

fusion!

one membership, three clubhouses, four distinct experiences

january – february 2019 issue



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AT A GLANCE
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**LUNAR NEW YEAR BAZAAR
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**1000 WISHES FOR SINGAPORE
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CSC COMMEMORATES
Singapore
BICENTENNIAL 2019



Operating Hours At CSC Lunar New Year



FACILITIES	Mon, 4 Feb Eve of CNY	Tue, 5 Feb 1st day of CNY	Wed, 6 Feb 2nd day of CNY
Corporate Office & Clubhouse Office	Close at 1pm	Closed	Closed
Front Office	Close at 4pm	Closed	Open
Swimming Pool	Close at 4pm	Closed	Open
Badminton, Tennis & Table Tennis	Close at 4pm	Closed	Open
Jackpot Room	Close at 4pm	Closed	Open
Planet Bowl	10am - 2am	10am - 2am	10am - 1am
Pisces KTV	Closed	Open from 6pm	Open from 6pm
Qian Xi Restaurant	Open	Open	Open
Grounds Up Rock Climbing	10am - 6pm	10am - 6pm	10am - 9pm
Gymnasium	8am - 4pm	Closed	Open
Café @ Poolside	9am - 4pm	Closed	Closed
Café @ Planet Bowl	10am - 4pm 8pm - 1am	12pm - 1am	12pm - 1am
Vyasa Yoga	Closed	Closed	Open
Futsal Court	Open	Open	Open
Bowling Pro-Shop	Closed	Closed	Open
Shitoryu Karate	Closed	Closed	Closed



Club Facilities and Front Office	Close at 4pm	Closed	Open
Westwood Bowl	8.30am - 2am	8.30am - 2am	8.30am - 2am
Treasure Cove (Jackpot Room)	Close at 4pm	Closed	Open
Thinkel Pte Ltd	Closed	Closed	Closed
The Ultimate Pte Ltd	Closed	Closed	Closed
Artzone	Closed	Closed	Closed
Strikeline Pro Shop (Bowling)	11am - 6pm	Closed	Closed
8 Degree KTV Lounge	7pm - 1am	7pm - 1am	5pm - 1am
Glow Hairspa	10am - 5pm	Closed	Closed
Dad's Corner	Closed	2pm - 10pm	2pm - 10pm
MMI Childcare Centre	7am - 2pm	Closed	Closed
Bistro Bowl	10am - 1am	9am - 1am	9am - 10pm
Hilltop Garden Restaurant Pte Ltd	10am - 10pm	10am - 10pm	10am - 10pm



Front Office	8.30am - 1pm*	Closed*	8.30am - 6pm
Club Facilities: Swimming Pool, Tennis & BBQ Pavilion	Open	Open	Open
Chalet Office	8.30am - 6pm	8.30am - 6pm	8.30am - 6pm
Chalets & Villas	Open	Open	Open
Changi Resort Bowl	9.30am - 3am	8.30am - 3am	8.30am - 1am
Bistro Bowl Café	10am - 1am	10am - 1am	10am - 1am
Trinity Bowl Pro Shop	Closed	Closed	Closed
Pondok Gurame Indonesian Restaurant (Closed on Mondays)	Closed	11am - 2.30pm 6pm - 9.30pm	11am - 2.30pm 6pm - 9.30pm
8 Degree (KTV Lounge)	7pm - 1am	7pm - 1am	5pm - 1am
LOTS Gourmet & No. 2 Ice Cream (Closed 4 - 8 Feb, reopens 9 Feb)	Closed	Closed	Closed



*Make enquiries at the Chalet Office



Chalet Office	8am - 8.30pm	8am - 8.30pm	8am - 8.30pm
Convenience Shop	11am - 6pm	Closed	Open
Sea Sports Centre	4pm - 12am	9am - 12am	9am - 12am



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fusion!
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CSC @ Tessensohn

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

CSC @ Bukit Batok

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

CSC @ Changi 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 5607 (Onn Hai Ming)
T: 6391 5624 (Kua Gek Cheng)
T: 6391 5641 (Vanessa Choo)
T: 6391 5620 (Serene Cho)
events@csc.sg

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

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

  Civil Service Club

 feedback@csc.sg

Dear Members,



Welcome to 2019, which is a very significant year for Singapore. Our nation will be commemorating the bicentennial of the founding of Singapore in 1819 and there are a series of events being planned by both public and private agencies to commemorate this milestone. Civil Service Club will be doing our part to celebrate by incorporating the bicentennial theme into the activities organised by the Club, membership promotions, along with discounts on the use of our Club facilities and social activities. A couple of our Healthy Lifestyle walks will be routed to cover some of the iconic landmarks in Singapore. Likewise, for the Amazing Race series for 2019, the Public Service Sports and Family Day in July 2019 and the CSC Run by the Bay in Sept/Oct 2019, the bicentennial theme will also be featured. Through these, we hope our members and public service officers will be better informed about Singapore's history, from swampland to a great nation, when they participate in these activities. (Some social activities, with a bicentennial theme, are on pages 28 to 31).

Upon reflection, 2018 was a very challenging year for the Club. With the FM takings down by more than 50%, the Club had to transform the way we conduct our operations. We had to trim costs and introduce new initiatives to differentiate the Club's offerings and generate more revenue. At the same time, the Club needed to enhance the experience of members and public service officers when they visit the Club through regular infrastructure and facilities upgrading.

The taking over of Aloha chalets on 1 Apr 2018 was a welcome opportunity for the Club to generate new income to mediate against the loss of revenue from the FM takings.

ACTIVITIES OVER THE PAST TWO MONTHS

SOCIAL ACTIVITIES

Some of the key highlights of the social activities organised over the past two months were:

Movie Treats. The Club continued to offer good discounts for our members at Shaw Lido. The last two movie treats, "Aquaman" and "Fantastic Beast" garnered more than 200 members and their families watching these movies.

Children's Christmas Party. The Magical World of Wizards and Fairies Christmas Party was held at CSC @ Tessensohn on 15 Dec 2018. It attracted about 130 children. Many of the parents put in extra effort to dress their children up in thematic costumes. Each participant received a magic wand and a furry toy as door gifts. Lunch was a McDonald's Happy Meal. There was a myriad of activities for the children, such as an inflatable bouncing castle, sand art, balloon sculpting, magic glitter tattooing and a magic show. These activities plus the free flow of candyfloss, cup corn and candy, kept the participants busy throughout the party. There

was also a competition to select the best dressed wizard and fairy. The Club took the opportunity to invite 24 children from MSF Children in Care Service programme (9 children) and Hougang Sheng Hong Student Care Centre (15 children) to share the joy of Christmas with us.

Countdown Party. Thank you to all the members and their guests who stepped forward to participate in our annual year-end dinner and dance. The 420 participants had a good time enjoying the pre-dinner entertainment, sumptuous sit-down dinner, captivating entertainments (Elvis Show time, LED Fans Performance, Mask Change Performance, Illusion Act, Popular Local Singing Artist) and the fabulous lucky draw prizes. What better way to say goodbye to 2018 than to participate in a countdown together to usher in the New Year and join our voices to sing Auld Lang Syne in unison, amidst the popping of cannon confetti and balloons.

SPORTING ACTIVITIES

For the 2018 STAR games competition, Ministry of Home Affairs and Ministry of Defence had emerged as the champion and runner-up, respectively, for the Division 1 category. As for the Division 2 category, Jurong Town Corporation and Republic Polytechnic have emerged as the champion and runner-up, respectively. Congratulations, and they would receive their winning trophies from the Club's Vice President during the year-end countdown party.

RENOVATION & UPGRADING

CSC @ Tessensohn. Planet's Bowl pin setter overhaul was completed in Dec 2018. It will enhance the experience of bowlers. Goldmine was also given a makeover to fill up the space left vacant by fewer machines and to provide better service to the members.

CSC @ Bukit Batok. The painting of the Clubhouse was completed, brightening the Clubhouse and giving it a new look. We have also used colours to differentiate the different levels of the multi-story carpark so that drivers will have a better impression of where they park their cars.

IT - Events Booking. The E-event booking module has gone live and members can now have the convenience of booking their social events and make payments through any mobile platforms.

ACTIVITIES OVER THE NEXT TWO MONTHS

SOCIAL ACTIVITIES

Lunar New Year Bazaar. The first two months of the calendar year are always filled with social activities that celebrate the Lunar New Year. The highly anticipated Lunar New Year bazaar will be held at CSC @ Tessensohn, L3 on 19 Jan 2019. It will be a fun-filled day with a movie screening, cooking demonstration, children's activities and over 40 bazaar booths with exciting bargains for Lunar New Year goodies. There will be free goodie bags (on a first-come-first-given basis and while stocks last), and a lucky draw conducted where more than \$23,000 worth of prizes will be given away to the lucky winners. The details are on pages 8 to 11.

At the foyer of the Clubhouse, there will be a branded men's attire warehouse sale where items will be sold at a great discount. Do check this out when you attend the Lunar New Year bazaar to pick up some new clothes for the new year!

The Lunar New Year Lohei. The Lunar New Year is not complete without the Lohei Dinner to bring in good health and prosperity. This event will be held at CSC @ Tessensohn, Qian Xi Restaurant on 11 Feb 2019. This event is fully subscribed. The Management would like to thank all the participants for their invaluable support.

Movie Treats. As part of the CSC bicentennial commemoration, the movie treat tickets will be further discounted to 4 tickets for \$20, for members. The upcoming movie at Shaw Lido is "How To Train Your Dragon" to be held on 7 Feb 2019 at 6.30 pm.



Deep Water Workout. Over the years, there has been a steady increase in the number of participants signing up for the deep-water workout activities. Although most of the participants are in the Merdeka generation and above, we are seeing younger members joining this workout too. This is a high intensity low-impact aqua fitness programme done at the deeper end of the pool, wearing a floatation belt. It is very good for those who are recovering from back-related problems. For those who are interested, please contact Vanessa at 6391 5641.

RENOVATION & UPGRADING

Wave Pool. The wave pool at CSC @ Bukit Batok will be closed for makeover work for 8 weeks from 2 Jan to 26 Feb 2019. The waterfall at the wave pool will be upgraded to one where there will be a bigger cascade of water from the top, with the waterfall illuminated by changing lighting as it cascades down to the wave pool. The rocks that encompass the wave pool will be repainted to add vigour to the ambience of the pool.

Driveway Lighting. The Clubhouse is installing new LED lightings to illuminate the driveway so that drivers can have a better visual at night when they use this driveway.

IT ENHANCEMENTS

Room Booking System. In our quest to leverage IT to enhance our productivity and communication with our members and public service officers, we are working on adding more modules to the room booking system. Besides the E-Voucher module, the Club is introducing the BBQ online booking module to the room booking system so that all the needs of the members can be seamlessly e-transacted. The enhancement should be completed by end Jan 2019.

Bowling Websites. The Club's Bowling website has been upgraded to mobile-friendly. Access to the website can be through any mobile platforms.

UPDATE ON ALOHA CHALET

The Club took over 85 chalets from PSD on 1 Apr 2018 and another two chalets from SLA in Oct 2018. While operating the chalets has been a learning curve for the Management, we believe we have been able to enhance the guest experience for chalet users through the facility improvements and new space programming. We saw an opportunity to capitalise on the

proximity of Pasir Ris Beach at Loyang Chalets to offer sea sports activities, as well as three dog-friendly chalets for owners to have a staycation with their pets.

After nine months, we are pleased to share that both clusters of chalets, CSC @ Loyang and CSC @ Changi II, experienced about 65% of occupancy. The feedback was positive and our guests appreciated the progressive differences that were put in, like cable TV, faster Wifi speed, rooms and toilet amenities and kid friendly furnishings and cutleries. Chalet rating has been positive, averaging 4.30 for Changi II and 4.15 for Loyang over a maximum score of 5. The dog-friendly chalets have also been well received. The Club has partnered KohePets, who supplied dog amenities to kit up the dog friendly chalets and even a welcome goodie bag for the dog friendly chalet guests. Over the next two months, the Club will be progressively improving the ID of the dog friendly chalets. The Sea Sports Centre at Loyang had their soft launch on 15 Dec 2018. It has a bistro and bar that fronts the sea, and serves grilled food, fish and chips and chicken wings with beer and juices.

In 2019, the Club will continue enhancing the guest experience in the three chalet clusters of Changi, Changi II and Loyang. The Club intends to rejuvenate the Changi I chalets with new furnishings and a refreshed look. Changi II and Loyang will have new furnishings and enhancements to make the stay experience a cosier one, and this is especially so for the Fairy Point chalets.



Did You Know?

Lunar New Year Operating Hours.

The operating hours for each Clubhouse, during the Lunar New Year, may be different. As CSC @ Changi is operating a 24/7 chalet facilities, most of the facilities are open daily during the Lunar New Year period but may have different operating hours than usual. The details are inside the front cover.

Inter-Clubhouse Festive Decoration. Congratulations to CSC @ Bukit Batok for putting up the best decoration for Christmas. It has won three out of the four festive decoration displays. If it comes in as runner-up in the Lunar New Year decoration, it will be the overall champion. CSC @ Tessensohn is currently in second place, two points behind CSC @ Bukit Batok.

The Management wishes all our members and their loved ones a Happy and Prosperous Lunar New Year! For all the lovebirds, Happy Valentine's Day to you too!



Chinese Horoscope 2019



Pig 猪

Born in: 1947, 1959, 1971, 1983, 1995

Overview

For individuals born in the year of the Pig, it is a year mixed with happiness and frustrations due to Tai Sui's adverse influence. You will be filled with unnecessary anxieties. It is good to adopt a defensive front in 2019 and be magnanimous when handling others. Refrain from being too anxious to get things done as you might end up making more mistakes. Spend more time with your family and maintain a healthy communication; your family support will tide you through the difficult times. Work-wise, find your tribe and stick with them. It is a good year for you to go for re-training and skills upgrading courses.

Lucky Number: 5535

Lucky Colors: Navy, Light Blue, Silvery Gray

Lucky Directions: North, East

Star Ranking

Career ★
Wealth ★★
Romance ★
Health ★



Rat 鼠

Born in: 1960, 1972, 1984, 1996, 2008

Overview

It is a year full of adventures and good changes or individuals born in the year of the Rat. With a star that blesses you with enhanced power, you will find yourself filled with a revived drive to complete assigned tasks. However, be wary of letting your ego ruin your life. Patience and flexibility are needed to help you excel in the opportunities around you. 2019 brings opportunities for you to move out of your current situations; so, be prepared to seize your breakthrough opportunities!

Lucky Number: 4637

Lucky Colors: Blue, Green, White

Lucky Directions: Northeast, Southeast

Star Ranking

Career ★
Wealth ★★
Romance ★★
Health ★★



Ox 牛

Born in: 1961, 1973, 1985, 1997, 2009

Overview

Done with the year filled of turbulence, those born in the year of the Ox will see better luck in 2019. There will be benefactors around to aid in at work, and you'll be able to showcase your abilities and shine at work. Health takes a toll, you need to work on stress and relationship-management. Prioritize family time and focus on developing a good communication style with your children and spouse. Family harmony will be affected if there is suspicion and neglect.

Lucky Number: 0768

Lucky Colors: Purple, Maroon, Pink

Lucky Directions: Northwest, North

Star Ranking

Career ★★
Wealth ★★
Romance ★
Health ★



Tiger 虎

Born in: 1950, 1962, 1974, 1986, 2010

Overview

With an authority star shining on the individuals born in the year of the Tiger, 2019 is a good year for you. Benefactors will surround you, helping you to advance in your career. Developing good relationships with key stakeholders in your organization will aid in your success. Due to the clash with Tai Sui, you might face wealth instability and inevitable losses in riches. Stress at work takes a toll on your productivity, mental and physical health. It is important to find joy in your life and do more charitable acts in 2019!

Lucky Number: 0358

Lucky Colors: White, Yellow, Orange, Beige

Lucky Directions: West, North

Star Ranking

Career ★★
Wealth ★★
Romance ★
Health ★★



Rabbit 兔

Born in: 1951, 1963, 1975, 1987, 1999

Overview

A busy and fulfilling year for individuals born in the year of Rabbit! With "The Sun" star shining on you, you are very pro-active in both career and personal matters. This year, you will thirst for change and breakthroughs. Your motivation to do better will open doors for you to connect with like-minded people. On the romance front, nurture your relationship and trust your partner more. Steer clear from gossips and negativity. Health-wise, maintain a healthy diet and start a new exercise regime to improve your overall health.

Lucky Number: 6781

Lucky Colors: Pink, Brown, Khaki

Lucky Directions: East, South

Star Ranking

Career ★★
Wealth ★★
Romance ★★
Health ★★



Dragon 龙

Born in: 1952, 1964, 1976, 1988, 2000

Overview

With an auspicious star shining, individuals born in the year of the Dragon will be surrounded with benefactors and you will be able to showcase your talents in your job. Help will be extended from colleagues and friends when it comes to your career. You will have a heightened capability to complete tasks, along with a will to win. Wealth fortune is average, and you should refrain from gambling. Rein in your temper as it might in turn affect your interpersonal relationships and family.

Lucky Number: 0810

Lucky Colors: Gray, Brown, Grayish-Black

Lucky Directions: Southwest, Northeast

Star Ranking

Career ★★
Wealth ★★
Romance ★★
Health ★



New Trend Lifestyle (NTL) by Grand Master Hillary Phang. Since 2012, it is the only Feng Shui organisation in Asia listed in London Stock Exchange. Yuan Zhong Siu, our geomancy brand, provides professional Feng Shui, Zi Wei Life Analysis, Selection of Auspicious Date, Baby Naming Services and more. For more information, check out www.facebook.com/yzs.sg.

At a Glance



Snake 蛇

Born in: 1953, 1965, 1977, 1989, 2001

Overview

A rocky year ahead due to the conflict with Tai Sui, individuals born in the year of the snake will find themselves short-tempered. In 2019, you need to strengthen your people management skills. It will be a prosperous year for ladies, as you get an improved fortune in your career, wealth and opportunities. For males, you will feel trapped and isolated at work. Pay extra attention to health problems related to blood pressure.

Lucky Number: 0921

Lucky Colors: Green, Purple, Violet

Lucky Directions: Southeast, Southwest, Northeast

Star Ranking

Career ★★☆☆
Wealth ★★☆☆
Romance ★★☆☆
Health ★★☆☆



Goat 羊

Born in: 1955, 1967, 1979, 1991, 2003

Overview

A mixed fortune for 2019, individuals born in the year of the Goat will be negatively affected by interpersonal problems. Fret not, as your hard work will still be rewarded at work. This year, remember to be kind and mind your words. Perseverance will help you reap the rewards of your efforts. 2019 is an excellent year for students to pick up new skills and information, seize the opportunities! Money-wise, make sure you always have a healthy cash flow.

Lucky Number: 7899

Lucky Colors: Baby-Blue, Red, Maroon

Lucky Directions: Southeast, Northeast

Star Ranking

Career ★★★★★★
Wealth ★★★★★★
Romance ★★★★★★
Health ★★☆☆



Rooster 鸡

Born in: 1945, 1957, 1969, 1981, 1993

Overview

Finally escaping Tai Sui's negative influence, there will be a general improvement in your fortune. That said, with a lack of main stars in your life, you tend to overthink and be swayed by others' opinions, limiting your personal progress. 2019 is a good year for you to head abroad for career development. If you are moving abroad or overseas, you stand to reap the benefits and be on the receiving end for opportunities and good fortune. Respect your loved ones and be more for magnanimous to prevent unhappiness in your relationship.

Lucky Number: 3193

Lucky Colors: Brown, Beige, Gray

Lucky Directions: North, East

Star Ranking

Career ★★★★★★
Wealth ★★★★★★
Romance ★★★★★★
Health ★★★★★★



Horse 马

Born in: 1954, 1966, 1978, 1990, 2002

Overview

Good fortune shines down you! In 2019, you will gain elder benefactors' help to advance in your career. With positive stars gracing your life, your achievements come along with arrogance. Keep your boastfulness in check; least opportunities slip your way. On the career front, be proactive and you will be blessed with a smooth-sailing career. Manage your work relationship with the opposite gender well as they can affect your career fortune. You will also be presented with opportunities to make money on top of your regular income.

Lucky Number: 7788

Lucky Colors: Beige, Yellow, Pink

Lucky Directions: East, Southeast, South

Star Ranking

Career ★★★★★★
Wealth ★★★★★★
Romance ★★★★★★
Health ★★★★★★



Monkey 猴

Born in: 1956, 1968, 1980, 1992, 2004

Overview

There will be conflicts and hidden sabotages surrounding individuals born in the year of the Monkey due to the clash with Tai Sui. Luck fluctuates and there will be a lot of changes happening. If there is a need for renovation at home, an auspicious date must be selected. Work-wise, you'll get to showcase your talents and receive help from benefactors. Your wealth luck is prosperous. Be prepared to work your way to success. Keep your emotions and desires in check least it affects your overall wellness.

Lucky Number: 9669

Lucky Colors: White, Black, Green, Red

Lucky Directions: South, North

Star Ranking

Career ★★★★★★
Wealth ★★★★★★
Romance ★★★★★★
Health ★★★★★★



Dog 狗

Born in: 1946, 1958, 1970, 1982, 1994

Overview

Good fortune awaits individuals born in the year of the Dog! 2019 brings enhanced authority, career progression and personal growth. Let this year be about work; approach it slowly and steadily, and resist the urge to rush into things. Work towards your goals as they can be fulfilled this year. There will be plenty of romance advances and opportunities in the new year, choose wisely. For married individuals, be clear of your priorities and responsibilities.

Lucky Number: 8218

Lucky Colors: Green, Blue, Black

Lucky Directions: East, Northwest

Star Ranking

Career ★★★★★★
Wealth ★★★★★★
Romance ★★★★★★
Health ★★★★★★

LUNAR NEW YEAR Fun

麻将 Mahjong Challenge

CSC @ TESSENSOHN

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

Play two rounds of mahjong to score your best. Player with the most points win attractive prizes!

17 FEB 2019 (SUNDAY)
9.30AM TO 5PM

FEES
(Lunch Included)

Member \$20

Public Service Officer \$25

Contact Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Registration by 8 Feb '19



Lunar New Year

BRANDED MEN'S APPAREL WAREHOUSE SALE



FÉRAUD
PARIS

renoma
PARIS

THOMAS SMITH
LONDON

JOHN CURTIS
-International-



4
DAYS
ONLY!

**UP TO
80%
OFF**

Date: Thu 17 Jan – Sun 20 Jan '19

Time: 10am – 8pm

Venue:



Main Lobby at Tessensohn Clubhouse
60 Tessensohn Road Singapore 217664



5 minutes walk from
Farrer Park MRT (Exit B)



Ample car parking space

CSC Members/Public Service Officers:

Additional 10% off
with purchase of \$80 and above

For any purchases (without minimum amount spent):

20% off on food items
at the Pool Cafe

CSC 3.8 Women's Gourmet Workshop



HONORING WOMEN THIS INTERNATIONAL WOMEN'S DAY

8 March
HAPPY WOMEN'S DAY

A workshop designed for women who love cooking and to show love to family and friends through good food. Also stand a chance to win attractive prizes for the Best Dressed and for the Lucky Draw winners.

8 MAR 2019 (FRIDAY)
6PM TO 9.30PM

FEES Fees include buffet dinner and a welcome door gift pack

Member	\$35
Public Service Officer	\$38
Guest (Ladies Only)	\$40

Venue: CSC @ Tessensohn

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

Register by: 26 Feb '19



Birdies Dumplings

Bite-sized yummys in the form of cute birdies for the ultimate culinary and visual treat.



Berry Rice Mango Supreme

Near-perfect Thai rice berry paired impeccably with a juicy mango and bathed in rich coconut milk.



Seafood Pumpkin Broth with Rice Crisps

A comfort soup that's in a lovely pumpkin hue and velvety smooth to the taste.

Partners:



CIVIL SERVICE CLUB MOBILE APP

VISIT WWW.CSC.SG/MOBILEAPP



Available on the
App Store

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!

Make Cooking Fun! Culinary Team Building Activities

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



For more information, please contact Kua Gek Cheng at 6391 5624 or kuagekcheng@csc.sg



LUNAR NEW YEAR 2019

BAZAAR

CSC @ TESSENSOHN DIAMOND BALLROOM
19 JANUARY 2019, SATURDAY • 10AM – 3PM

MORE THAN **30** STALLS OF
LUNAR NEW YEAR
GOODIES

Exciting Programme
Free Lunar New Year Goodie Bag
Movie Screening
Feng Shui 2019
Lunar New Year Cooking Workshop With Chef Lisa
Phototaking With Cai Shen Ye & Fu Lu Shou
Fa Cai Game Stalls
... and many more!



MEMBERS' FESTIVE DRAW!

PRIZES WORTH A TOTAL OF

\$23,880*



**JOIN US @ AUDITORIUM
LEVEL 3 @ 3.30PM**

***Terms & Conditions**

- 1 The Draw will be conducted at Civil Service Club at Tessensohn, Clubhouse Auditorium Level 3, 60 Tessensohn Road, Singapore 217664 on Saturday, 19 January 2019 at 3.30pm.
- 2 Only Club Members are eligible for the Draw.
- 3 One lucky draw coupon will be given for every \$50 spent in a single receipt at any of the three Clubhouses for usage of facilities, sign-up for activities (non-tenanted) and payment of membership fees. Only applicable for payments made in full during the qualifying period.
- 4 Qualifying period is from 1 November 2018 to 18 January 2019 at 11pm. Lucky Draw coupons must be deposited at the respective Clubhouses by 11pm on 18 January 2019 or by 12noon on 19 January 2019 at Tessensohn Clubhouse. Incomplete particulars will be considered null and void.

- 5 Winners must produce membership card for verification without demand. Membership must be valid on the date of the Draw.
- 6 Only original lucky draw coupons are accepted.
- 7 There will be no restriction on the number of prizes a member may win.
- 8 Winners must be present in person at any of the three Clubhouses when the Draw is conducted, failing which another winner will be drawn.
- 9 The Club reserves the right to amend or withdraw any terms and conditions without prior notice.
- 10 The Club's decision on all matters relating to the Draw shall be final and no correspondence will be entertained.
- 11 Name of Winners will be publicised in the Club's Fusion! Magazine.

One-Stop Bazaar

10am to 3pm @ Diamond Ballroom
More than 30 Stalls
offering Lunar New Year goodies at
special prices!

Sure Win Lucky Dip

HOW TO PARTICIPATE?
Spend \$20 at any of the
Lunar New Year Bazaar
booth for a Sure-Win
Lucky Dip

PRIZES INCLUDE:

Abalone, Mandarin Oranges, Bak Kwa, Cookies
and many more! (While stocks last)
Terms and conditions apply.

Free Ice Cream

- 1 coupon per person
- First-come-first-serve basis
- While stocks last



B'EATZ

Healthy snacks



BEE CHENG HIANG

Signature Bak kwa,
Floss and Snacks



EZI INNOVATIONS

Assorted Lunar New Year
designs wall deco stickers



GANO WELL

Natural, organic health products

Free Cup Corn

- 1 coupon per person
- First-come-first-serve basis
- While stocks last



GOOD MORNING GLOBAL

Multi-grain cereals, drinks,



HAKODATE PASTRY SNAFFLE'S

Lunar New Year cookies



HUFFLE FLUFFS

100% natural products like bar
soap for face n body



JE PRIME GROCER

Lunar New Year cookies like
pineapple tarts, peanut cookies

Free Muah Chee

- 1 coupon per person
- First-come-first-serve basis
- While stocks last



LAURA WHEAT

Organic, gluten and sugar free



MARCASITE

Fine crafted 925 Silver jewellery



MAT DOU ZOU LLP

Humidifiers with essential oil set



MAXLINKS MARKETING

Accessories

Free Chunlian Couplet

- 1 coupon per person
- First-come-first-serve basis
- While stocks last



MDM LING BAKERY

A wide range of halal-certified
Lunar New Year cookies



MURUKKU MAAMI

Murukku



MY WIFE'S COOKIES

Healthy mini muffins



NATUREZ MARKETING

Dried mushroom

Hourly Bazaar Draw

Name: _____

NRIC: _____

Contact No. _____

Timing of Draws: 11am, 12pm, 1pm, 2pm

Venue: Diamond Ballroom

Prizes: To be collected by 2pm on stage



NEW PEAK

Arkon coral
seaweed jelly



NOELLE GRANDMA'S COOKIES

Assorted variety of
special flavoured
crispy love letters



RAINBOW BAKERY ART

Pineapple tarts



THE KETTLE GOURMET

Non-GMO gourmet
popcorn in 5 tasty
flavours



TUPPERWARE

Lunar New Year cookies
gift set in beautiful
Tupperwares

LUNAR NEW YEAR 2019 BAZAAR



19 January 2019
Venue: Function Room, Level 4

EVENTS AT A GLANCE

10AM – 3PM
ONE-STOP BAZAAR
CSC @ Tessensohn
Diamond Ballroom, Level 3

10AM – 12PM
FREE MOVIE SCREENING
Auditorium, Level 3

10AM – 12PM
GOOD LUCK & PROSPERITY MINIATURE TRAY WORKSHOP
Function Room, Level 4

10AM – 12PM
FLORAL EMBROIDERY WORKSHOP
Function Room, Level 4

10.30AM – 12PM
LUNAR NEW YEAR CHILDREN'S COLOURING COMPETITION 2019
Function Room, Level 4

11AM – 12PM
FACE FENG SHUI AND BEAUTY WORKSHOP
Function Room, Level 4

12PM – 1PM
GOOD FENG SHUI IN THE YEAR OF THE PIG
Auditorium, Level 3

3PM – 3.30PM
CAI QING LION DANCE PERFORMANCE
3.30PM ONWARDS
MEMBERS' FESTIVE DRAW!
Auditorium, Level 3

2PM – 5PM
CHEF LISA WORKSHOP
Tessy Kitchen, Level 3



GOOD LUCK & PROSPERITY MINIATURE TRAY WORKSHOP

With Chinese New Year on the horizon, you'll soon be giving and receiving bak kwa and mandarin oranges.

Learn how to make a tray of these icons of good luck and prosperity out of clay – the perfect memento for the upcoming festive season!

Time: 10am – 12pm
Fees: Member \$38, Public Service Officer \$48, Guest \$58
Venue: Function Room, Level 4
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 8 Jan '19

FLORAL EMBROIDERY WORKSHOP

Want to give your clothes and accessories a personal touch?

In just two hours, you'll learn the basics of floral embroidery, be introduced to different materials and embroidery techniques. No prior embroidery skills are required, all materials are provided and you'll go home with a floral embroidery piece to call your own!

Time: 10am – 12pm
Fees: Member \$60, Public Service Officer \$70, Guest \$80
Venue: Function Room, Level 4
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 10 Jan '19



LUNAR NEW YEAR CHILDREN'S COLOURING COMPETITION 2019 (FOR AGE 4 TO 8 YEARS)

Calling all budding da Vincis and Picassos – this is your time to shine! Paper will be provided, but participants must bring their own colouring materials (colour pencils only, please!).

Time: 10.30am – 12pm
Fees: Supplementary Member \$3, Guest \$6
Venue: Function Room, Level 4
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 11 Jan '19

1st prize: \$60 voucher
2nd prize: \$40 voucher
3rd prize: \$20 voucher

FREE
Goodie Bag for all participants!



FACE FENG SHUI AND BEAUTY WORKSHOP

Put your best face forward with the help of the Face Analysis Principle.

At this workshop, you'll learn how eyebrow shaping, make-up colours and caring for your skin can impact your face feng shui. All attendees will receive a free brow makeover voucher and a free professional skin analysis test.

Time: 11am – 12pm
Fees: Member \$5, Public Service Officer \$8, Guest \$10
Venue: Function Room, Level 4
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 10 Jan '19



LUNAR NEW YEAR 2019 BAZAAR



A Member of New Trend Lifestyle Group PLC



GOOD FENG SHUI IN THE YEAR OF THE PIG

Date: 19 January 2019

Time: 12pm – 1pm

Venue: Auditorium, Level 3

Talk is conducted in Chinese

Get a head start in ensuring that the Year of the Pig will be a year of prosperity and good fortune at this talk conducted by New Trend Lifestyle.

TALK SYNOPSIS

- Get insights on how your zodiac will fare
- Create an inspiring Feng Shui workplace
- Make big things happen when you do the right thing at the right time
- Use auspicious Feng Shui positions to deliver breakthroughs in your life

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

FREE Admission
First-come-first-served basis

2019 BOUNTIFUL LUNAR NEW YEAR COOKING WORKSHOP BY CHEF LISA

Date: 19 January 2019

Time: 2pm – 5pm

Fees: Member \$25, Public Service Officer \$30, Guest \$32

Venue: Tessa Kitchen, Level 3

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

Register by: 8 Jan '19



DEMO MENU

Lunar New Year PIGGY Tartlets >>
(Pineapple Melon tartlets)



<< Prosperity BERRIES RICE Treasures 金玉满堂
(Pumpkin Red Berries Rice Treasures)



Lunar New Year Bountiful Pork Stewed >>
群豪猪報喜賀新春



AUTHENTIC BAKER'S FRESHLY BAKED KUEH LAPIS!

Order your Lunar New Year must-have kueh lapis at special prices now!

Kueh Lapis Flavours	Members	Public Service Officer / Guest
Original	\$36	\$39 / \$42
Prune, Cranberry, Walnut, Mixed Fruits, Choco.	\$42	\$44 / \$46

Closing Date: 16 January 2019

Collection Date: 30 January 2019 at CSC @ Tessensohn

HOW TO ORDER:

- Members can order online via CSC's event booking system.
- Public Service Officers and Guests can book via email to kuagekcheng@csc.sg and make payment at any of our three clubhouses from 9am – 9pm (Monday to Sunday) before closing date.



Christmas Magic

Saturday, 15 Dec '18

CSC @ Tessensohn was turned into a magical fairyland for the annual Children's Christmas Party for some 130 children. Aptly, the lyrics of the popular Christmas number comes to one's mind – "It's beginning to look a lot like Christmas, Everywhere you go..."

Indeed, everywhere you look, there were wizards, fairies and even a reindeer! Adding to the enchantment was Santa Claus himself, mingling with the little ones – both the naughty or the nice – and merrily distributing candy canes.

A clear favourite was the candy floss cart and the candy bar which beckoned with its many jars filled with irresistible marshmallow, popcorn and chocolate.

Another popular joint was the balloon sculpture booth, which handed out endless creations of party hats and balloon animals to the eager children.

The happy kids also enjoyed creating sand art, putting on glitter tattoo and had lots of fun at the ball toss game. Towering above it all at the corner was the bouncy castle which was rocked almost off the ground with the enthusiastic leaps of the kids.

Not forgetting the photo booth, where parents joined in the fun as they dressed their tykes in angel wings, party hats, whimsical headbands and giant bows.

After a picnic lunch of McDonald's Happy Meal, the excitement level shot up again as three magicians bounced on stage to bedazzle the audience with mind-blowing acts.

Magician Joe Yu produced a dove from strings and fire, and even split a dove into two. Finally, the act that almost brought the house down with screams of joy: When Mr Magician stuck a laser wand into a balloon, it became a bird which exploded into confetti in the air!

The party ended with the grand judging of the Best Dressed – it was the Chin siblings Alexander, 7, and Ayva, 3, who stole the audience's hearts with their adorable outfits as a wizard-fairy pair.

With all good things, the close came – a little too soon for the kids who were transported into Fairytale Land and could for about three hours, embrace new imagination and explore magical fantasies.





10 Oct 2018

FIVE AGENCIES SHARE THE SPOILS AT TABLE TENNIS TOURNAMENT



RESULTS

CATEGORIES	MEN'S	MEN'S SENIOR	ACTIVE AGERS	WOMEN'S
CHAMPION	NATIONAL UNIVERSITY OF SINGAPORE	MINISTRY OF EDUCATION	HOUSING & DEVELOPMENT BOARD (1)	HOUSING & DEVELOPMENT BOARD
1ST RUNNER-UP	MINISTRY OF DEFENCE	MINISTRY OF DEFENCE	MINISTRY OF HOME AFFAIRS	MINISTRY OF HEALTH
2ND RUNNER-UP	MINISTRY OF HOME AFFAIRS	LAND TRANSPORT AUTHORITY	MINISTRY OF HEALTH	MINISTRY OF HOME AFFAIRS
3RD RUNNER-UP	MINISTRY OF HEALTH	REPUBLIC POLYTECHNIC	HOUSING & DEVELOPMENT BOARD (2)	MINISTRY OF DEFENCE

Thirty-four teams from 16 organisations competed in the Public Service Table Tennis Tournament held from 18 Sep to 10 Oct '18 at Club HDB. The venue was the setting on 10 Oct '18 as finalists of the four categories – Men, Active Agers, Men's Senior and Women – gathered to compete for the top placings.

The Housing & Development Board (HDB) claimed gold in the Active Agers and Women categories while the National University of Singapore (NUS) and the Ministry of Education (MOE) came out tops in the Men and Men's Senior respectively. A total of eight different agencies were represented on the podium across the four categories, resulting in a five-way tie for the overall championship from the points aggregated. HDB and NUS were joined by Ministry of Defence (MINDEF), Ministry of Home Affairs (MHA) and Ministry of Health (MOH) in sharing the championship trophy.

HDB's representative, Chau Hai Qing declared her agency's first Women's title to be a surprise win. "We did not expect to come this far, especially with our second round loss to MOH," said Chau. It was a bumper year for HDB with all three of its teams ending up on the podium, with the third HDB team finishing fourth in the Active Agers' category.

Chau credited the entire HDB family for the victory. "Our players performed very well on court as they displayed great tenacity, determination and teamwork. However, we could not have come so far without the support from those who came to cheer us on."

Over at NUS, team captain and manager Er Kea Wee also shared that his team's success was equally unexpected. "The championship did surprise us because of the good teams from MINDEF and MHA who have been in the top four in past years," he said.

Guest-of-Honour and CSC EXCO Member, Mr Jerry Lim presented the prizes to the winning teams.

OVERALL POSITION

JOINT CHAMPIONS

MINISTRY OF DEFENCE, MINISTRY OF HOME AFFAIRS, MINISTRY OF HEALTH, HOUSING & DEVELOPMENT BOARD & NATIONAL UNIVERSITY OF SINGAPORE



13 Oct 2018

MOE COMPLETES DOUBLE AT FUTSAL TOURNAMENT



On 13 Oct '18, a record number of 44 teams from 16 organisations gathered at FutsalArena @ Yishun to vie for the Public Service Futsal Tournament championship title. After rounds of tough matches, the competition narrowed down to two teams each from Ministry of Education and Ministry of Home Affairs. After a hard-fought final, it was MOE that came up top.

This means that MOE not only defended its futsal title, but together with its earlier success at the 7-A-Side Football Tournament held in August, it achieved a double of football titles in 2018.

"To win it against a very resilient MHA team in the final is a wonderful experience, considering we are the defending champion for futsal," said MOE's Abdul Nasir. "Achieving the double of winning the 7-a-side and the futsal, capped a memorable year for all players who have been committed and passionate to represent MOE."

On the team's success formula, Abdul Nasir made special mention of its trio of key players. "Tan Yong Geng and Tan Yong Kai – who are brothers – and Khairul Abdilllah bin Ismail have been outstanding throughout this tournament," he said.

Reflecting on his team's victory, Abdul Nasir shared the true value of taking part in the tournament. "MOE always looks forward to such tournaments as we get to pit our skills and tactics against quality opponents," he said. "But at the end of the day, it's renewal of old friendship and new ones made that score us our ultimate goals."

RESULTS

CHAMPION	MINISTRY OF EDUCATION (1)
1ST RUNNER-UP	MINISTRY OF HOME AFFAIRS (11)
2ND RUNNER-UP	MINISTRY OF EDUCATION (2)
3RD RUNNER-UP	MINISTRY OF HOME AFFAIRS (10)

27 Oct 2018

MOE BACK ON TOP AT 9-PIN TAP BOWLING COMPETITION



The finals of the Public Service 9-Pin Tap Bowling Competition took place on 27 Oct '18 at Planet Bowl, CSC @ Tessensohn. A whopping 207 teams from 28 organisations had competed across three categories: Women, Men's Active Agers and Mixed. Coming in top in Mixed and second in the other two categories, Ministry of Education (MOE) claimed the overall championship title.

The result marked a return to the winner's circle for MOE, who had emerged as overall champions at least four times since 2010. Lim Fong Yee, MOE team manager, attributed her team's success to experience and the bowling culture within the ministry. "We run a yearly league at MOE to provide a platform for the bowlers to compete," she said. "We have been building the MOE team since 2006; the current teams have been together for at least 10 years."

Even with their experience and enviable track record, MOE's victory this year was hard-fought. "It was a tough fight on the last day of the competition; the scores of three Mixed teams – PA, MINDEF and MOE – were very close after the first and second games," Lim said. "MOE Team 6 hung on to the third game to beat PA by a margin of 20 points to clinch first place. This helped MOE obtain enough points to take back the championship trophies."

Lim was full of praise for her ministry's fighting spirit and tenacity. "We may have missed the championship in 2015 but we persevered and came back stronger winning a hat-trick in 2016 to 2018," she said.



RESULTS

CATEGORIES	WOMEN'S	MEN'S ACTIVE AGERS	MIXED
CHAMPION	NATIONAL UNIVERSITY OF SINGAPORE	MINISTRY OF DEFENCE	MINISTRY OF EDUCATION
1ST RUNNER-UP	MINISTRY OF EDUCATION (5)	MINISTRY OF EDUCATION	PEOPLE'S ASSOCIATION
2ND RUNNER-UP	MINISTRY OF DEFENCE	MINISTRY OF THE ENVIRONMENT AND WATER RESOURCES	MINISTRY OF DEFENCE
3RD RUNNER-UP	MINISTRY OF EDUCATION (6)	PEOPLE'S ASSOCIATION	MINISTRY OF HOME AFFAIRS

OVERALL POSITION

CHAMPION	MINISTRY OF EDUCATION
1ST RUNNER-UP	MINISTRY OF DEFENCE
JOINT 2ND RUNNERS-UP	PEOPLE'S ASSOCIATION & NATIONAL UNIVERSITY OF SINGAPORE

4 Nov 2018

MOE AND MHA ARE JOINT OVERALL CHAMPIONS AT BASKETBALL TOURNAMENT



From 20 Sep to 4 Nov '18, 40 basketball teams from 14 agencies met regularly at Temasek Polytechnic Sports Hall to compete in the Public Service Basketball Tournament.

In the Women's final, Ministry of Education (MOE) edged out Ministry of Health (MOH) after a hard-fought match. Ministry of Home Affairs (MHA) had it easier in winning the Men's title, as both their Team 1 and Team 2 qualified for the finals. In the end, MOE and MHA emerged as joint champions.

"We have been overall champions a number of times," said MOE team manager Teo Siang Yang. "Traditionally, MOE, MHA and Ministry of Defence are always the potential winners." MHA team manager Lee Chee Chien expressed a similar sentiment. "We managed to defend the overall championship this year, so there were expectations for us to perform well."

For MOE, it was experience and daily opportunities to hone their skills on the job and a sense of community. "We are a community of fun-loving, dedicated individuals who care much for the team and for MOE basketball as a whole," said Teo. "MOE basketball teams have been around since the Public Service Games started. Most of us are coaches at our schools, so we share knowledge and build on strengths."

Over at MHA, Lee attributed teamwork and the right attitude as key to their success which helped see them through despite challenges with scheduling and team renewal. "Due to the players' busy schedules and shift work, they tried to train at least once weekly during competition season," Lee said.

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



RESULTS

CATEGORIES	WOMEN	MEN
CHAMPION	MINISTRY OF EDUCATION (2)	MINISTRY OF HOME AFFAIRS (1)
1ST RUNNER-UP	MINISTRY OF HEALTH	MINISTRY OF HOME AFFAIRS (2)
2ND RUNNER-UP	MINISTRY OF HOME AFFAIRS	MINISTRY OF EDUCATION (3)
3RD RUNNER-UP	MINISTRY OF EDUCATION (1)	JTC CORPORATION

OVERALL POSITION

JOINT CHAMPIONS	MINISTRY OF EDUCATION & MINISTRY OF HOME AFFAIRS
2ND RUNNER-UP	MINISTRY OF HEALTH
3RD RUNNER-UP	JTC CORPORATION

4 Nov 2018

PUBLIC SERVICE VOLLEYBALL TOURNAMENT



On 4 Nov '18, some of the best volleyball players in the public service gathered at Temasek Polytechnic Sports Hall for the Public Service Volleyball Tournament. Twelve teams from nine agencies competed in the Women's category while 18 teams from nine organisations competed in the Men's. Ministry of Health (MOH) claimed the Women's title while Ministry of Home Affairs (MHA) topped the Men's category. The overall championship title went to Ministry of Education (MOE) by virtue of their points from winning the 1st runner-up placings in the Men and Women's categories.

Captain of MOH (2) Jayalakshmy Aarthi shared that her team's win was unexpected, despite their commendable third in 2017. "The win was definitely a pleasant surprise as some of us have never met each other before, let alone play as a team," she said. Regardless, team members were able to come together when it mattered. "The passion and competitive spirit in each of us was a major contributing factor to our success," Jayalakshmy said. "Our coach was also instrumental in maximising the team's potential."

In contrast, members of the victorious MHA (1) know each other well having been formed since 2005. "We train thrice weekly when it's competition season, with each session lasting four hours," said MHA assistant convenor and player Edwin Yeo Chin Loong. "MHA has always been a powerhouse and we take pride in representing our Ministry," said Yeo.

Guests-of-Honour and CSC EXCO member Ms Alice Cheng presented prizes to the winning teams.

RESULTS

CATEGORIES	WOMEN	MEN
CHAMPION	MINISTRY OF HEALTH	MINISTRY OF HOME AFFAIRS (1)
1ST RUNNER-UP	MINISTRY OF EDUCATION	MINISTRY OF EDUCATION (2)
2ND RUNNER-UP	NATIONAL UNIVERSITY OF SINGAPORE	MINISTRY OF HOME AFFAIRS (2)
3RD RUNNER-UP	MINISTRY OF HOME AFFAIRS	MINISTRY OF EDUCATION (3)

OVERALL POSITION

CHAMPION	MINISTRY OF EDUCATION
1ST RUNNER-UP	MINISTRY OF HOME AFFAIRS
2ND RUNNER-UP	MINISTRY OF HEALTH
3RD RUNNER-UP	NATIONAL UNIVERSITY OF SINGAPORE

10 Nov 2018

MHA CLAIMS DEBUT TITLE AT 3-ON-3 FLOORBALL TOURNAMENT

On 10 Nov '18, 35 teams from 13 agencies gathered at Republic Polytechnic Sports Hall to compete in the Public Service 3-On-3 Mixed Floorball Tournament. Regular podium-place finishers over the past three years, Ministry of Home Affairs (MHA) had two teams reaching the final, putting them in good stead to win the championship title for the first time. In the end, MHA (1) bested MHA (5) to win the title.

"For the past few years, we have emerged as podium finishers. But it was this year that we secured our inaugural championship!" said MHA floorball coordinator Khairudin. "It is a proud achievement for the MHA floorball teams as we managed to win both first and second placings."

To overcome scheduling challenges, MHA's floorball players trained within their own departments. "As we are all from various MHA departments, it is challenging for us train together. So respective departments had their own trainings to prepare for the games," said Khairudin. "The team consists of experienced players ranging from their mid-20s to early 40s. We come to play our hearts out and have fun at the same time, and we all have the same mindset to win."

This winning mentality was on display in a come-from-behind victory during the tournament. "Experience and discipline are key in every sport," said Khairudin. "In addition, the players stuck to the game plan and had a never-say-die attitude, which was most evident during one of the matches where we were losing 2-0 yet went on to win 6-3."

Despite stiff challenges, Khairudin is keen to ensure the trophy stays with MHA in 2019. "These tournaments are never easy as more teams are participating every year," he said. "We look forward to defending the title next year."



RESULTS

CHAMPION	MINISTRY OF HOME AFFAIRS (1)
1ST RUNNER-UP	MINISTRY OF HOME AFFAIRS (5)
2ND RUNNER-UP	MINISTRY OF EDUCATION (4)
3RD RUNNER-UP	LAND TRANSPORT AUTHORITY (1)

Tibet & Mt Everest Base Camp Cycling Tour 8 - 18 Sep '18

Organiser: Robin Tan
Video & text feature: Oei Su Cheok



View from the top!

The lure of being on top of the world brought us, CSC cyclists, to Tibet to attempt the journey to Everest Base Camp. Clearly it was not possible for us to cycle the entire 700km from Lhasa to the base camp within our 7D-ride programme. Still, we experienced the most magnificent parts of the route through scenic landscape and iconic landmarks along the way.

Mere sampling parts of this route was already no mean feat due to the high altitudes. (A concerned airport worker during flight transit was amazed that we were bringing our bikes to such high altitudes – “那是高原啊!可以骑车吗?”). The physiological impact is real at Lhasa, being situated 3600m above sea level – headache, nausea and elevated heartbeat are to be expected. Although all of us rode with caution, shortly into the journey, a few of our participants had to make the hard decision to embark on the return journey to avoid worsening their conditions of Acute Mountain Sickness – hardly surprising as we were hitting as high as Jiakuola High Pass (5260m).

Nevertheless, taking the good advice of our Tibetan guide for a complete rest on the day of arrival at Lhasa, many of us gradually acclimatised sufficiently to embark on this – probably one chance of our lifetime.

FIRST STOP

Our first iconic destination was the Potala Palace, a UNESCO World Heritage Site and once home to the influential Dalai Lama lineage of monks in Lhasa, the capital of Tibet. The distinctive red-and-white façade of the palace under the clear blue sky was undeniably Tibet. There was to be more. Along our route, the walled Palchoi monastery and the adjacent fort of Gyantse attest to threats the Tibetans faced in ancient times. Tashi Lhunpo Monastery in the city of Shigatse was the seat of the Panchen Lama, the second most influence lineage of monks in Tibet. These monasteries were distinctive in architectures and history.

We met friendly locals who were keen to know us and our riding route. We were humbled by a lone cyclist – riding unsupported – on a bike tour headed for Lhasa. He waved and eagerly reached out to us from the opposite direction to join us. However, we were panting our way up a gradient from where we had only just debussed. Regardless, he encouraged us, viewing that our experience was our individual achievement, “有体验就是成功!”



Taking in the view at Pangla Pass with Mount Everest peaking above all



View of the Himalayan Range from Pangla Pass.



Arrival at Everest Base Camp



Yamdrok Lake



Riding by Tashi Lhunpo Monastery at Shigatse (3800m altitude)

Scenic sections of this grand journey from Lhasa to Everest Base Camp were specifically chosen for our ride experience – from high mountain passes with clear view of snow-capped mountains and great expanse of Tibetan plateau. The roads were mostly good. Our journey between Gyantse and Shigatse offered us an easy ride, with the road running alongside golden fields of green barley, ripe for harvest at this time of the year. Animals grazing on the plateau completed our picture of Tibet.

On the mountains, Kampala High Pass (4790m altitude) was an excellent launch point for a ride, offering view of Karola glacier, from where we rolled the way down to Yamdrok Lake. Dwarfed by the snow-capped mountains, none of our photographs could fully capture the experience of our immersion in the mountain scape. We had to cherish it there and then.

Pangla Pass (5200m altitude) offered a grand view of the Himalayan mountain range with Mount Everest (珠穆朗玛峰) clearly a peak above the rest. Many of us enjoyed the longest descent from Pangla Pass, taking us through multiple hair-pin bends. Reaching the highest altitude of our ride over Jiakuola High Pass at 5260m, was another milestone of our bike adventure.

FINAL DESTINATION

Our greatest sense of achievement was our arrival at Everest Base Camp. With Mount Everest in full view before us, the approach to the base camp should rate as the grandest landscape of our tour. It was huff and puff paddling up the gentle positive gradient towards 5200m altitude on new tarmac road. It was difficult to judge distances in the great expanse of space but a settlement of tents in the distant indicated that the destination was near. Yes, that was the ultimate destination of this trip. We cycled to Everest Base Camp!



VIDEO FEATURE

www.facebook.com/CSCcycling/videos/1117196605124474/



JOIN US

We conduct local rides on the 2nd and 4th Saturdays of each month, as well as 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

Charity Fund Run 2018



Runners, all ready to go!

On 15 Sep 2018, the CSC Running Club participated in the annual Palm Resort Run4Fund 2018 for the second consecutive year. Organised by the Palm Resort and Country Club Malaysia, part of the proceeds of the event registration fee (MYR60) goes to the Palliative Care Association of Johor Bahru. With our participation, our members had the opportunity to participate in an overseas run for a good cause. Attracting runners from Singapore and Malaysia, the run's novelty is to be able to race through a golf course without the fear of being hit by flying golf balls!

Crossing the causeway that Saturday morning to get to our event venue, Palm Resort and Country Club, took us slightly more than two hours. After brunch and some shopping, we

checked into the Resort for a short rest before the run in the late afternoon. Following a mass warm-up session guided by a fitness instructor, we were all raring to go!

The carpeted golf green had a soothing effect on the runners as they weaved through the challenging and undulating terrain of the Melati Course. Coupled with the kind weather and a runner's high, our Running Club veteran Ms Stella Tay emerged the champion for the Veteran Ladies Category (55 years and above). Greeting thirsty and tired runners at the finishing line was iced Milo which never tasted so good, not forgetting the additional treat from a booth selling piping hot curry puffs. Club member Ms Magdalene Loh said, "It was a cool wonderful day and we are glad to play a part in helping others through our participation."

Abuzz with activities, the event venue had a carnival-like atmosphere where an emcee led in various fringe activities. There were also several booths promoting products such as soya bean milk and cooking oil. The event finale was a lucky draw where two of our Running Club members walked away with prizes. It was a well-organised event and our members are looking forward to the 2019 event and certainly to root for our very own Stella when she returns as defending champion!



In action during the warm-up session



Ms Stella Tay receiving her Veteran Ladies Champion trophy



Satisfied runners!

To participate in meaningful running activities such as the one featured here, join us at the CSC Running Club. We also run every first and third Saturdays of the month. Opened to all CSC members at an annual subscription of \$12 only.

To register, go to www.csc.sg/stargames/Sports-Interest-Running-Civil-Service-Club (click "Payment of Annual Subscription/Renewal Fee"). For more information on our CSC Running Club, please contact Abraham Chan 9663 7837.

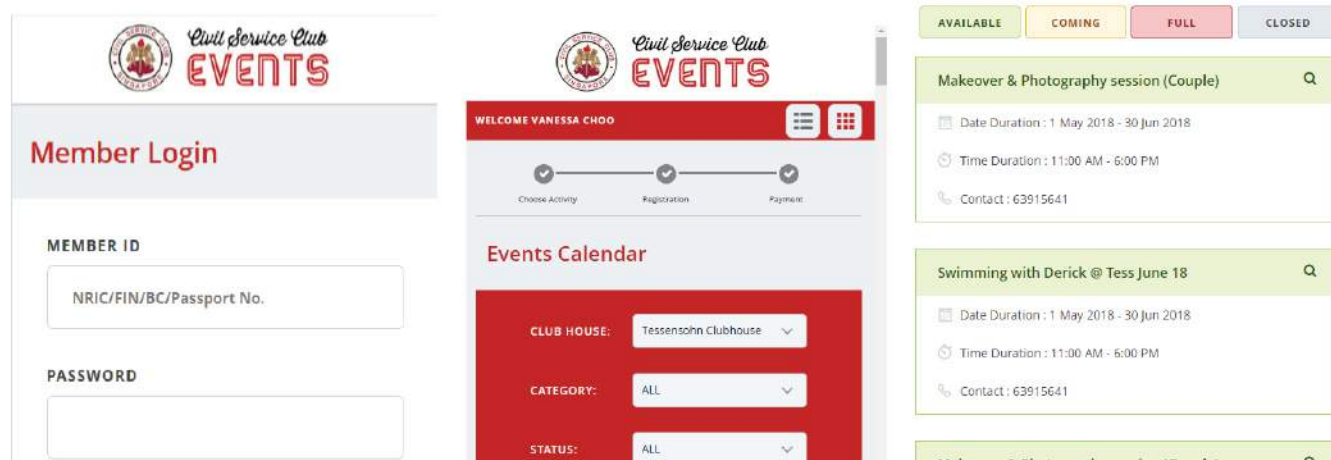
CSC Running Club would like to take this opportunity to wish all our readers a Happy Year 2019!



New Events Booking System For Members!



NEW!



The Club's outdated CalendarOne Online Events Booking System has been replaced with a Mobile Friendly System which supports multiple bookings and is compatible with most Internet Browsers. The new system will require Members to login to the Members Portal and select the Events Booking icon to proceed. If you have forgotten your password, click on the reset password at the login page. An email will be sent to your e-mail address that is registered with the Club.

BOOKING IS SIMPLE:

- Login to the Members Portal with your Member's ID and Password
- Select Events Booking
- Select the Activity, Register & Make Payment

Event Booking: <https://gateway.csc.sg/webclub/events>

RED is the new Brown

Chilli Brand Red Rice Vermicelli

- Made from highest quality red cargo rice
- Superior to brown rice
- Easy to prepare

- Delicious in any dish
- Fulfils daily requirement of **wholegrains** in 1 serving

DÉCOR CHALLENGE

Festivals bring us joy, love, laughter and timeless memories that can be cherished even more when there is a beautiful decor backdrop that complements the season being celebrated. Which is why at each major festival, the three CSC clubhouses enter into friendly competitions for the most stunning décor that best embraces the spirit and significance of the season.

Back-to-back in November and December, members and guests were in for a treat as they watched the three clubhouses get decked up to the nines – first for Deepavali in November, followed by Christmas in December.

Congratulations to the winning clubhouses and kudos to all team members for the commendable effort.

Deepavali



WINNER!
Bukit Batok

Christmas



WINNER!
Bukit Batok



Changi



Tessensohn



Changi



Tessensohn

Service STAR Awards



For Quarter July to September 2018

Congratulations to our Service Star Award winners (Jul-Sep '18) for having garnered the most nominations in their respective clubhouse/division categories. Each of the 12 winners receives a \$100 voucher and a pin-badge.

BUKIT BATOK CLUBHOUSE

Huda (8)
Jimmy (6)
Wendy (6)

CHANGI CLUBHOUSE

Shana (68)
Suhana (56)
Aqi'sah (47)

TESSENSOHN CLUBHOUSE

Jacqueline (14)
Akhlis (9)
Diana (3)

CORPORATE SERVICES

Gek Cheng (34)
Hai Ming (24)
Vanessa (23)



Healthy Lifestyle Scheme

CSC runs a supportive environment through the Healthy Lifestyle Scheme to encourage staff and management to pursue a healthy lifestyle.

First established in 2016, the Healthy Lifestyle Scheme has three tiers of reward recognition.

Tier 1 Weekly

\$10 shopping voucher each for all participants who achieve 50K steps per week.

Total no. of awardees: All participants

Tier 2 Monthly (Every Four Weeks)

\$10 shopping voucher each for Top 3 participants at the 3 clubhouses and at the CS Office.

Total no. of awardees: 12

Tier 3 Yearly

A Step Tracker and a Certificate for the Top 3 participants with the highest number of steps over 52 weeks, and who consistently achieves min of 50K per week for all 52 weeks.

Total no. of awardees: 3



Congratulations

to the 3 Top Winners for Year 2017 (Jan to Dec).



David Fong
(Tessensohn Jackpot)

WINNER

10,200,769 steps



Akhlis Meah
(Tessensohn)

1ST RUNNER-UP

8,463,601 steps



Lim Cheng Kim
(Tessensohn Jackpot)

2ND RUNNER-UP

7,925,598 steps

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 till 31 December 2019!

Gone
GOLFING



Up to \$20 OFF any booking at
120+ golf courses across SE Asia when
booking from the Gone Golfing app
or website*

BEIJING 101
Hair Consultants



Rejuvenating Scalp Treatment
@ \$45 (U.P \$438) +
Complimentary Travel Kit
(worth \$68)*

BREWERKZ
SINGAPORE



15% OFF total bill*

café iguana
singapore



15% OFF total bill*

My Melody Cafe
Singapore



10% OFF total bill*

Smith Marine



5% OFF
food & beverages with a min.
spend of \$200*

FURRY'S KITCHEN®



10% OFF all natural
premium dog food*

menage
CAFÉ



10% OFF total bill*

Liberty Insurance.

10% OFF
PetCare
for Members

5% OFF
PetCare
for Public
Service Officers*

Safeguarding
Our Best Companions



PetCare



The Conference-cum-Recreational Go-to Place

**FOR ENQUIRIES,
PLEASE CONTACT**

Jacqueline Tang
6391 5605
jacquelinetang@csc.sg

Eve Zhuang
6391 5623
evezhuang@csc.sg

CSC @ Tessensohn is the ideal place for your conference and recreational needs at great value. We can help you and your organisation plan and organise any events, personal or corporate, customised to your liking.

From hosting seminars/parties in our fully-equipped auditorium and function rooms, to cooking up a storm at our state-of-art cooking/baking studio, knocking pins at our bowling centre, scaling the heights at our rock-climbing wall, play Badminton & Tennis, fun in an Olympic size pool, there's something for everyone.

Public Service Organisations engaging CSC for services and facilities rental is exempt from standard procurement route.

For details, log into the Government Intranet under MOF Procurement Portal and Vital Travel Portal.





WORK SMART PLAY HARD

@ Bukit Batok Clubhouse

Our corporate packages rank high on flexibility as they can be uniquely customised to suit all seminar needs. Each package includes a seminar session at our Function/Seminar Room and a suitable fun activity to be held at any of our venues of your choice.

Seminar Room



Take a Dip



Get bowled over!



Tennis, Anyone?



The Great BBQ Cookout



Happy Tunes



CONTACT US

Corporate Events:
Huda Hidyaa at 6513 7484
hudahidyaa@csc.sg

Private Events:
Jeffrey Ang at 6513 7492
jeffreyyang@csc.sg



BUKIT BATOK

PRE-OPENING SALE

Enjoy 24/7 MEMBERSHIP ACCESS to over 4,000 clubs worldwide & more than 55 in Singapore

First-class CARDIO & STRENGTH training equipment from USA

Accredited PERSONAL TRAINERS providing customized training programs

FREE Weekly Classes- Zumba, Yoga & more

CONVENIENT & FUN environment - people of all shapes & sizes welcome



**CSC Members
Enjoy SPECIAL
Discounted
Rates!**



Email: bukitbatok@anytimefitness.sg

Tel: 9177-2029

Smile Arts DENTAL STUDIO

Comprehensive Care You Can Trust

SmileArts

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



DENTAL PACKAGES

CLEAN SMILE PACKAGE \$100

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

HEALTHY SMILE PACKAGE \$175

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

KID SMILE PACKAGE \$75

- (for children between 6 to 12 yrs old)
- Inclusive of:
- * Dental Examination
 - * Full Scaling & Polishing
 - * Fluoride Therapy (if applicable)

SURGI-SMILE PACKAGE \$880

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

SMILE IMPLANT PACKAGE \$2750

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

WHITE SMILE PACKAGE \$300

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

PG CARD HOLDER PACKAGE

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

**FULLY CLAIMABLE
WITH CHAS PG CARD**

BLUE CARD HOLDER PACKAGE

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

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



INVISALIGN - INVISIBLE BRACES PACKAGE \$8500

Inclusive of examination, digital xrays & retainers

LASER DENTISTRY

With dental Laser, you can now expect:

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



CENTER FOR BIOMIMETIC DENTISTRY

MERCURY FREE PRACTICE

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

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

Call us for an appointment!



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

Tiong Bahru Branch Tel: 62711236
Blk 11A Boon Tong 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: smileartsbh@gmail.com
Mon - Fri: 9am - 9pm | Sat: 9am - 5pm

HillV2 Branch Tel: 6354 0111
4 Hillview Rise #02-15 HillV2 S667979
email: smileartshillview@gmail.com
Mon, Tue, Thurs: 9am - 8pm
Wed, Fri, Sat: 9am - 6pm
Sun: 9am-6pm (Appointment bookings & purchases only)



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



BICENTENNIAL AMAZING RACE



In commemoration of the Singapore BiCentennial, CSC is launching the BiCentennial edition of the GPS Interactive Amazing Race @ Changi.

The Bi Centennial Amazing race is a thematic race for corporate and schools to conduct for their team building activity and national education activity.



For more information, kindly contact us @ limxiaofen@csc.sg

VALENTINE'S DAY SPECIAL

20% OFF

Room rate when you book a Superior/Deluxe/Family/Family Suite Plus in month of February*.

Valid for stay period 1 – 28 Feb '19 (except 4 – 7 Feb '19)

Valid for booking from 1 Jan '19. Email: rooms@csc.sg



Plus! Check out the V-Day Dining Special at Lots Gourmet when you stay at our chalet. To be eligible for the offer, produce your key card or your membership card.

For more information:

T 6283 0167 | E daniel@lotsgourmet.com

CELEBRATE YOUR JOYOUS OCCASIONS AT CHANGI CLUBHOUSE

10% special early bird promotion and free usage of Projector when you book our Function Room to host your Birthday and/or Wedding Celebration three months in advance. Plus! 20% off a Deluxe/Superior Suite when you book the Function Room with us.

**10%
OFF
EARLY
BIRD**



FOR MORE INFORMATION: [LIMXIAOFEN@CSC.SG](mailto:limxiaofen@csc.sg)

Fairy Point Chalets 6 & 7

Tucked in the cosy corner at Andover Road, the two Fairy Point Chalets offer large space for family gatherings at value-for-money rates.

CIVIL SERVANTS

ENJOY MEMBER RATES TILL 31 MAR '19

FROM 1 APR '19, PUBLIC SERVICE OFFICERS' RATES APPLY.

FAIRY POINT CHALET 6



PERIOD	MEMBERS	PUBLIC SERVICE	PUBLIC
Off-Peak Mon-Thu (excl Sch Hols, Eve & Public Hol)	\$280	\$336	\$403.20
Peak Fri-Sun (excl Sch Hols), Mon - Thu (Sch Hols)	\$420	\$304	\$604.80
Super-Peak Fri-Sun (Sch Hols, Eve & Public Hol)	\$480	\$576	\$691.20

FAIRY POINT CHALET 7



PERIOD	MEMBERS	PUBLIC SERVICE	PUBLIC
Off-Peak Mon-Thu (excl Sch Hols, Eve & Public Hol)	\$340	\$408	\$489.60
Peak Fri-Sun (excl Sch Hols), Mon - Thu (Sch Hols)	\$425	\$510	\$612.00
Super-Peak Fri-Sun (Sch Hols, Eve & Public Hol)	\$510	\$612	\$734.40



Sea Sports Centre

Plan your Sea Sports Cohesion at CSC @ Loyang with us. Enjoy special rate on Seminar Packages bundling with kayaking/Stand Up Padding. Catering option & after event BBQ session also available.

For more information, contact janyeo@csc.sg



CSC CHALETs AT MEMBERS' RATES!

Get a CSC Membership today to enjoy the best rates for all CSC Chalet bookings and an earlier booking period of 120 days.

Plus! Save up to 20% on Public Service Rate and 40% on Public Rate.

With effect for stays after 1 Apr '19, the rates for staff of Civil Service, Statutory Board, University, Public Health Organisations, Main Stream Universities and Mindef will be amalgamated as One Public Service category (Public Service Officers) and revised as one rate. The booking period will also be revised from 1 Apr '19.

Non-civil service can apply for associate membership.

FOR MEMBERSHIP ENQUIRIES, PLEASE EMAIL MEMBERSHIP@CSC.SG

CSC COMMEMORATES *Singapore* BICENTENNIAL 2019

The Singapore Bicentennial is a commemoration of the 200th anniversary of Sir Stamford Raffles' landing in Singapore, and a reflection on how our nation came to be, how far we have come, and how we can go forward together. In observance, the Bicentennial theme will be incorporated in some key CSC events throughout 2019. Mark your calendars!

SOCIAL ACTIVITIES*

Refer to pages 29 to 31 to find out more!

CSC's Upcycling Art Competition:

The Founding of Singapore | Jan to Jul

1000 Wishes for Singapore | Jan to Jul

CSC Dessert eRecipe | Jan to Jun

Activities @ \$20 | Jan to Dec

📍 Various Clubhouses



MEMBERSHIP PROMOTION*

BiCentennial Membership Promotion

Refer to page 29 or visit www.csc.sg/membership_promotion.aspx to find out more

📍 All Clubhouses

CLUB ACTIVITIES*

Clubhouse Décor (Photo Spots)
During Major Festive Holidays

Club Anniversaries

12th Anniversary @ Bukit Batok | Jun

29th Anniversary @ Tessensohn | Sep

5th Anniversary @ Changi | Oct

📍 All Clubhouses



OFFSITE ACTIVITIES*

Public Service Sports and
Family Day | Jul

📍 Gardens by the Bay East

Heritage Walk | Sep – Oct

📍 Location to be confirmed

*All activities, dates and locations are subject to change. Look out for updates in subsequent issues of FUSION! and at www.csc.sg

Terms and conditions apply.





CSC COMMEMORATES
Singapore
BICENTENNIAL 2019

Bicentennial Membership

Promotion 1 Jan 2019 - 31 Mar 2019

3-Year Membership Promotion @ \$144
(Usual Price: \$216)

Sign up for our 2-Year Civil Service Club Membership now and enjoy 3 years of membership at the price of 2! Enjoy Savings of \$72 + Free membership gift!



INFRARED COOKER
RRP \$85

Promo Code: IFC

OR

MORRIES MULTI-CYCLONE VACUUM CLEANER*
RRP \$89

Promo Code: VC



Terms and Conditions:

- Promotion is only valid for New Ordinary Term Membership Sign-up and Renewal of Membership.
- All membership gifts are valid for Ordinary Term Membership and while stocks last.
- Membership is non-transferable and cannot be refunded.
- All privileges, discounts, promotions, terms and conditions may be amended or withdrawn at the discretion of the Management.

<https://www.csc.sg>

6391 5604 / 6514 6396

membership@csc.sg



Members Benefits

- Free supplementary membership for immediate parents, spouse and children 5 - 21 years.
(One-time admin fee of \$10 per card is applicable)
- Free Swimming pool access to all 3 Clubhouses.
- Members' rates for the chalets and 120 days advance booking.
- Members' rates parking at all 3 Clubhouses.
- Members' rates for club facilities, social, sporting and recreation activities.
- 20% Members' discount for booking of CSC@ Changi I Chalets during Birthday Month.

MOVIE TREATS

@ Shaw Lido



CSC COMMEMORATES
Singapore
BICENTENNIAL 2019

4 tickets for \$20
for Members

Public Service Officer & Guest
\$8.50 per ticket



HOW TO TRAIN YOUR DRAGON: THE HIDDEN WORLD

Date: Thursday, 7 Feb '19
Time: 6.30pm (TBC)
Register by: 24 Jan '19

As Hiccup fulfills his dream of creating a peaceful dragon utopia, Toothless' discovery of an untamed, elusive mate draws the Night Fury away. When danger mounts at home and Hiccup's reign as village chief is tested, both dragon and rider must make impossible decisions to save their kind.

MARVEL'S STUDIO: CAPTAIN MARVEL

Date: Monday, 18 Mar '19
Time: 6.30pm (TBC)
Register by: 4 Mar '19

Carol Danvers becomes one of the universe's most powerful heroes when Earth is caught in the middle of a galactic war between two alien races.





1000 WISHES for SINGAPORE

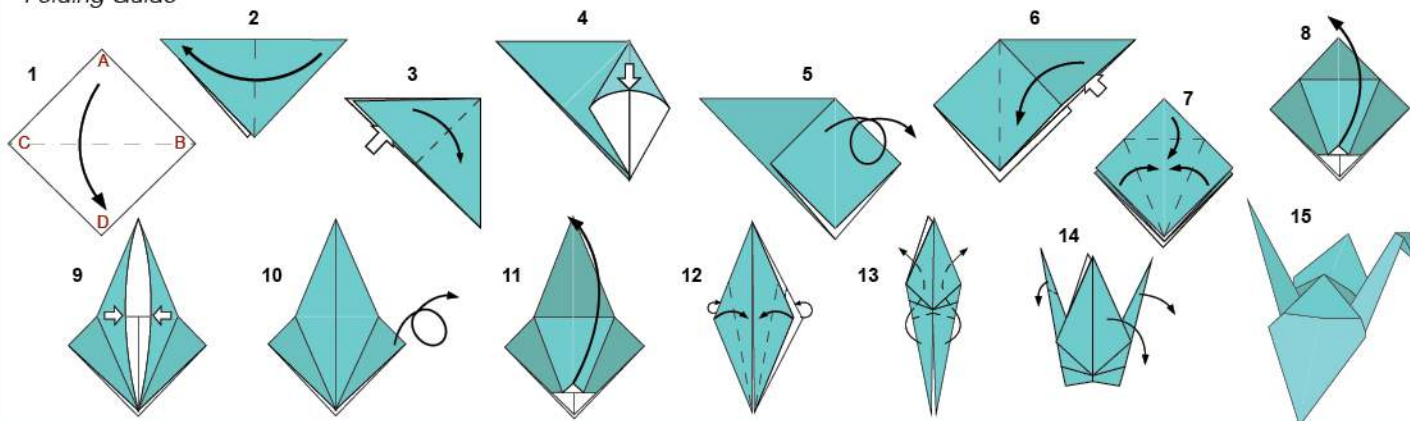


It's widely believed that folding 1000 cranes makes wishes come true. Join us in folding thousands of cranes to wish Singapore well. Peace, prosperity, progress, happiness, unity... all this and more.

Lucky Draw on 9 August 2019: The first *200 cranes to be drawn will receive a special National Day gift pack worth \$54.

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

Folding Guide



FOLD A CRANE FOR SINGAPORE WITH 3 EASY STEPS

1. Cut out the patterned paper provided (left) along the white dotted line.
Complete the spaces with your Name, Contact no. and 'Your Wish for Singapore'.
2. Refer to the "Folding Guide" above to fold your crane.
(Take note of the folding orientation indicated with A/B/C/D.)
3. Drop your crane/s into any of the three "1000 Wishes for Singapore" boxes at CSC clubhouses: Tessensohn, Changi and Bukit Batok.

Terms & Conditions apply



*Terms & Conditions:

- There is no limit to the number of cranes per participant but each participant can only win one prize.
- Only cranes folded with patterned paper cutouts provided in the FUSION! magazines will be considered.
- Closing Date: 31 July 2019

csc Dessert eRecipes

**CELEBRATE local flavours since 1819
by contributing a recipe of your
Creative Dessert!**

Terms & Conditions

- To participate, submit your Recipe with a good quality photo and payment online from 15 Jan to 15 Jun 2019.
- All submissions will be compiled into CSC eRecipe Book with full contributor acknowledgement and published on www.csc.sg.
- 10 selected Recipes will be invited to showcase at a special culinary segment of the CSC National Day Celebration 2019.
- Top winner will receive a premium cookware set (WMF or Correll brand) and \$100 Shopping Voucher (total prize worth \$400).
- Consolation prizes will be given to the other 9 contestants.

Participation Fees (all participants will receive a lunch box set worth \$15)

Member \$5 | Public Service Officer \$10 | Guest \$15

For more information, please contact
Gek Cheng at 6391 5624 or kuagekcheng@csc.sg.

*All selections at the sole discretion of our panel of judges.
Terms & Conditions apply.*



CSC Bicentennial Upcycling Competition

Transform your lifestyle waste into practical items in fun
and creative ways with the theme: **The Founding of Singapore!**



**REGISTRATION
FEE PER TEAM**

**MEMBER
\$5**

**PUBLIC SERVICE
OFFICER \$10**

**GUEST
\$15**



**1ST PRIZE
\$500**

**2ND PRIZE
\$300**

**3RD PRIZE
\$200**

- Eligible for Members, Public Service Officers and Guests.
- Form teams of 3 to 5. Use your creativity and submit an upcycling item with the theme, The Founding of Singapore.
- Minimum 10 teams to run.
- Register your interest by 30 April 2019.
- Please submit your completed project to CSC @ Tessensohn, Level 3 Corporate Services Office by 28 July 2019.
- Each entry is eligible for 1 project submission.
- Completed project must be labelled with Group Name, Contact Person and Contact Number.
- All submitted entries will be kept by CSC and selected projects will be showcased at CSC National Day Celebration 2019.
- All submissions must include a description (max 100 words) of the upcycled entry and the materials used, as well as a photo of the raw materials (format: JPEG, PNG or GIF in at least 300dpi resolution).
- All eligible entries will be evaluated by a judging panel to select the top 3 winners. The judging of the entries will be based on the following 4 components: Creative use of materials 40% Practicality/Sustainability 30% Originality 20% Aesthetics & Design 10%.
- All decisions made by the judging panel is final and no appeal will be accepted or entertained.



For enquiries and registration, please contact Serene Cho at 6391 5620

SOCIAL ACTIVITIES BEAUTY



Lucky participants stand to win gifts worth \$26!

Korean Dewy Hands-On Makeup

The Korean glass-skin dewy pore-less translucent look has been the envy of many a lady, if not all ladies. Come and pick up some first steps and basic knowledge on the right skincare products and makeup techniques.

Also learn about:

- Suitable skincare for your skintype
- Preparing your skin before makeup
- A non-drying base covering to even up skin tone
- The dewy-not-oily makeup
- Shaping your eyebrows to suit your face shape
- Simple, natural eye makeup, blusher and lips

We will have personalised consultation during hands-on session to help you along if there's any questions.

Date: Sat, 23 Feb '19
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: 16 Feb '19

SOCIAL ACTIVITIES FINANCE



Will Planning & Lasting Power of Attorney (LPA) Talk

A properly executed Will for the smooth distribution of estate among surviving beneficiaries can be the best thing to leave behind loved ones; while a Lasting Power of Attorney (LPA) empowers your trusted donees to act on your behalf in the event of a loss of mental capacity. Both are equally important, main difference: a Will kicks in after the death and the LPA operates after the loss of mental capacity.

Still not sure how they work? Come and learn more. Participants enjoy a special rate for execution of a Will and an LPA, plus a complimentary planning session by a professional estate planner.

Date: Sat, 5 Jan '19
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: 31 Dec '18



Make it Happen! with Personal Finances

Apply the Make It Happen! Core competency to your own personal finances:

- Find out the challenges in retirement planning
- Learn how to leverage on CPF schemes such as CPF Life and CPF MediShield Life.
- Understand importance of early planning and managing of your finances



Date: Sat, 23 Feb '19
Time: 2pm - 4pm
Fees: Member \$3, Public Service Officer \$9, Guest \$15
Venue: CSC @ Tessensohn
Contact: Hai Ming at 63915607 or onnhaiming@csc.sg
Register by: 16 Feb '19

Happy Retirement

Speakers who are experienced industry practitioners will share on important topics such as:

- Common roadblocks and mistakes in retirement planning
- What is CPF Life?
- Utilising CPF Medisave during retirement
- Retirement Planning through SRS (Supplementary Retirement Scheme)
- Securing a guaranteed income for a peace of mind during retirement



Date: Fri, 8 Mar '19
Time: 7pm - 8.30pm
Fees: Member \$5, Public Service Officer \$9, Guest \$12 (Fee includes bento dinner and drinks)
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 1 Mar '19

SOCIAL ACTIVITIES

FITNESS



Belly Dance Cardio

A calorie burner, this dance features swanky moves for a trimmer you. It challenges the cores while working on the muscles simultaneously – so it's fun while beneficial for your body. Suitable for all ages.



Dates: 4 Sundays, 10 Feb – 3 Mar '19 or 10 – 31 Mar '19
Time: 11.30am – 12.30pm
Fees: Member \$80, Public Service Officer \$86, Guest \$92
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 1 week before class

Latin Cardio



Latin Cardio is a calorie-blasting dance that is fun, easy to learn and so uplifting. It works your oblique by exploring a wide range of motions with arms, hips and legs. Beginning with a slow warm-up, it quickly works into shakes and shimmies before ending with a cool-down.

Dates: 4 Sundays, 10 Feb – 3 Mar '19 or 10 – 31 Mar '19
Time: 12.30pm – 1.30pm
Fees: Member \$80, Public Service Officer \$86, Guest \$92
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 1 week before class



SAF AQUA® Drums Vibes



Introducing a new approach to water training, SAF AQUA® Drums Vibes is a combination of drum rhythms and completely new equipment.

It blends the power, speed and agility of a drummer with exhilarating aerobics moves and amidst the sounds of music rhythms, to relieve stress, unleash emotions, and have fun while your muscles work hard. (Min. 10 pax to start)



Dates: 10 Mondays, 28 Jan – 1 Apr '19
Time: 7.30pm – 8.30pm
Fees: Member \$120, Public Service Officer \$130, Guest \$140
Venue: CSC @ Tessensohn
Contact: Vanessa Choo at 6391 5641 or vanessachoo@csc.sg
Register by: 20 Jan '19

Pilates for Beginners

Pilates is a great way to improve your strength, flexibility and posture. It is also a safe and effective method to focus on exercises for muscular balance. Working in a group environment, our instructor Mabeline will take you through a series of exercises to work on different muscle groups.



Dates: 10 Saturdays, 19 Jan – 30 Mar '19
 (No lesson on 16 Mar '19)
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: 12 Jan '19

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.

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



Fees for 4 lessons:
 Member \$85, Public Service Officer \$90, Guest \$95
 (Fee includes rental of skating gear, elbow, wrist and knee shields for first timers.)
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

WEEKDAY GROUP CLASS

Dates: 4 Wednesdays, 30 Jan – 27 Feb '19 or 6 – 27 Mar '19
 (No lessons on PH)
Time: 6pm – 7pm / 8pm – 9pm
Venue: Sengkang Basketball Court / Punggol

Dates: 4 Thursdays, 7 – 28 Feb '19 or 7 – 28 Mar '19
Time: 6.30pm – 7.30pm
Venue: Choa Chu Kang Park

Dates: 4 Fridays, 1 – 22 Feb '19 or 8 – 29 Mar '19
Time: 6.30pm – 7.30pm / 8pm – 9pm
Venue: Pinnacle @ Duxton

WEEKEND GROUP CLASS

Dates: 4 Saturdays, 2 – 23 Feb '19 or 2 – 23 Mar '19
Time: 11.30am – 12.30pm / 3.30pm – 4.30pm / 5pm – 6pm
Venue: East Coast Park Car Park F1

SOCIAL ACTIVITIES

FITNESS



K-Kardio Dance

A one-hour non-stop contemporary aerobic and heart-pumping exercise routine that is paired with simplified K-pop dance moves and K-pop beat. In short, Hip-hop, Pilates, Kickboxing and Aerobics all packed in an exercise to increase heart and metabolic rate, promote fat loss and muscle toning. No prior dance experience is required.

January Sessions (No lessons on PH)

Dates: 4 Mondays, 7 – 28 Jan '19
Fees: Member \$50, Public Service Officer \$55, Guest \$60

February Sessions (No lessons on PH)

Dates: 3 Mondays, 11 – 25 Feb '19
Fees: Member \$37.50, Public Service Officer \$41.25, Guest \$45

March Sessions (No lessons on PH)

Dates: 4 Mondays, 4 – 25 Mar '19
Fees: Member \$50, Public Service Officer \$55, Guest \$60



Time: 8pm – 9pm
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg
Register by: 1 week before class

Shinkyokushin Karate

ShinKyokushin Karate is well-known for the full-contact, bare knuckle training with emphasis on actual combat (sparring). A high degree of achievement and improvement can be attained within a relatively short period of time.

Karate is loved by the world as a noble Budō (Japanese martial art), for it is a lifelong sport as it seeks to strengthen one's mind and soul. It is a disciplined sport where the student will not only learn about self-defence, but also about courtesy and respect for others.



Dates: 4 Tuesdays, 12 Feb – 5 Mar '19 & 12 Mar – 2 Apr '19
Time: 7.30pm – 9pm
Fees: Member \$50, Public Service Officer \$55, Guest \$60
Venue: CSC @ Bukit Batok
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 1 week before term starts



Ripstix® will be provided for class use.

POUND® Fitness

At POUND® Fitness, you learn to use a specially designed lightweight drumstick called Ripstix® for a jamming session that doubles up as an effective workout.

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.

Dates: 4 Thursdays, 7 – 28 Feb '19 or 7 – 28 Mar '19
Time: 7pm – 7.45pm
Fees: Member \$68, Public Service Officer \$75, Guest \$80
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 1 Feb '19 or 1 Mar '19

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! Conducted by Instructors Haynia (Bukit Batok) and Yumi (Tessensohn). Max 12 pax



Dates	Fees
3 Tuesdays, 12 – 26 Feb '19	Member \$37.50, Public Service Officer \$41.25, Guest \$43.50
4 Tuesdays, 5 – 26 Mar '19	Member \$50, Public Service Officer \$55, Guest \$58

Time: 7pm – 8pm
Venue: CSC @ Bukit Batok or CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 1 week before class

STRONG by Zumba®

STRONG by Zumba® is a high-intensity full-body, bodyweight workout that conditions your muscles with a combination of cardio and plyometric exercises. Unlike traditional boot camp classes, the music is the heart of the workout, and every movement is made to the beat of the music.



Class Type	Dates/Time	Fees
Trial Class	Wed, 27 Feb '19 8pm – 9pm	Member \$8, Public Service Officer \$15, Guest \$18
Full Session	4 Wednesdays, 6 – 27 Mar '19 8pm – 9pm	Member \$60, Public Service Officer \$66, Guest \$70

Venue: CSC @ Bukit Batok
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 1 week before class

Boogie Bounce Xtreme Fitness

Bounce to fitness on a mini trampoline to the tune of chart topping music and you will feel every muscle on overdrive! Be assured, any knee strain will be at minimum due to a safety bar fixed to the trampoline. Suitable for all ages.

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



Venue	CSC @ Bukit Batok	CSC @ Tessensohn
Dates	8 Thursdays, 31 Jan - 21 Mar '19 or 8 Mondays, 4 Mar - 22 Apr '19	8 Wednesdays, 13 Feb - 3 Apr '19 or 8 Fridays, 22 Feb - 12 Apr '19
Time	8pm - 9pm	7pm - 8pm
Register by	24 Jan '19 or 25 Feb '19	8 Feb '19

Table Tennis

Play table tennis to build physical strength, improve body coordination, mental fortitude and reflexes. The sport is also known to stimulate one's mental alertness and concentration.



Dates: 4 Wednesdays,
13 Feb - 6 Mar '19
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: 6 Jan '19

Tennis by Singapore Tennis School

The Singapore Tennis School conducts a wide range of lessons to cater to a range of ages and abilities. All 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

Yoga

Relax and rejuvenate your body through the slow-paced simple breathing exercises and meditation of yoga with Instructor Rita. Let her show you how to harmonise your body, mind and soul into tranquility.



Dates: 10 Tuesdays,
26 Mar - 28 May '19
Time: 8pm - 9pm
Fees: Member \$75,
Public Service Officer \$82,
Guest \$89
Venue: CSC @ Bukit Batok
Contact: Serene Cho at 6391 5620
or serenecho@csc.sg
Register by: 20 Mar '19

SOCIAL ACTIVITIES

FITNESS



Participants to bring own aqua shoes.

Hydrorider AquaBike Fitness

Pedalling while immersed in water creates a water density, buoyancy and hydrostatic pressure that will help shape your legs, lose weight and get rid of cellulite. AquaBike Fitness also helps to improve your cardiovascular system and blood circulation.



Tuesday evening (Min 4 pax, Max 5 pax)

Dates:

3 Tuesdays, 12 – 26 Feb '19 or
3 Tuesdays, 5, 12 and 26 Mar '19

Time: 5.30pm – 6.30pm, 6.30pm – 7.30pm
or 7.30pm – 8.30pm

Thursday evening (Min 4 pax, Max 5 pax)

Dates:

3 Thursdays, 14 – 28 Feb '19 or
3 Thursdays, 7, 14 and 28 Mar '19

Time: 7.30pm – 8.30pm

Fees: Member \$75, Public Service Officer \$82.50, Guest \$90

Venue: CSC @ Tessensohn

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

Register by: 1 week before class

Swimming for Ladies

Learn to swim with veteran Coach Ms Thipa. She has 10-year experience training adult and young learners both to build good foundation and skills. Particularly she is able to help new swimmers overcome quickly any fear of water.

For beginners, she offers a 10-lesson programme that covers: Confidence building, introducing the front paddle, then the back paddle, and the breaststroke. (No lessons on public holidays)

CSC @ Bukit Batok

Dates: 10 Thursdays, 31 Jan – 4 Apr '19

Time: 7.30pm – 8.30pm

Register by: 16 Jan '19

CSC @ Tessensohn

Dates: 10 Sundays, 17 Feb – 15 Apr '19

Time: 10am – 11am

Register by: 10 Feb '19

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

- Curriculum is taught in a term of ten 30-minute sessions
- Minimum of three students to commence class
- 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 @45mins/ lesson x 10 lessons)
12 Jan – 16 Mar '19 10 weekly lessons	AM: 8 – 11 PM: 3 – 7	Member \$330, Public Service Officer \$430, Guest \$450	Member \$900, Public Service Officer \$950, Guest \$970

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



Venue: CSC @ Tessensohn

Contacts:

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

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

Register by: 7 Jan '19

SOCIAL ACTIVITIES

FOOD



FEES PER COURSE

Member \$20,
Public Service Officer \$24,
Guest \$28

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

Food Gathering Cooking Workshops 美食聚汇

Auspicious Menu

- Prosperity Treasure (Poon Moon Putt Moon) 盘满钵满
- Lunar New Year Apple Cake 春暖花开苹果大发糕
- Lau Cai Tou Clam Chicken Stewed 菜头蛤蜊汤 (大吉大利汤)

Date: Sat, 5 Jan '19
Time: 2pm - 5pm
Register by: 2 Jan '19

Ah Ma's Menu

- Ah Ma's Bee Guo 米粉羹
- Ah Ma's Ji Dan Bing 鸡蛋饼
- Pickles Green Papaya 青木瓜泡

Date: Sun, 17 Feb '19
Time: 2pm - 5pm
Register by: 11 Feb '19

- San Bei Monkey Shrooms 三杯猴头菇
- Taiwanese Walnut Fungi Brewed 台湾
- Butterfly Hua Juan 蝴蝶花卷

Date: Sun, 3 Mar '19
Time: 2pm - 5pm
Register by: 25 Feb '19

Partners



McCormick Food Solutions Workshops

Lunar New Year Menu 新年菜单

- Berries Rice Treasures 岁晚大团圆
- Zhù bào píng ān 竹报平安
- Lunar New Year Auspicious Chicken 吉祥鸡

Date: Fri, 11 Jan '19
Time: 7pm - 9.30pm
Register by: 3 Jan '19

Special Recipes

- Sotong Noodle making 墨鱼面条制作
- Special Seafood Chilli Dip 特制辣椒
- Amethyst Sagu Pengat Keledek 紫晶红薯

Date: Sat, 23 Feb '19
Time: 2pm - 5pm
Register by: 15 Feb '19

Din Xin Menu

- Tau Sar Wo Piah 豆沙锅饼
- Din Xin Bai Fa Ji 点心百花鸡
- Longan Tofu 龙眼豆腐

Date: Sat, 23 Mar '19
Time: 2pm - 5pm
Register by: 15 Mar '19

FEES PER COURSE

Member \$20,
Public Service Officer \$24,
Guest \$28

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

Partners



Baking by Harry

LUNAR NEW YEAR BAKES

Pineapple Tarts. Learn to make three types: open tarts, closed tarts and a third unique shape to delight your guests. Come and find out!

Kueh Bangkit. A recipe that is guaranteed to melt in the mouth.

Leaf Cookies. Aka Kueh Makmur. A fragrant cookie filled with peanut and ever popular with kids.

VALENTINE SPECIAL

Love Stacks. A combination of raspberry mousse and chocolate cake to put you in the mood for love.

Love Bites. Velvet cake with coconut cream cheese frosting for a deliciously moist and rich couple cake.

Forever Friends Cookies. A fragrant bake of nutty cookies with white chocolate.

Date: Sat, 26 Jan '19
Fees: Member \$55,
Public Service Officer
\$60, Guest \$65
Register by: 18 Jan '19



Time: 2pm - 5pm
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624
or kuagekcheng@csc.sg

Date: Thu, 14 Feb '19
Fees: Member \$70,
Public Service Officer
\$75, Guest \$80
Register by: 8 Feb '19





Home Fragrance: Create Your Own Scent and Make Your Own Reed Diffuser



A waft of fresh aroma around the house can be very comforting – whether it lifts your spirit, calms you down, ensures a restful sleep or just adds a subtle pleasant scent to the room. At this workshop, learn to:

- Design and make your own scent
- Structure a unique scent for maximum effect
- Build your reed diffuser from scratch

Date: Sat, 19 Jan '19

Time: 10am – 12pm

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

Venue: CSC @ Tessensohn

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

Register by: 12 Jan '19

Create Your Own Fragrance

This holiday season, work yourself into a merry mood by creating your own blends of calming, lovely aromas. Join this workshop and learn how essential oils can influence your emotions and let the power of fragrance invigorate your mind.

All participants get to bring home one roll-on fragrance oil and a 5ml glass diffuser fragrance oil.

Date: Sat, 2 Mar '19

Time: 2pm – 4pm

Fees: Member \$15, Public Service Officer \$20, Guest \$25

Venue: CSC @ Tessensohn

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

Register by: 25 Feb '19



Soap Making

The art of soap making is simple, affordable and highly therapeutic. Outline of the two-hour workshop:

- Advantages of making your own natural soaps
- Choice of natural ingredients and their benefits
- Step-by-step demo for two types of soaps, a "beauty bar" (beauty care) and a "Herbal Bar" (for wellness, healing, eg. eczema)
- Practical session for participants to make a soap of their preference
- Gift wrapping of the soap



Date: Sat, 23 Feb '19

Time: 2pm – 4pm

Fees: Member \$15, Public Service Officer \$20, Guest \$25

Venue: CSC @ Tessensohn

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

Register by: 15 Feb '19

Fighting Fish Vivarium DIY

Our tropical climate is ideal for maintaining a vivarium of live plants and small aquatic animals. Learn how to build one from ground up, and enjoy the process of putting an ecosystem together as well as the final outcome. Participants will bring home their own vivarium made from a glass bottle, containing a fighting fish, sand, pebbles, seashell, coral, one marimo ball and a pack of fish food.



Date: Sat, 26 Jan '19

Time: 10am - 11.30am

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

Venue: CSC @ Tessensohn

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

Register by: 20 Jan '19



Succulent Terrariums

If you have a full hand of green fingers but not much of a garden space, get down to creating your own terrarium and enjoy a mini-world of lush beautiful plants. Terrariums are easy-to-make and inexpensive to maintain. Plus plants are a surefire way to enhance your indoor air quality. Wait no more, join us and learn how to craft a terrarium of succulents that you can sit back and enjoy for hours in your favourite armchair! Our instructor will also walk you through maintaining a succulent and an airplant terrarium.

Date: Sat, 26 Jan '19

Time: 1pm - 3pm

Fees: Member \$30, Public Service Officer \$32, Guest \$35

Venue: The Green Capsule, Shenton Way

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

Register by: 20 Jan '19

Ornamental Terrariums

Come join us and learn the skill of terrarium making. With the guidance of our instructor, unleash your creativity to come up with your own story jars. Learn all about plant care and responsibility through this simple one-hour activity. Create your gift of love and share this joy with your loved ones.

Date: Sat, 23 Feb '19

Time: 10am - 12pm

Fees: Member \$32, Public Service Officer \$35, Guest \$38

Venue: The Green Capsule, Shenton Way

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

Register by: 15 Feb '19



Grow Your Own Organic Herbs & Spices

Enjoy the therapeutic experience of growing your own herbs and using them fresh in your cooking. Herbs also make wonderful natural remedies for a range of ailments and conditions. Whether it is to chase away the common cold and flu, to strengthen a weak stomach, to detox, to enhance breathing, shed some fats, or simply to improve skin and hair health. Each participant receives a Starter Kit.

Topics Covered:

- Learn the top 10 herbs and spices available in Singapore, and their health benefits in cooking or as natural remedies
- Growing herbs organically (including Stevia, a common sugar substitute)
- Harvesting, drying and storing of herbs

Date: Fri, 15 Mar '19

Time: 7pm - 9.30pm

Fees: Member \$48, Public Service Officer \$55, Guest \$58

Venue: CSC @ Tessensohn

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

Register by: 8 Mar '19



SOCIAL ACTIVITIES

FUN



Chinese Fan Painting

Join this 1.5-hour workshop for a unique glimpse into the artistic tradition and delicate art of Chinese fan painting which can take years to master. The workshop is ideal to give students a basic understanding and appreciation of Chinese painting.



Date: Sat, 26 Jan '19
Time: 11am - 12.30pm
Fees: Member \$28, Public Service Officer \$35, Guest \$38
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 20 Jan '19

Pastel Nagomi Art

Japan Pastel Nagomi Art is a form of Japanese healing. It teaches you the joy of using your finger and pastels to create a gentle, soft and heartwarming art form through simple yet unique techniques.

In doing so, participants draw out their creativity and the therapeutic nature of this art helps create a sense of harmony and hope in both the painters, as well as those admiring the pastel art.

Participants will get to create one 15cm square art piece and another of bookmark-size.



Date: Sat, 16 Feb '19
Time: 10am - 12pm
Fees: Member \$35, Public Service Officer \$42, Guest \$48
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 10 Feb '19



Learn to Tie Chinese Knots

This may be a lesser known hobby but can offer you great fun as you learn the intricate art of knotmaking and start exploring the various knotting techniques. Participants get to bring home their finished class work.

Date: Sat, 16 Feb '19
Time: 11am - 12.30pm
Fees: Member \$35, Public Service Officer \$42, Guest \$45
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 11 Feb '19



Leather Crafting Workshop

A leather crafting workshop that balances both traditional and contemporary designs and techniques to instil a new level of appreciation for craftsmanship and spontaneous creativity. Participants will learn the different crafting processes including cutting of leather, hole punching, stitching and debossing of names or initials, and will come away with a sense of pride, satisfaction and appreciation for leather crafts.

Choice of leather/colours will be given during the session. Only cow and buffalo hides are used. Fees include cost of materials.



20cm Zip Pouch

Date: Sat, 26 Jan '19
Time: 2.30pm - 5pm
Fees: Member \$40, Public Service Officer \$45, Guest \$50

Two-piece Bifold Wallet (Adults)

Date: Sat, 16 Feb '19
Time: 10am - 1pm
Fees: Member \$60, Public Service Officer \$68, Guest \$75

L-zip Wallet w/Card slot (Adults and Children ages 12 and above)

Date: Sat, 9 Mar '19
Time: 3pm - 6pm
Fees: Member \$45, Public Service Officer \$50, Guest \$55

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

Ceramic Tile Painting

Decorative ceramic tiles can do wonders for your home. Come learn how to transfer your own design onto ceramic tiles and create unique artpieces that can add an interesting accent to any walls in your house. Participants will get to bring home their beautiful painted tiles. Learn to:

- Transfer your favourite design to a ceramic tile
- Create a colourful memento

Date: Sat, 23 Mar '19
Time: 10am – 11.30am
Fees: Member \$39, Public Service Officer \$45, Guest \$48
Venue: CSC @ Bukit Batok
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 18 Mar '19



Lunar New Year Shopping Trip

Join this shopping spree and start stocking up for the Lunar New Year. Points of visits as follows:

Take your pick from **Banyi Marketing** for a wide selection of herbal tonic health solutions and drinks suitable for everyone especially those with cholesterol and blood health issues.

Sauces are essential for Chinese New Year cookouts. So the spree includes stopover at **Kwong Cheong Thye** for their light and dark soya sauce, hot sweet sour bean paste, hoisin, sesame oil and oyster sauce. Also to **Boon Tong Kee** for their chicken rice chilli sauce, ginger paste, soya bean paste, XO sauce among others.

Drop in at **William Koo Sea Product** for processed sea cucumbers and cuttlefish at best value prices.

Fragrance Bak Kwa is another must-buy. Particularly when they are marinated with a unique blend of precious Chinese herbs before they are artfully grilled.

Fassler Gourmet is the go-to place for salmon, seafood and sashimi-grade fish (tuna, swordfish) and more.



Date: Sat, 26 Jan '19
Time: 9am – 4.30pm
Fees: Member \$ 17, Public Service Officer \$23, Guest \$29
Venue: Assemble at CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 19 Jan '19

Local Tour to Highlanders, Yakult Factory & Organic Farm

A three-stop tour to **Highlanders International** to learn the benefits of brown rice products; 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: Mon, 18 Mar '19
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: 11 Mar '19



SOCIAL ACTIVITIES

FUN



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 snappers and giant groupers.

If you are looking to break your personal heaviest catch record in Singapore, 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

- 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

Fishing Equipment

- Fishing equipment are provided free for students from MFFA. (We recommend students to use their own setups to familiarise with their setup's characteristics.)
- For those who are not yet certified by MFFA, rental charges are applicable and subject to availability.
 - Fishing rod rental (\$25 per rod)
 - Fishing reel rental (\$25 per reel)
 - Necessary basic fishing accessories i.e. hooks, line and sinkers, are included when you rent a set of fishing rod and reel.

Bait

Bait (live prawns) is included.

Dates: Sat, 17 Feb '19 and/or Sat, 17 Mar '19

Time: 8am - 5pm

Fees: Member \$110, Public Service Officer \$115, Guest \$120 (Min age, 5 years*)

Venue: Place of embarkation is Republic of Singapore Yacht Club

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

Register by: 2 weeks before each session

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

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

WHAT TO BRING:

- Packed lunch
- Fishing Equipment (for non-MFFA students)
- Sunblock
- Sunglasses
- Plastic bags to hold keep your catch
- Seasick medication
- Raincoat

Angler Course for Beginners

This one-day trip out to scenic Lazarus Island caters for those interested in trying out fishing or for 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)

Dates: Sun, 24 Feb '19 and/or 24 Mar '19

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: 2 weeks 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

Chek Jawa Boardwalk Adventure

Join us on this 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, including the mangroves. Suitable for children aged 3 and above.

Dates:

Sun, 27 Jan or 24 Feb or 10 Mar '19 or Sat, 16 Feb or 16 Mar '19

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.

SOCIAL ACTIVITIES

HEALTH



Stronger Knees and Joints Program Renew & Regrow

Learn important four-step framework to improve knee and joint functions. Participants get to learn meridian flexercise and therapy techniques, which can enhance daily routines.

Dates: 4 Fridays,
22 Feb – 15 Mar '19
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: 15 Feb '19

TCM Guasa Acupoint Workshop

An interactive session to share the ancient beauty remedy of Guasa that dates from the Tang Dynasty. Reap health and beauty benefits with a live TCM demonstration of acupuncture points, meridian lines and facial Guasa for the ultimate rejuvenation of dull skin. Be amazed by TCM Guasa methodologies for deep detoxification and collagen regeneration for instant results and benefits. Free, a silky hand treatment worth \$60.

Date: Sat, 2 Mar '19
Time: 10am – 12pm
Fees: Member \$10,
Public Service Officer \$12,
Guest \$15
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641
or vanessachoo@csc.sg
Register by: 25 Feb '19

Mobile Qigong

A course conducted in two parts.

Part One (2 Sundays, 24 & 31 Mar '19)
4 regimens to harmonise and maintain:

- Yinyang qi & normalise blood pressure
- Functions of the lungs and large Intestine
- Functions of the kidneys and urinary bladder
- Functions of the lymphatic and endocrine systems

Part Two (2 Sundays, 14 & 21 Apr '19)
4 regimens to harmonise and maintain:

- Yinyang qi & normalise blood pressure
- Functions of the liver and gall bladder
- Functions of the heart and small intestine
- Functions of the spleen and stomach

Time: 1pm – 5pm
Fees: Member \$150, Public Service Officer \$160, Guest \$170
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 7 Apr '19



SOCIAL ACTIVITIES

SELF IMPROVEMENT



Mindfulness Introductory Workshop

If you would like to know what is Mindfulness, how it can help you reduce stress and improve well-being, then this workshop is for you. You will get to know what scientific studies have revealed about mindfulness training. You will also be guided through various mindfulness practices that are immediately applicable to you.



Date: Sat, 23 Feb '19
Time: 10am – 12.30pm
Fees: Member \$20, Public Service Officer \$26, Guest \$30
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620
or serenecho@csc.sg
Register by: 16 Feb '19

Mindfulness Foundation Course

This four-lesson Mindfulness Foundation Course will enable you to understand what is mindfulness, its benefits, the mindfulness practices and how to apply in our daily living.

You will be guided through various mindfulness practices, plus understand what scientific studies have revealed about mindfulness training. We will also explore stress triggers, and how to respond to them.

Date: Sat, 2 – 23 Mar '19
Time: 10am – 12pm
Fees: Member \$88, Public Service Officer \$95, Guest \$100
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620
or serenecho@csc.sg
Register by: 25 Feb '19



SOCIAL ACTIVITIES

KIDS



Kids Can Bake (Parent and Child)

*For children ages 3 to 11 years

Colour Splash Unicorn Cake

Dates: Sat, 19 Jan '19 or Sun, 17 Feb '19
Time: 10.30am - 12.30pm or 1.30pm - 3.30pm
Register by: 11 Jan '19 or 11 Feb '19

Mermaid Doll Cake

Dates: Sun, 27 Jan '19 or Sat, 23 Feb '19
Time: 4pm - 6pm or 10.30am - 12.30pm
Register by: 21 Jan '19 or 15 Feb '19

Prosper Piggy Pineapple Tarts

Date: Sat, 19 Jan '19
Time: 1.30pm - 3.30pm
Register by: 11 Jan '19

Pinky Pig Mochi Pops

Date: Sun, 17 Feb '19
Time: 4pm - 6pm
Register by: 11 Feb '19

Chocolate Hurricane Cake Slices

Date: Sat, 23 Feb '19
Time: 4pm - 6pm
Register by: 15 Feb '19

Fees per Course:

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 and ingredients)



Fees:

Per parent-child pair: Member \$68, Public Service Officer/Guest \$78
Each additional child: Member \$34, Public Service Officer/Guest \$39
(Fees inclusive of all workshop materials and ingredients)

Venue: City Square Mall #07-08
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

Healthy Ice Cream/Gelato Making Workshop (Parent and Child)

*For children ages 7 to 11 years

A fun-filled workshop that provides participants hands-on experience in ice cream/gelato making.

- Learn the origin of ice cream
- Learn the principles of how milk mixture turns into creamy ice cream
- Gather useful tips for making healthy but delicious ice cream at home.
- Watch how a batch freezer (commercial ice cream maker) churns ice cream mixture into frozen ice cream
- Hands-on experience in making your own ice cream using different methods
- Participants get to bring home the ice cream/gelato made (500g)



Date: Sat, 16 Mar '19
Time: 2pm - 5pm
Fees per parent-child pair: Member \$50, Public Service Officer \$55, Guest \$60 (includes all ingredients)
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg
Register by: 8 Mar '19

Bowling for Kids

*For children ages 8 to 12 years

Get the kids into a bowlin' good time with this course. Learn basic techniques, as well as the equipment and attire needed to enjoy this sport in a safe, fun way. Also pick up bowling and lane etiquettes, how to select a suitable ball and to keep score.



	CSC @ Tessensohn Planet Bowl	CSC @ Bukit Batok Westwood Bowl	CSC @ Changi 1 Resort Bowl
Dates	Mon & Tue, 18 & 19 Mar '19	Wed & Thu, 20 & 21 Mar '19	Thu & Fri, 21 & 22 Mar '19

Time: 10am - 12pm
Fees: Member \$65, Public Service Officer \$70, Guest \$75
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 5 Mar '19

Science Busters

*For children ages 7 to 9 years

Join Buss Lightyear as he embarks on a mission to bring light to his planet!

Learning Adventure:

- Head start on light concepts at primary science level
- Learn through engaging science experiments, projects and activities
- Create and participate in a shadow puppet show
- Discover fun facts about light
- Create personalised science projects to bring home

Date: Tue, 19 Mar '19

Time: 2pm - 5pm

Fees: Supplementary Member \$45, Guest \$55

Venue: CSC @ Tessensohn

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

Register by: 12 Mar '19



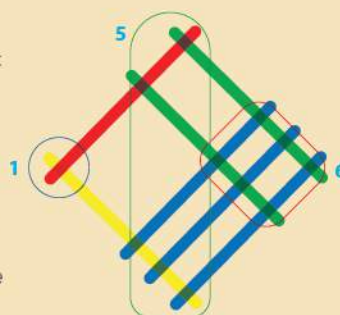
Visual Line Mental Multiplication

*For children ages 8 to 10 years

Join us in this interactive course specially designed for fast and accurate mental multiplication!

Through the Japanese visual line drawing technique, students will learn to multiply both single and double digits with up to 3-digit numbers!

With exciting time-based class challenges and interactive activities for applications of techniques learnt, students will improve their mental calculation skills and confidence levels while nurturing a greater appreciation for Maths.



Date: Thu, 21 Mar '19

Time: 2pm - 5pm

Fees: Supplementary Member \$45, Guest \$55

Venue: CSC @ Tessensohn

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

Register by: 15 Mar '19

Drone Flying

*For children ages 6 years and above

Drone flying - the current 'in' in the aviation scene - has broad applications beyond the aviation industry like surveillance, transportation and aerial filming.

Learning outcomes:

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

Participants get to bring the drone home!



Drone Workshop

Date: Mon, 18 Mar '19

Time: 9am - 12pm

Fees: Supplementary Member \$80, Guest \$90

Venue: CSC @ Tessensohn

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

Register by: 11 Mar '19



Micro:Bit Code

Micro:Bit Coding

*For children ages 6 years and above

This workshop aims to guide participants into the fundamentals of programming using drag-and-drop command techniques. Students will learn to code for LED lights flashing, music buzzer and text display. Through this activity, they will appreciate further applications of programming in their everyday lives.

Learning outcomes:

- Structure of coding
- Learning about commands and logic
- Automation applications
- Basics of electronics

Date: Fri, 22 Mar '19

Time: 9am - 12pm

Fees: Supplementary Member \$80, Guest \$90

Venue: CSC @ Tessensohn

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

Register by: 15 Mar '19

SOCIAL ACTIVITIES

KIDS



1D Holiday Programme

***For children ages 6 to 12 years**

If your kids love digging into art and craft projects, sign them up for some crafting fun this March holiday! Develop your child's creative craftsmanship, self-expression and motor skills in a fun way. Have fun with tile painting, lava lamp making and slime making. Fee includes 1 lunch, 1 snack time and all required craft materials.

9am	Registration
9.15am - 10am	Kids Zumba by Zumba Instructor
10.15am - 10.30am	Ice Breaker Games - Getting to know your friends
10.30am - 12.30pm	Tile Painting Learn how to transform your design to a ceramic tile. Create a beautiful memento for your friend and love ones.
12.30pm - 1.30pm	Lunch Time
1.30pm - 3pm	Lava Lamp Making Make your own (temporary) lava lamp with everyday household materials! It's easy, safe and cool. Be mesmerised by the coloured bubbles sinking and rising!
3pm - 3.30pm	Snack Time
3.30pm to 5pm	Slime Making



Date: Sat, 16 Mar '19
Fees: Member \$88, Public Service Officer \$92, Guest \$95
Venue: CSC @ Bukit Batok
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 10 Mar '19

Stone painting

***For children ages 6 to 12 years**

Stone art is particularly rewarding for young children because with a limited space to decorate/paint, it is less intimidating. They can create rock pets by painting facial details on the stones or decorative paperweights and centrepieces, or add to your fridge collection by attaching magnets to the back. Painted stones make beautiful personalised gifts. The possibilities are simply endless! Participants get to bring home his own creation.



Date: Sat, 23 Mar '19
Time: 10am - 11.30am
Fees: Member \$39, Public Service Officer \$45, Guest \$48
Venue: CSC @ Bukit Batok
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 10 Mar '19



Kids Ballet

***For children ages 3 to 4 years**

Royal Academy of Dance (RAD) is one of the world's most influential dance education organisations. During the lesson, RAD syllabus will be introduced to inspire participants. They will be able to pick up classical ballet techniques, musicality, performance skills, coordination, discipline, vocabulary as well as lines and movement quality.

Dates: 4 Sundays, 3 - 24 Mar '19
Time: 9am - 10am
Fees: Supplementary Member \$100, Guest \$120
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register by: 24 Feb '19

Memory Improvement Workshop

***For children ages 9 years and above**

This workshop helps students enhance their memory power and retain new vocabulary. Learn how to remember key words that will help them at school tests, exams and presentations. Embrace techniques that instil confidence in learning new knowledge.

Date: Mon, 18 Mar '19
Time: 9.30am - 1pm
Fees: Supplementary Member \$95, Guest \$120
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg
Register by: 11 Mar '19



SOCIAL ACTIVITIES

MUSIC



English Karaoke Singing Class

Join the ongoing English karaoke singing class and let our 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.

Ms Ivy Wee



Dates: 10 Wednesdays, 13 Mar – 22 May '19

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: 7 Mar '19

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, 20 Feb – 24 Apr '19

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: 18 Feb '19



Learning the Ukulele (Beginners)

Get acquainted with the Ukulele, the Hawaiian interpretation of a small guitar-like instrument that originated in the 19th century. Learn how to strum chords, sing and play, and eventually play solo pieces. Students will also be taught note reading and tuning.

Music instructor Fahmy has been playing and performing more than 25 years.

Dates: 4 Mondays, 21 Jan – 18 Feb '19

(No lessons on 4 Feb '19)

Time: 7pm – 9pm

Fees: Member \$100,

Public Service Officer \$110, Guest \$115

(Participants to bring their own ukelele)

Venue: CSC @ Bukit Batok

Contact: Gek Cheng at 6391 5624

or kuagekcheng@csc.sg

Register by: 14 Jan '19



Learning the Keyboard (Beginners)

Bring colour to your music with the keyboard. With just a touch, the instrument gives you a full ensemble of a range of rhythm accompaniments.

In this course, you will be taught the basics of notes and chords reading, plus play a range of songs from classical, pop and rock. Instructor Titus Chia has been teaching the piano, keyboard and organ for about 8 years.

Dates: 6 Mondays, 21 Jan – 4 Mar '19 (Except 4 Feb '19)

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: 14 Jan '19

SOCIAL ACTIVITIES

TRAVEL



1D Kulai Hakka Village Tour

Itinerary includes

- Depart to the Hepo Museum Kulai
- Continue with street art
- Visit the Hakka Village, tasting famous Hakka desserts
- Hakka lunch
- Shopping
- Dinner at local restaurant

(Itinerary subject to change without prior notice)

Package includes

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

Package excludes

Personal expenses • Every expense not specified in the itinerary • Tipping

	Adult	Child (4 – 11yrs old)
Member	\$ 80	\$ 70
Public Service Officer	\$ 90	\$ 80
Guest	\$ 95	\$ 85



Date: Sat, 9 Mar '19

Meeting Time/Place: 6.30am at CSC @ Tessensohn

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

Register by: First-come, first-served

Tour by: Amazing Explorer

2D1N Hua Kee Kelong Trip

Itinerary includes

Visit local produce shop for snack shopping before departure to Kelong • Lunch at Hua Kee Kelong Seafood Restaurant • Assemble at Puteri Harbour • Seafood dinner • BBQ

Package includes

2-day usage of 40-seater air-con bus • 1-night stay at Hua Kee Kelong • Return ferry • Experienced tour guide from Malaysia • Meals & Entrance fees as per itinerary • Group Insurance Medical \$500, Accidental Death & Disability \$10,000

Package excludes

Personal expenses • Every expense not specified in the itinerary

Cost per pax	Adult (Twin/Triple)	Child with Bed (9 years & below)
Member	\$ 240	\$ 210
Public Service Officer	\$ 260	\$ 230
Guest	\$ 270	\$ 240

Dates: Sat to Sun, 16 – 17 Mar '19

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

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

Register by: First-come, first-served

Tour by: Amazing Explorer



Ensure passport validity to be no less than six months from the date of departure.

2D Sunrise Farm Tour

Itinerary includes

Visit Labis Farm · Enroute visit Bee Farm / view local produce / Visit Organic farm cum Bird's nests · Afternoon tea of local delicacies · Catch sunset · Dinner at local restaurant · Sunrise at Labis Sunrise Farm · Visit the orchard via 4WD Summary · Free-n-easy including mural art and shopping

Package includes

2-day usage of 40-seater air-con bus · 1-night farm stay · 1 Breakfast/1 Tea/2 Lunch/1 Dinner/1 Supper · Tipping for Guide and Driver · Entrance fees as per itinerary · Group Insurance Medical \$500, Accidental Death & Disability \$10,000

Package excludes

Personal expenses · Every expense not specified in the itinerary

STAY @ Sunrise Farm Stay	Adult (Twin Sharing)	Child with Bed (11years & below)
Member	\$ 175	\$ 150
Public Service Officer	\$ 185	\$ 155
Guest	\$ 190	\$ 160

Dates: Sat to Sun, 13 – 14 Apr '18

Meeting Time/Place: 7am at CSC @ Tessensohn

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

Register by: First-come, first-served

Tour by: Amazing Explorer



1D Makan Makan Tour

Visit to Mushroom Farm · View growing of mushrooms · Visit to Bee Farm · Noodle making at Hock Chew Noodle Factory · Hock Chew lunch at local restaurant · Visit to Organic farm · Proceed to Sri Wangi farm to see sweet potato, goreng pisang and carrot cake.

STAY @ Chalet & Hotel Vivatel or similar	Adult Sharing	Child with Bed (11years & below)
Member	\$ 78	\$ 72
Public Service Officer/Guest	\$ 85	\$ 75

Package includes

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

Package excludes

Personal expenses · Tipping for guide & driver · Every expense not specified in the itinerary

Date: Sat, 20 Apr '19

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

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

Register by: First-come-first-served

Tour by: Amazing Explorer





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

Deep Aqua Aerobics



10 Fridays, 1 Feb - 5 Apr '19 (No lessons on PH)	7pm - 8pm or 8pm - 9pm	Vikki	\$85	\$95	\$110	18 Pax (Max)	25 Jan '19
10 Thursdays, 21 Feb - 25 Apr '19 (No lessons on PH)	6.30pm - 7.30pm	Anthea	\$85	\$95	\$110	18 Pax (Max)	16 Feb '19
10 Wednesdays, 6 Mar - 15 May '19 (No lessons on PH)	6.15pm - 7.15pm or 7.15pm - 8.15pm	Vikki	\$80	\$90	\$105	18 Pax (Max)	27 Feb '19
10 Saturdays, 9 Mar - 11 May '19 (No lessons on PH)	8am - 9am or 9am - 10am	Anthea	\$85	\$95	\$110	18 Pax (Max)	2 Mar '19
10 Tuesdays, 19 Mar - 21 May '19 (No lessons on PH)	8am - 9am	Vikki	\$85	\$95	\$110	18 Pax (Max)	10 Mar '19

Aqua Aerobics

12 Sundays, 10 Feb - 28 April '19 (No lessons on PH)	9am - 10am	Vikki	\$80	\$90	\$105	18 Pax (Max)	3 Feb '19
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Swimming | For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg

Children

4 Lessons, Jan/Feb '19 Choice of Sat/Sun	Depends on Swimming Level & Age (Instructors will advise)	Kurusamy / Seng Yung / Derick/ Chang	Supp Member \$70	-	\$85	15 Pax	15 Jan/ Feb '19
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Ladies (Beginner)

10 Sundays, 17 Feb - 15 Apr '19 (No lessons on PH)	10am - 11am	Thipa	\$210	\$220	\$230	12 Pax	10 Feb '19
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Ballroom Techniques | For info, contact Gek Cheng @6391 5624 or kuagekcheng@csc.sg

Beginners Ballroom Quickstep with Techniques

10 Sundays, 20 Jan - 31 Mar '19	2pm - 3pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	14 Jan '19
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Latin Samba - Intermediate

10 Sundays, 20 Jan - 31 Mar '19	3pm - 4pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	14 Jan '19
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Ballroom Waltz - Intermediate with Technique

10 Sundays, 20 Jan - 31 Mar '19	4pm - 5pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	14 Jan '19
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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" (Adult Beginner)	4 Saturdays, 2 – 23 Feb '19 (No lessons on PH)	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	26 Jan '19
	5 Saturdays, 2 – 30 Mar '19 (No lessons on PH)	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	23 Feb '19
Wing Chun Kung Fu, "Chi Sau" (Children 6 – 12 yrs)	4 Saturdays, 2 – 23 Feb '19 (No lessons on PH)	10.30am – 11.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	26 Jan '19
	5 Saturdays, 2 – 30 Mar '19 (No lessons on PH)	10.30am – 11.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	23 Feb '19
Wing Chun Kung Fu, "Chi Sau" (Adult Intermediate)	4 Saturdays, 2 – 23 Feb '19 (No lessons on PH)	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	26 Jan '19
	5 Saturdays, 2 – 30 Mar '19 (No lessons on PH)	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	23 Feb '19
Wing Chun Kung Fu, "Chi Sau"	4 Thursdays 7 – 28 Feb '19 (No lessons on PH)	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	31 Jan '19
	4 Thursdays 7 – 28 Mar '19 (No lessons on PH)	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	28 Feb '19
Traditional Taekwon-Do	13 Saturdays, 6 Apr – 29 Jun '19 (No lessons on eve or PH)	3pm – 4.30pm (Beginner & Coloured Belt) or 4.30pm – 6pm (Red & Black Belt Only)	Singapore Taekwon-Do Academy	\$60	\$70	\$80	10 Pax	30 Mar '19

\$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

Pilates	10 Mondays, 11 Feb – 22 Apr '19 (No lessons on PH)	7pm – 8pm	Mabeline	\$85	\$95	\$100	12 Pax (Min)	4 Feb '19
Yoga	10 Fridays, 8 Mar – 17 May '19 (No lessons on PH)	7pm – 8pm or 8pm – 9pm	Huay Lin	\$75	\$80	\$85	12 Pax (Min)	1 Mar '19

REGULAR ACTIVITIES

csc @ Bukit Batok



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

Deep Aqua	10 Tuesdays, 22 Jan – 2 Apr '19 (No lessons on PH)	7pm – 8pm	Vicsland	\$85	\$95	\$110	18 Pax (max)	10 Jan '19
	10 Saturdays, 26 Jan – 30 Mar '19 (No lessons on PH)	8.30am – 9.30am	Kelvin	\$85	\$95	\$110	18 Pax (max)	20 Jan '19

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

Aikido (Children)	10 Sundays, 17 Feb – 21 Apr '19 (No lessons on PH)	10am – 11am	Steven Goh	\$120	\$130	\$135	20 Pax	10 Feb '19
Aikido (Adult)	10 Sundays, 17 Feb – 21 Apr '19 (No lessons on PH)	11am – 12pm	Steven Goh	\$120	\$130	\$135	20 Pax	10 Feb '19
Traditional Taekwon-Do	13 Saturdays, 6 Apr – 29 Jun '19 (No lessons on eve or PH)	4pm – 5.30pm	Singapore Taekwon-Do Academy	\$60	\$70	\$80	10 Pax	30 Mar '19
				\$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, Jan/Feb '19 Choice of Sat/Sun	Depends on Swimming Level & Age (Instructors Will Advise)	Yusman / Ishaak/ Paul / Vishnu	\$70	–	\$85	15 Pax	15 Jan/ 15 Feb '19
Ladies	10 Thursdays, 31 Jan – 4 Apr '19 (No lessons on PH)	7.30pm – 8.30pm	Thipa	\$210	\$220	\$230	12 Pax	25 Jan '19

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

Pilates	10 Saturdays, 19 Jan – 23 Mar '19	11am – 12pm	Agnes	\$85	\$95	\$100	12 Pax (min)	12 Jan '19
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csc @ Changi |

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

Children	4 Lessons, Jan/Feb '19 Choice of Sat/Sun	Depends on Swimming Level & Age (Instructors Will Advise)	Chang Mun Chung	\$70	–	\$85	15 Pax	15 Jan/ 15 Feb '19
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Name (*Mr/Mrs/Mdm/Miss): _____

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

Address: _____ Singapore (_____) _____

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

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

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

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

*Delete as appropriate • For more than one activity and/or extended list of guests, please attach sheets separately • For swimming lessons, please contact the clubhouse at 6391 5605 • For badminton, please contact the sports section at 6391 5619.

Important notes

- Registration of activities is based on a first-come-first-served basis.
- All guests must be accompanied by members.
- All fees paid are non-refundable unless the activity is cancelled by the club.
- Please contact us if you do not hear from us one week before the activity.
- Applications must be accompanied by full payment. Please send separate cheques for different activities.

- Crossed cheques are to be payable to "Civil Service Club" unless otherwise stated.
- Unless otherwise stated, cheques should be sent to:
Social Manager, Civil Service Club, 60 Tessensohn Road, Singapore 217664
- The Civil Service Club and its management will be kept fully indemnified against all claims, loss or damage whatsoever to participants arising from any cause in connection with activities organised or participation therein.

Civil Service Club

Associate Membership

FOR NON-PUBLIC SERVICE OFFICERS (SINGAPOREANS & PR)



APPLY NOW

www.csc.sg/membership

Promotion

PROMOTION ENDS
28 FEBRUARY 2019



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

(BUNDLE SET)
DESKTOP GRILL + ELECTRIC KETTLE
RRP \$148 **Promo Code: BSGK**



Terms and conditions apply

All promotion gifts are subject to 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.

<https://www.csc.sg>

6391 5604 / 6514 6396

membership@csc.sg

Civil Service Club

ORDINARY TERM
MEMBERSHIP

Promotion

(FOR PUBLIC SERVICE OFFICERS)
PROMOTION ENDS 28 FEBRUARY 2019

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 5 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

EXCLUSIVE
LUNAR NEW YEAR
RED PACKET
HOLDER!

Only for New Sign-ups/Renewals in
January and February 2019.

(Only applicable to Active Public Service Officers)

*While Stocks Last

伍 5 Year 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



肆 4 Year Membership \$288

ARBUTUS
WATCH
RRP \$412

Promo Code: AR802



OR

KARCHER
ELECTRIC
BROOM
RRP \$138

Promo Code: KEB



參 3 Year Membership \$216



ELLE
LADIES
WATCH
RRP \$338

Promo Code: ELLB (Black) or ELLG (Grey)

OR

(BUNDLE SET)
DESKTOP GRILL +
ELECTRIC KETTLE
RRP \$148

Promo Code: BSGK



貳 2 Year Membership \$144

MORRIES MULTI-CYCLONE
VACUUM CLEANER*
RRP \$89

Promo Code: VC



OR

INFRARED
COOKER
RRP \$85

Promo Code: IFC



壹 1 Year Membership \$72



MORRIES
MINI POT
RRP \$35.90

Promo Code: MPB



APPLY NOW

www.csc.sg/membership

Terms and conditions apply.

All promotion gifts are valid for Ordinary Term Membership only and subject to 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.

<https://www.csc.sg>

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membership@csc.sg