our musculoskeletal system, made up of tendons, ligaments, nerves and soft tissues, is designed to enable our body to move. This Musculoskeletal health optimization workshop will cover related topics:

- Sports injuries
- Injury classification
- Muscle imbalance - joint distress
- Risk stratification
- Pre participation health screening
- Musculoskeletal joint disorders /cardiac rehabilitation

Date: Sat, 29 Sep '18
Time: 10am - 12pm
Fees: Member \$10, Public Service Officer \$15, Guest \$20
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 20 Sep '18



Table Tennis

Suitable for any age, table tennis helps stimulate one's mental alertness and concentration; while improving body coordination, mental fortitude and reflexes.

Dates: 4 Wednesdays, 17 Oct - 7 Nov '18
Time: 7.30pm - 9.30pm
Fees: Member \$95, Public Service Officer \$110, Guest \$120
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 10 Oct '18



Golf Introduction Clinic

Pick up golf from the best. Under Jason Tan of JT Golf Academy, this clinic introduces the importance of necessary preparation and the basics of the golf game to ensure proper grounding in golf fundamentals and basic golf etiquette. Suitable for those with little or no knowledge of golf, as well as those with some exposure in the game.

Dates: Tuesdays, 9 Oct '18
Time: 6pm - 8pm
Fees: Member \$45, Public Service Officer \$52, Guest \$58
Venue: Orchid Country Club
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 2 Oct '18

Tennis by Singapore Tennis School

Learn this sport with the Singapore Tennis School whose lessons cater to a range of ages and abilities, and whose coaches are certified Australian tennis instructors. Refer to weekly group class scheduling below.

Adult Programme

9am - 10am Every Sun

Cardio Tennis Programme

10am - 11am Every Sun

Fees for 4 lessons: Member \$110, Public Service Officer \$115, Guest \$120
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 10 days before lesson begins



SOCIAL ACTIVITIES SELF IMPROVEMENT



Basic Malay Language Course

Learn the basics of the Malay language from Instructor Ms Sharifah Narimah. Emphasis will be given to simple Malay grammar, conversation and vocabulary building. Upon completion of Malay language, students will be able to converse about everyday situations in the Malay language, construct simple sentences and acquire the knowledge of language structures.

Dates: 8 Mondays, 1 Oct – 19 Nov '18
Time: 7pm – 9.30pm
Fees: Member \$180, Public Service Officer \$190, Guest \$200
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 24 Sep '18



Conversational Cantonese for Beginners

Want to learn to speak dialects so you can communicate with your elders and relatives? Dialects are languages that are becoming extinct in Singapore hence it is up to you to preserve them!

Dates: 4 Fridays, 5 – 26 Oct '18
Time: 7pm – 8.30pm
Fees: Member \$45, Public Service Officer \$55, Guest \$65
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 28 Sep '18

Workshop for Seniors: Facebook for Beginners

An introduction workshop for Seniors who wants to know more about Facebook and its uses.

Learn to create an account and find out what are the main features of Facebook. Understand how to post pictures, updates and add friends into your network. For this workshop, we will be using the Android mobile version of Facebook.

Date: Sat, 13 Oct '18
Time: 2pm – 5pm
Fees: Member \$45, Public Service Officer \$52, Guest \$58
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 6 Oct '18

*Participants are to bring own handphones with the Facebook app installed beforehand.



Basic Hair Cutting Workshop

A course for beginners who wish to learn basic techniques of hair cutting. Participants will work in groups to try out the hair cutting. (Bring your own hair cutting scissors.)

Date: Sat, 3 Nov '18
Time: 9.30am – 11.30am
Fees: Member \$32, Public Service Officer \$38, Guest \$40
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 27 Oct '18

SkillsFuture Approved Courses

Courses that encompass the pillars of digital marketing: Search Engine Optimisation (SEO), Google AdWords, Facebook Marketing, WordPress Web Design, Google Analytics and E-commerce. Each course, conducted by an expert trainer, explains the theory behind the respective marketing platform before a guided hands-on practice session develops the practical skills of each student. *More info at www.impossible.sg*

WordPress Web Design Course

Learn everything you need to know about using WordPress to create and manage your own website, from installing plug-ins to customising the smallest details.

Date: Sat, 6 Oct '18,
Wed 24 Oct '18 or 28 Nov '18,
Sun 4 Nov '18
Time: 9.30am – 5.30pm

Facebook Marketing

This course will take you through the entire process of creating and leading a Facebook marketing campaign.

Dates: Wed, 10 Oct '18 or 14 Nov '18;
Sun, 21 Oct '18 or 24 Nov '18
Time: 9.30am – 5.30pm

Google Analytics

Understand the theoretical foundations and practical abilities of Google Analytics to analyse the data provided by Google to improve traffic to your website.

Dates: Sat, 13 Oct '18 or 10 Nov '18
Time: 9.30am – 5.30pm

E-commerce Business

Learn with hands-on training from a proven E-commerce business expert with extensive experience in Asia. Take the first steps to setting up your online E-commerce store and making your first online sales.

Date: Sun, 14 Oct '18
Time: 9.30am – 5.30pm

Google Ads

Learn every step to creating a successful Google AdWords advertising campaign. Pick up practical Pay Per Click (PPC) strategies.

Dates: Sat, 27 Oct '18 or 17 Nov '18
Time: 9.30am – 5.30pm

Search Engine Optimisation (SEO)

Learn from industry leaders on how to optimise your website to immediately rank higher on search engine results with practical and ethical SEO strategies.

Dates: Sun, 28 Oct '18 or Sat, 10 Nov '18
Time: 9.30am – 5.30pm

Fees per course (100% SkillsFuture claimable):
Member/Public Service Officer/Guest \$500
Venue: International Plaza
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 1 week before class

Good News!
CSC main
members get to
enjoy 2 courses
at \$500 only.



Achieving Career Success Workshops

Christine is a well sought-after Career and Life Coach in Asia, having coached and trained close to 50,000 adults to achieve clarity and results in their lives and career in the last 20 years.

9 Keys To Achieve Success In Your Career through Harrison Assessment

Change the way you look at your career by understanding yourself and what innately and naturally drives you to do what you do in your career that is backed by psychological science.

Date: Sat, 20 Oct '18
Time: 9am – 12pm



6 Practical Tips To Overcome Your Stress and Burnt-out States

Understand the effects of stress and immediate practical tips to apply. You can stop the cycle now – all it takes is just a small step of courage to understand yourself in one session.

Date: Sat, 10 Nov '18
Time: 9am – 12pm



Fees: Member \$10, Public Service Officer \$15, Guest \$20
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 1 week before class

SOCIAL ACTIVITIES

TRAVEL



2D1N Kukup Kelong Trip

Itinerary includes:

• Stop at Geylang Patah for breakfast (own expense) • Stop between Pontain & Pekan Nanas town to visit the Pineapple farm • Kukup Kelong • Lunch @ local seafood restaurant • Boat outing to visit fish farm and shop for dried seafood products • Check into Kukup Resort followed by free-n-easy • Dinner at Kukup Resort • Proceed to Johor shopping at the local mall before journey back to Singapore

Package includes:

Guided tour • 2-way return on 40-seater air-con bus • 2 Lunches, 1 Dinner & 1 Supper • Group Insurance Max \$500 Medical • \$10,000 Accidental Death per person except for insurance of personal items

Package excludes:

All items of personal nature • Visa fee • Tips to tour guide and driver

Dates: Sat – Sun, 13 – 14 Oct '18

Meeting Time/Place: Assemble at 7am CSC @ Tessensohn

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

Register by: First-come-first-served

Tour by: Amazing Explorer

	Adult w/Bed	Child w/Bed (11 years & below)
Member	\$ 150	\$ 130
Public Service Officer	\$ 160	\$ 135
Guest	\$ 165	\$ 140

1D Zenxin, Kukup & 放天灯Special Tour

Itinerary includes:

• Zenxin Organic Farm to visit Dragonfruit Farm, Herbs Garden, DIY Curry Puff, Vegetable Farming, Mulberry Farm followed by lunch • Visit Kluang Rail Coffee • Kluang shopping • Dinner at local restaurant

Package includes:

1-day usage of 40-seater air-con bus • Experienced Tour Guide from Malaysia • Lunch & Dinner • Entrance fees as per itinerary • Tipping for Guide & Driver • Group Insurance Medical \$500 • Accidental Death & Disability \$10,000

	Adult	Child (11 years & below)
Member	\$ 85	\$ 78
Public Service Officer	\$ 90	\$ 82
Guest	\$ 95	\$ 86

Date: Sat, 27 Oct '18

Meeting Time/Place: Assemble at 7am 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
- Farm, garden and vegetable plantation visits, and activities such as horse riding, kayaking and farm recreation
- Shopping at Malacca

Package includes:

3-day usage of 44-seater air-con bus • 2N stay @ Mantin Forest Art Farmstay • 3 Lunches & 3 Dinners • Entrance fees as per itinerary • Group Insurance Medical \$500 • Accidental Death & Disability \$10,000

STAY @ Mantin Forest Art Resort or Similar	Twin/Triple	Child w/Bed (11years & below)
Member	\$ 305	\$ 218
Public Service Officer	\$ 315	\$ 228
Guest	\$320	\$ 238

Dates: Sat – Mon, 24 – 26 Nov '18

Meeting Time/Place: Assemble at 6.30am CSC @ Tessensohn

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

Register by: First-come-first-served

Tour by: Amazing Explorer



3D2N Cameron Tour

Itinerary includes:

• Visit to Boh Tea Plantation and Factory • Market Square, Strawberry Farm, Vegetable Farm and Rose Centre • Lavender Farm in Cameron

Package includes:

3D usage of 40-seater air-con coach • Experienced Tour Guide from Malaysia • 2 Breakfasts, 3 Lunches & 3 Dinners • Entrance fees as per itinerary • Tipping for Guide & driver • Group Insurance Medical \$500 • Accidental Death & Disability \$10,000

Heritage Hotel or Strawberry Park Hotel or equivalent	Twin/Triple	Child w/Bed (11years & below)
Member	\$ 285	\$ 260
Public Service Officer	\$ 295	\$ 270
Guest	\$315	\$ 275

Dates: Sat – Mon, 1 – 3 Dec '18

Meeting Time/Place: Assemble at 6.30am CSC @ Tessensohn

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

Register by: First-come-first-served

Tour by: Amazing Explorer



8D7N Iservice @ Chiangmai 2018 – Service With A Heart

This programme is a platform to encourage participants and their families to serve and gain social experience; cultivate the value to care for the less fortunate and build stronger family ties while engaging in a good cause! (Min age for participation, 7 years old)

Led by the YMCA of Chiangmai, trippers will extend service work to the residents of the Huang Wang Village and aims to improve their quality of life:

- Render basic cleaning service, repair, construction works, building fences
- Equip school with basic education tools
- Enhance the basic needs for classrooms – providing new materials eg., tables, chairs, books, etc
- Bring joy and hope to the orphans – befriending and having fun through group activities

SCOOT's FARE + TAXES – \$500*

13 Dec TR674 SIN-CNX 1420/1615

20 Dec TR675 CNX-SIN 1655/2105

(Airfare & Taxes at current rates subject to changes upon final confirmation subjected to changes)

*inclusive of 20 Kg baggage allowance & all airport taxes.

Dates: Thu – Thu, 13 – 20 Dec '18

Time: To be advised.

Assemble at Changi Airport

Fees: \$680 per pax

(Fee include 7 days meals, 7 days accommodation & all land transfers)

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

Register by: First-come-first-served

Tour by: Accolade Events



NOTE

1. All International Passports to have minimum six-month validity from the date of departure
2. All times indicated are approximates and is subject to time spent at each place and road traffic condition
3. Itinerary is subject to change without prior notice
4. You may also opt for other airlines. Arrangements will be made to pick you up at the airport.


REGULAR ACTIVITIES

csc @Tessensohn



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

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

Aqua Aerobics	12 Sundays, 4 Nov '18 – 27 Jan '19 (No lessons on PH)	9am – 10am	Vikki	\$80	\$90	\$105	18 Pax (Max)	25 Oct '18
	10 Thursdays, 20 Sep – 22 Nov '18 (No lessons on PH)	6.30pm – 7.30pm	Anthea	\$85	\$95	\$110	18 Pax (Max)	10 Sep '18
	10 Saturdays, 22 Sep – 1 Dec '18 (No lessons on PH)	8am – 9am 9am – 10am	Anthea	\$85	\$95	\$110	18 Pax (Max)	18 Sep '18
	10 Wednesdays, 26 Sep – 28 Nov '18 (No lessons on PH)	6.15pm – 7.15pm or 7.15pm – 8.15pm	Vikki	\$80	\$90	\$105	18 Pax (Max)	20 Sep '18
	10 Fridays, 16 Nov '18 – 25 Jan '19 (No lessons on PH)	7pm – 8pm or 8pm – 9pm	Vikki	\$85	\$95	\$110	18 Pax (Max)	2 Nov '18
	10 Tuesdays, 4 Dec '18 – 5 Jan '19 (No lessons on PH)	8am – 9am	Vikki	\$85	\$95	\$110	18 Pax (Max)	27 Nov '18

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

Foxtrot	10 Sundays, 28 Oct – 30 Dec '18	2pm – 3pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	22 Oct '18
Latin Samba - Beginners	10 Sundays, 28 Oct – 30 Dec '18	3pm – 4pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	22 Oct '18
Ballroom Waltz Intermediate	10 Sundays, 28 Oct – 30 Dec '18	4pm – 5pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	22 Oct '18

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

Children	4 Lessons, Sep/Oct '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 Sep '18/ 15 Oct '18
Ladies (Beginner)	10 Mondays, 10 Sep – 12 Nov '18 (No lessons on PH)	7pm – 8pm	Thipa	\$210	\$220	\$230	12 Pax	7 Sep '18
Ladies (Intermediate)	10 Mondays, 10 Sep – 12 Nov '18 (No lessons on PH)	8pm – 9pm	Thipa	\$210	\$220	\$230	12 Pax	7 Sep '18





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

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

Wing Chun Kung Fu, "Chi Sau"	4 Thursdays, 4 – 25 Oct '18 (No lessons on PH)	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	27 Sep '18
	5 Thursdays, 1 – 29 Nov '18 (No lessons on PH)	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	25 Oct '18
Wing Chun Kung Fu, "Chi Sau" (Adult Beginner)	4 Saturdays, 6 – 27 Oct '18 (No lessons on PH)	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	29 Sep '18
	4 Saturdays, 3 – 24 Nov '18 (No lessons on PH)	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	27 Oct '18
Wing Chun Kung Fu, "Chi Sau" (Children 6 – 12 yrs)	4 Saturdays, 6 – 27 Oct '18 (No lessons on PH)	10.30am – 11.30am	Sifu Ken Lau	Supp Member \$90	–	\$100	10 Pax	29 Sep '18
	4 Saturdays, 3 – 24 Nov '18 (No lessons on PH)	10.30am – 11.30am	Sifu Ken Lau	Supp Member \$90	–	\$100	10 Pax	27 Oct '18
Wing Chun Kung Fu, "Chi Sau" (Adult Intermediate)	4 Saturdays, 6 – 27 Oct '18 (No lessons on PH)	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	25 Oct '18
	4 Saturdays, 3 – 24 Nov '18 (No lessons on PH)	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	27 Oct '18
Traditional Taekwon-Do	13 Saturdays, 6 Oct – 29 Dec '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	29 Sep '18

\$100 parent & child pair
\$150 parent & 2 children
This pricing only for member



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

Yoga	10 Fridays, 19 Oct – 21 Dec '18 (No lesson on 10 Aug '18)	7pm – 8pm or 8pm – 9pm	Huay Lin	\$75	\$80	\$85	12 Pax (Min)	12 Oct '18
Pilates	10 Mondays, 5 Nov '18 – 21 Jan '19	7pm – 8pm	Mabeline	\$85	\$95	\$100	12 Pax (Min)	29 Oct '18

REGULAR ACTIVITIES

CSC @ Bukit Batok



Acitivity	Date	Time	Instructor	Fees			Group Size	Register By
				Member	Public Service	Guest		
Aqua Aerobics For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg								
Deep Aqua	10 Saturdays, 20 Oct '18 – 29 Dec '18 (No lessons on PH)	8.30am – 9.30am	Kelvin	\$85	\$95	\$110	18 Pax (max)	10 Oct '18
	10 Tuesdays, 13 Nov '18 – 22 Jan '19 (No lessons on PH)	7pm – 8pm	Vicsland	\$85	\$95	\$110	18 Pax (max)	7 Nov '18
Martial Arts For info, contact Hai Ming @6391 5607 or onnhaiming@csc.sg								
Aikido (Children)	10 Sundays, 30 Sep – 2 Dec '18 (No lessons on PH)	10am – 11am	Steven Goh	\$120	\$130	\$135	20 Pax	23 Sep '18
Aikido (Adult)	10 Sundays, 30 Sep – 2 Dec '18 (No lessons on PH)	11am – 12pm	Steven Goh	\$120	\$130	\$135	20 Pax	23 Sep '18
Traditional Taekwon-Do	13 Saturdays, 6 Oct – 29 Dec '18 (No lessons on Eve or PH)	4pm – 5.30pm	Singapore Taekwon-Do Academy	\$60	\$70	\$80	10 Pax	29 Sep '18
				\$100 parent & child pair \$150 parent & 2 children This pricing only for member				
Swimming For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg								
Children	4 Lessons, Sep/Oct '18 Choice of Sat/Sun	Depends on Swimming Level & Age (Instructors Will Advise)	Yusman / Ishaak/ Paul / Vishnu	Supp Member \$70	–	\$85	15 Pax	15 Sep '18/ 15 Oct '18
Ladies	10 Thursdays, 20 Sep – 22 Nov '18 (No lessons on PH)	7.30pm – 8.30pm	Thipa	\$210	\$220	\$230	12 Pax	15 Sep '18
Studio Fitness For info, contact Serene Cho @6391 5620 or serenecho@csc.sg								
Pilates	10 Saturdays, 10 Nov '18 – 12 Jan '19	11am – 12pm	Agnes	\$85	\$95	\$100	12 Pax (min)	3 Nov '18

CSC @ Changi

Swimming

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

Children	4 Lessons, Sep/Oct '18 Choice of Sat/Sun	Depends on Swimming Level & Age (Instructors Will Advise)	Chang Mun Chung	Supp Member \$70	-	\$85	10 Pax	15 Sep '18/ 15 Oct '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 payable to "Civil Service Club" unless otherwise stated.
- Unless otherwise stated, cheques should be sent to:
Social Manager, Civil Service Club, 60 Tessensohn Road, Singapore 217664
- The Civil Service Club and its management will be kept fully indemnified against all claims, loss or damage whatsoever to participants arising from any cause in connection with activities organised or participation therein.



APPLY NOW
www.csc.sg/membership

Civil Service Club

Associate Membership

FOR NON-PUBLIC SERVICE OFFICERS
(SINGAPOREANS & PR)

Promotion

PROMOTION ENDS
31 OCTOBER 2018

3

Year Membership
\$900



2 NIGHTS CHALET STAY
@ CSC CHANGI I (OFF-PEAK)**
RRP \$296 **Promo Code: CRN2N**

OR

FITBIT VERSA*
RRP \$318

Promo Code: FBV



2

Year Membership
\$600



GRUNN I1-ECOBOT RED*
RRP \$239 **Promo Code: ROBOT**

1

Year Membership
\$300



KRISTEN NOODLE MAKER*
RRP \$399 **Promo Code: NM**

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

Terms and conditions apply

*While stocks last.

**Chalet rooms for stay during off-peak period from Monday to Thursday during non-school holidays.
Upgrade to peak period subject to approval and room availability.



**CIVIL SERVICE CLUB
DINNER & DANCE 2018**

Masquerade

**LUCKY
DRAW**

1st Prize:
Return Air Tickets
by SQ to Paris
for 2

Date: Monday, 31 Dec '18
Venue: Pan Pacific Singapore,
Pacific Ballroom (L1)
Time: 6pm - 1am

**LUCKY
DRAW**

2nd Prize:
Return Air Tickets
by SQ to Tokyo
for 2

Member: \$98 per ticket, \$1,200 per table

Public Service Officer/Member's Guest: \$138 per ticket, \$1,380 per table

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

This event is open to 16 years' old and above

Highlights:

Instant Photo Booth, Free Masks for Early Birds, Pre Event Activities, Elvis Showtime, LED Flow Fans Performance, Mask Change Performance, Illusion Act, Popular Singing Artiste, Sumptuous Dinner, Table & Mass Participation Games, Fabulous Lucky Draw Prizes & many more...

Register by: 30 Nov 2018 with Vanessa Choo at vanessachoo@csc.sg Or Tel: 6391 5641 (Subject to availability)