

# Fusion!

one membership, three clubhouses, four distinct experiences

november – december 2019 issue



## CSC Children's Christmas Party

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Lunar New Year  
2020 Bazaar

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CSC  
Baby Crawling  
Contest

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Children's Holiday  
Programme



Civil Service Club

ORDINARY TERM MEMBERSHIP

# Promotion

(FOR PUBLIC SERVICE OFFICERS) Promotion ends 31 DEC 2019

The Club for Public Service Officers. With one membership you will have access to three Clubhouses at Bukit Batok, Changi and Tessensohn and enjoy four distinct experiences. Offering you a wide range of recreational facilities and social activities to meet your lifestyle needs and more. 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.

You can now apply for Free Virtual Supplementary Membership card for your spouse, children (below 21 years old) and immediate parents. We will waive off the one-time admin fee of \$10 for each virtual supplementary card application. It is mandatory to provide your photograph to process the membership application. Supplementary member will need to access their member portal to download the virtual card to use the clubhouse facilities. If you require a physical membership card, please visit the front office of any clubhouse to process the card. An admin fee of \$10 is applicable for each card. To apply for Free Virtual Supplementary Membership, please email to [membership@csc.sg](mailto:membership@csc.sg)

## Year End Member Lucky Draw!



Only for New sign-ups / Renewals in Nov and Dec 2019  
(Applicable for Active Public Service officers.)  
Winners will be notified by email  
by 31 Jan 2020.

**5 YEAR**  
MEMBERSHIP  
**\$360**



GRUNN I1-ECOBOT  
RRP \$239

Promo Code: ROBOT

OR

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

Promo Code: CRN2N

**4 YEAR**  
MEMBERSHIP  
**\$288**



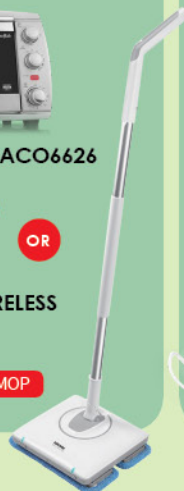
AZTECH OVEN ACO6626  
RRP \$149

Promo Code: ACO

OR

GRUNN M2-  
VIBRATION WIRELESS  
MAGICMOP  
RRP \$189

Promo Code: MagicMOP



**3 YEAR**  
MEMBERSHIP  
**\$216**



ELLE LADIES'  
WATCH (PINK  
OR WHITE)  
RRP \$128

Promo Code: ELLE(P) or ELLE(W)

OR

MI DRONE MINI  
RRP \$109

Promo Code: MIDrone



**2 YEAR**  
MEMBERSHIP  
**\$144**



MI BAND 4  
RRP \$55

Promo Code: MIBAND4

OR

AIR FRYER  
RRP \$59.90

Promo Code: FRYER



**1 YEAR**  
MEMBERSHIP  
**\$72**

MORRIES MINI POT  
RRP \$35.90

Promo Code: MPB



APPLY NOW

[www.csc.sg/membership](http://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 Mon to Thur 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](mailto:membership@csc.sg)



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### CSC @ Tessensohn

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

### CSC @ Bukit Batok

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

### CSC @ Changi 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 (Bryan Lee)  
T: 6391 5624 (Kua Gek Cheng)  
T: 6391 5641 (Vanessa Choo)  
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events@csc.sg

✉ feedback@csc.sg



Scan this QR to view  
the electronic copy  
of Fusion!

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

🌐 <https://www.csc.sg/>

📱 📺 Civil Service Club

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# Dear Members,



As we are nearing the end of 2019, many of us are looking forward to a well-earned December holiday to recharge ourselves before we welcome 2020. As for the Club, December is one of our busiest months with a string of social activities, notably the Children's Holiday Programme, Children's Christmas Party and the Bicentennial Gala Night.

**PDPA Compliance.** Over the past 10 months, the Club was a hive of activities with infrastructure upgrades, organising the annual major sports and social activities, membership bulk purchase and most recently, trying to meet to the obligations of the PDPA. Previously, our membership card number was pegged to the NRIC number. In order to convert the NRIC number to a set of unique numbers for almost 65,000 members, the Club Management System needed to be updated, with the staff working over many weekends and having multiple discussions to ensure we meet the standard required by 1 Sep 2019. I must applaud the Membership and IT staff for their unfailing dedication and relentless effort to make it happen.

**Membership Virtual Card.** The virtual card that was introduced recently also went down well with our members. Many members downloaded the virtual card application and we noticed that there were many supplementary members opting for it as well. Under the virtual card, new supplementary members need not have to pay for the one-time application fee of \$10.

**Swimming Pool Safety.** The Club was in the news recently, regarding a drowning case that happened in Oct 2015. Many lessons have been learnt from this unfortunate incident, with the Club introducing many proactive measures to enhance the safety of the swimmers that are using our swimming pools. All children below the age of 12 and who cannot swim, are required to wear a pink wrist band and adults with medical problems (eg. epilepsy or heart problem) are advised to wear a green wrist band that will be issued at the swimming pool reception. This will facilitate the lifeguards to keep a closer look out for them. Children's shoulder floats will also be provided upon request. Parents are reminded to supervise their children when they are in the pool and lifeguards will make periodic reminder announcements. All our lifeguards are required to pass a mandatory basic life-saving test every 6 months and be familiar with the application of all the life-saving equipment available. The lifeguards also conduct quarterly mock up exercises of simulated drowning incidents to familiarise themselves with management of such incidents.

## ACTIVITIES OVER THE PAST 2 MONTHS

**Social Activities.** The main highlight of the social activities held was the Mid-Autumn Celebration at CSC @ Bukit Batok on 13 Sep 2019. This event attracted a record turnout of about 350 members and their families. 23 seniors from the Lion Befrienders were also invited to share the joy of this festival. The weather was good and the participants had a great time soaking in the stage performances held at the swimming pool complex, munching on moon cakes and enjoying the interesting night lantern walk around the pool complex.



**The Halloween Fun Party** for children that was held at CSC @ Changi I, Poolside Café on 19 Oct 2019, saw 43 fun loving children coming forward to participate.



The participants donned creative costumes, coming as Pennywise the Evil Clown, Casper the friendly ghost, Darth Vader, Super Mario Brothers and many more at the party. The children had a great time enjoying the yummy refreshments and ice cream, face painting, exciting magic show and Trick-or-Treating at the chalets. All the happy kids returned with their pumpkin pots filled with candies. The two best dressed winners walked home with book vouchers. We would like to thank the parents for putting in so much effort to dress up their children and make this Halloween party a fun and joyful one.

**Sports Activities.** The CSC Run by the Bay held at Garden By The Bay (Bay East) on 12 Oct 2019, saw a record turnout of about 3,800 participants. It was a dusk run and all the participants enjoyed the cool night run. We had the honour of our Vice President, Mr Chew Hock Yong flagging off the 21.1KM and the Children's 1.28KM Run. From the feedback obtained from social media and directly from the participants, most were pleased with the event. To all runners, thank you for your support and we look forward to an even better turnout next year.

## RENOVATION & UPGRADING

**At CSC @ Bukit Batok,** the upgrading of the FM room with toilet facilities was completed as planned, along with the common toilets outside the FM room. For the empty space outside the FM room, a new Jasmine function room has been built. At Blk A, level 3, a new shelter has been built over the open linkway to facilitate movement during inclement weather. All these will enhance the experience of our members when they use the Clubhouse facilities.

**At Changi Clubhouse,** the upgrading of the directional and chalet unit signage at Aloha Changi II has been completed. The lighted signage will greatly facilitate wayfinding by chalet guests at night. The upgrading of the indoor children's playroom at Loyang is ready for use. There will be a creative play area, reading area and an activity area for the children to have a good time.





## UPCOMING ACTIVITIES

### SOCIAL ACTIVITIES

**The annual Children's Christmas Party** will be held at CSC @ Tessensohn on 14 Dec 2019. It's going to be a fun filled afternoon with game booths, party games, stage performances, best dressed contest, fun with Santa and the Mermaid Mascots and exciting lucky draw prizes to be won. Everyone will enjoy the McDonald's Happy Meal for lunch and a welcome gift, all for just \$10 for members. Do register your children early as this event is very well subscribed. The details are on page 4.

**The year-end dinner and dance** will be held at Orchard Hotel on the 28 Dec 2019, instead of the Countdown parties of previous years. It will be just as glamorous, with a sumptuous 8-course sit-down dinner, exciting entertainment and fabulous lucky draw prizes to be won. The top prize is a pair of return air tickets to London on SQ. The 2nd prize is a pair of return air tickets to Osaka by SQ, too. There are more than 40 lucky draw prizes to be won, and everyone will be a winner as all tables will win a table draw prize. Book your tickets early to avoid disappointment. The details are at the backcover page.

**Children's Holiday programme.** A full range of activities is planned for you and your children during the long December holiday. The Children's Holiday Programme is listed from pages 31 to 37. So, if you are planning to spend your December holiday in Singapore with your family, do check out the details of our holiday programme.

### SPORTING ACTIVITIES

The Club winds down its organised sporting activities in December so that our members and public service officers can spend more time with their families during the long December school holiday.

However, from 26 Nov to 4 Dec 2019, the CSC Cycling Interest Club will be travelling to Taiwan for their annual cycling pilgrimage. 17 Cyclists will be departing to Taiwan for their 7th cycling trip. The 9D8N cycling trip will start from Taoyuan, cycling up to the Central Range Mountain to conquer Wuling, at an altitude of 3215 metres. Thereafter, they will cycle towards the East Coast, to the Southern tip of Taiwan and end in Kaohsiung City on the West Coast, covering a total distance of 848 km. They will be wearing the CSC cycling jerseys during the cycling trip. The Club wishes them well and safe travels!

### RENOVATION & UPGRADING

#### CSC Chalets

**CSC @ Loyang.** The units will be progressively refurbished to provide a fresh experience to chalet guests. Sea View Bungalow will be the first to be refurbished, followed by the poolside chalets and Garden Bungalows. The furnishing will be themed based on the bungalow clusters. The signage at Loyang will also be upgraded to improve wayfinding at night. Our dog-friendly chalets continue to be very popular for guests who want to spend quality time with their pets. We have recently equipped the units with hair dryer for their furry friends to use.

**CSC @ Changi II.** The Club is planning to introduce keyless entry to Changi II chalets using your smart mobile phone. This will facilitate the chalet users' ease of checking in to the allotted chalets without needing to go to the reception counter. E-keys can be assigned by the chalet guests to his family members or friends. Any additional services required, after check in, can be requested through pressing the appropriate icon in the App provided. We hope to introduce this before the end of this FY. Progressively, this will be introduced to Loyang and Changi I.

**Changi I.** After operating the chalets at Changi I for more than 5 years, the Club is upgrading the staying experience with better quality bedlinens, pillows, towels and toiletries. These will be progressively introduced from Jan 2020. At the same time, after attaining the GreenMark Gold in 2019, we are making a conscientious effort to make CSC @ Changi more environmentally friendly. All the chalet units use heat pump water heaters which cut down the use of electricity for showering by about 50%. Water dispenser units that dispense hot and cold water have been progressively installed in the chalet units. With this, bottled water will not be issued to Villa users. Eventually, all the chalet units in Changi I will be installed with water dispensers to save the use of plastic bottles and cut down the carbon footprint.



**CSC @ Tessensohn Façade Upgrading.** The renovation work commences in Oct 2019 and will be completed in early Sep 2020. In the meantime, the main entrance to the Club will be hoarded and access will only be through the car park entrance. Ease of movement to the various facilities will be affected and we seek your understanding. The renovation and painting will be done in phases so that access to the facilities can be available for use as early as possible. The first phase will be to upgrade the swimming pool alfresco dining area and the installation of a new lift. This will be followed by the renovation of the frontal façade and the creation of a new car drop-off and pick-up point.

#### Congratulations!

Once again, I would like to thank the STAR Award winners for being such outstanding ambassadors of the Club. They have garnered the most positive feedback from our members and guests over the past few months. Details are on page 29.

Congratulations to CSC @ Tessensohn for wrestling the top position in the Clubhouse Décor Challenge for Deepavali from CSC @ Bukit Batok. The winning award is on page 29.

It is now timely for me to wish all our members and loved ones a Merry Christmas and A Wonderful New Year in 2020.





# CSC Children's Christmas Party

Under The Sea

**14 December '19 | 12pm to 2.30pm**  
**CSC @ Tessensohn**

**Fees: Supplementary Member \$10 | Guest \$20**

**\*Each child can be accompanied by 1 adult**  
**\*(for 5–12 years old)**

**Register by 7 December '19**

## PROGRAMME HIGHLIGHTS:

- Free flow candy bar and candy floss
- McDonald's Happy Meal
- Christmas presents for every child
- Clayart sea creatures
- Game Booths
- Photobooth fun
- Magic show
- Meet-and-greet our lovable mascots

## Plus!

- **Best dressed contest**
- **Mass dance-along to popular children songs**

*Stand a chance to win*  
**A PAIR OF PARENT-AND-CHILD TICKETS TO SEA AQUARIUM AND OTHER ATTRACTIVE PRIZES!**



Contact Bryan at 6391 5607 or [bryanlee@csc.sg](mailto:bryanlee@csc.sg)

Christmas presents sponsored by: *BusyMat*



# LUNAR NEW YEAR 2020 BAZAAR

CSC @ TESSENSOHN,  
DIAMOND BALLROOM  
11 JANUARY 2020,  
SATURDAY 10AM – 4PM

## HIGHLIGHTS

More than  
**30**  
STALLS OF  
LNY GOODIES

Exciting Programme  
Movie Screening  
Free Feng Shui 2020 Talk  
LNY Cooking Workshop  
Free Workshops  
Free Snacks...  
and many more!

## Members' Festive Draw



Prizes worth a total of

**\$18,880**



### Terms & Conditions

- The Draw will be conducted at Civil Service Club at Tessensohn, Clubhouse Auditorium Level 3, 60 Tessensohn Road, Singapore 217664 on Saturday, 11 January 2020 at 3.30pm.
- Only Club Members are eligible for the Draw.
- 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.
- Qualifying period is from 1 November 2019 to 10 January 2020 at 11pm. Lucky Draw coupons must be deposited at the respective Clubhouses by 11pm on 10 January 2020 or by 12noon on 11 January 2020 at Tessensohn Clubhouse. Incomplete particulars will be considered null and void.
- Winners must produce membership card for verification without demand. Membership must be valid on the date of the Draw.
- Only original lucky draw coupons are accepted.
- There will be no restriction on the number of prizes a member may win.
- Winners must be present in person at any of the three Clubhouses when the Draw is conducted, failing which another winner will be drawn.
- The Club reserves the right to amend or withdraw any terms and conditions without prior notice.
- The Club's decision on all matters relating to the Draw shall be final and no correspondence will be entertained.
- Name of Winners will be publicised in the Club's Fusion! Magazine.
- By participating in our lucky draw, the participants have agreed that CSC may collect, use and disclose personal data as required by this lucky draw for the above purpose in accordance with the PDPA 2012 & our DATA Protection Privacy Policy on our CSC website ([www.csc.sg](http://www.csc.sg)).



# LUNAR NEW YEAR 2020 BAZAAR

CSC @ TESSENSOHN,  
DIAMOND BALLROOM  
11 JANUARY 2020,  
SATURDAY 10AM – 4PM

## EVENTS AT A GLANCE

10am – 3pm

### ONE-STOP BAZAAR

CSC @ Tessensohn  
Diamond Ballroom, Level 3

10am – 12pm

### FREE MOVIE SCREENING

Auditorium, Level 3

10.30am – 12.30pm

### KOREAN DEWY HANDS-ON MAKEUP

Function Room, Level 4

10.30am – 12.30pm

### LNJ JIGSAW PUZZLE CHALLENGE

Function Room, Level 4

11am – 2pm

### LNJ COOKING WORKSHOP

Tessy Kitchen, Level 3

12pm – 1pm

### GOOD FENG SHUI IN YEAR OF THE RAT

Auditorium, Level 3

1pm – 2.30pm

### MAKE YOUR OWN LIP BALM

Function Room, Level 4

### KIDS ONLY

Function Room, Level 4

### CREATE YOUR OWN TREASURE BOX

10am – 11.30am

### DIY RAT POUCH

10am – 11.30am

### BALLOON SCULPTING

10.30am – 12.30pm

### CLAY ART PASTRIES

11.30am – 1pm

3pm – 3.30pm

### CAI QING LION DANCE PERFORMANCE

3.30pm

### MEMBERS' FESTIVE DRAW

Auditorium, Level 3



## WORKSHOP FUN

Pre-registration required for all activities.



### KOREAN DEWY HANDS-ON MAKEUP WORKSHOP

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

Participants learn about:

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

**Time:** 10.30am – 12.30pm

**Fees:** Members Free,  
Public Service Officer \$10, Guest \$15  
Maximum 20 pax per workshop

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

**Register by:** 3 Jan '20

### LNJ COOKING WORKSHOP

by Chef KC Tan

Join Crab King KC Tan at this special workshop and learn three auspicious dishes that you can consider adding to your reunion dinner spread.

**Time:** 11am – 2pm

**Fees:** Free for Members,  
Public Service Officer \$10, Guest \$15  
(Pre-registration is required).

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

**Register by:** 2 Jan '20



Seafood soto with  
chilli crab sauce  
辣椒螃蟹酱炒海鲜面

Drunken prawns  
哈哈大笑醉虾



Sautéed fish maw with  
Chinese leek  
六六大顺炒鱼漂

### LNJ JIGSAW PUZZLE CHALLENGE

Here's your chance to put away that smartphone and tablet, and gather family and friends together for a LNJ Jigsaw Puzzle Challenge!

The first group to complete assembling the 1000-pc jigsaw puzzle will win an attractive prize. All teams get to bring home the puzzle you worked on!

**Time:** 10.30am – 12.30pm

**Fees per team:** Member \$5, Public Service Officer \$9,  
Guest \$12 (Max 3 pax per team)

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

**Register by:** 2 Jan '20

**How to participate:**

1. This event is open to all ages. Children 7 to 12 years old must be accompanied by an adult.
2. This is a team competition, minimum 2 pax and maximum 3 pax per team.
3. Strictly no other helpers or change of team members allowed in the midst of competition.







A Member of New Trend Lifestyle Group PLC



## GOOD FENG SHUI IN THE YEAR OF THE RAT TALK CONDUCTED IN CHINESE

**Time:** 12pm – 1pm

**Admission:** Free, first-come-first served

Learn prosperity strategies to help you usher in the bounty of the Year of the Rat at this talk presented by New Trend Lifestyle.

### Talk Synopsis:

- Gain insights on how your zodiac will fare in the new year
- Optimise fengshui at your home and workplace
- Learn strategies for a success throughout the year

## MAKE YOUR OWN LIP BALM

Learn how to make your own nourishing lip balms using natural ingredients. It's a relaxing session while you get to learn to create your own unique and favourite lip balms.

**Time:** 1pm – 2.30pm

**Fees:** Members Free, Public Service Officer \$10, Guests \$15  
Maximum 20 pax per workshop

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

**Register by:** 3 Jan '20



## KIDS ONLY

Pre-registration required for all activities.

### CREATE YOUR OWN TREASURE BOX

Children gets to paint and decorate their choice of jewellery or treasure box the way they want it to be.

**Time:** 10am – 11.30am

**Fees:** Supplementary Members Free, Guests \$10

Maximum 20 pax per workshop

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

**Register by:** 3 Jan '20



### DIY RAT POUCH

Create a cute little rat pouch to usher in 2020, the Year of the Rat in 2020. Handy for those angpows and Chinese New Year goodies.

**Time:** 10am – 11.30am

**Fees:** Supplementary Members Free, Guests \$10  
Maximum 20 pax per workshop

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

**Register by:** 3 Jan '20



### BALLOON SCULPTING

Here's your chance to transform ordinary balloons into interesting characters and models. Join the workshop and discover various balloon twisting techniques for those inspiring sculptures.

**Time:** 10.30am – 12.30pm

**Fees:** Supplementary Members Free, Guests \$10

Maximum 20 pax per workshop

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

**Register by:** 3 Jan '20



### CLAY ART PASTRIES

A time to knead and mould a variety of yummy pastries. A good way to develop children's fine motor skills and also enhance hands-eyes coordination.

**Time:** 11.30am – 1pm

**Fees:** Supplementary Members Free, Guests \$10  
Maximum 20 pax per workshop

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

**Register by:** 3 Jan '20



### FRESHLY BAKED KUEH LAPIS TO ORDER

A must-have for the season: Kueh Lapis by Authentic Baker Center (ABC) at special prices. Place your order now:

Kueh Lapis Flavours	Members	Public Service Officer	Guest
Original	\$36	\$39	\$42
Prune, Cranberry	\$42	\$44	\$46

**Closing Date:** 10 Jan '20

**Collection at CSC @ Tessensohn:** 20 Jan '20



### How to order:

- Members can order online via CSC's event booking system.
- Public Service Officers and Guests can place your orders to [kuagekcheng@csc.sg](mailto:kuagekcheng@csc.sg) and make payment at any of our clubhouses from 9am – 9pm (Mon to Sun)





## FREE Ice Cream

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



## FREE Traditional Biscuits

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



## FREE Chunlian Couplet

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



## FREE Neck & Shoulder massage

Sponsored by Atos Wellness

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



## FREE Popcorn

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



## FREE Candyfloss

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

## HOURLY Bazaar Draw

Name: \_\_\_\_\_

Last 3 digits and alphabet of NRIC: \_\_\_\_\_

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

**Venue:** Diamond Ballroom

**Prizes:** To be collected by 2pm on stage

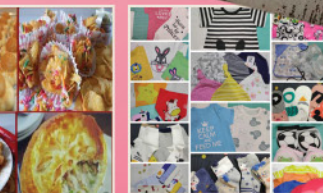


# ONE-STOP BAZAAR

10am to 3pm @ Diamond Ballroom

More than 20 Stalls

offering LNY goodies at special prices!  
Special discount for CSC members when you  
flash your membership card!



## 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.



# Lunar New Year Lohei 撈起 Dinner

**Fri, 31 Jan '20**  
**7pm - 10pm**  
**CSC @ Tessensohn**  
**Fee (per table):**  
Member \$438  
Public Service Officer \$488  
Guest \$508

**Contact:**  
Gek Cheng at 6391 5624 or  
kuagekcheng@csc.sg  
Register by: 10 Jan '20

Photo used is for illustration purpose only

Start the lunar new year right  
with a sumptuous 8-course  
lohei dinner to usher in  
the luck and good fortune.

Fortune Lohei

Double Boiled Chicken Soup with  
Mushroom and Fish Maw

Roasted Chicken Topped with Crispy Garlic  
and Garnished with Prawn Crackers

Milky Butter Prawn

Thai Style Steam Sea Bass

Yam Ring with Meat and Vegetables

Fried Hongkong Noodle

Red Bean Paste with Glutinous Rice Ball



## FUN MAHJONG challenge

**Wanted! CSC MJ Champion.**

Play three rounds of mahjong to accumulate your points.  
Player with the highest overall points will be the champion  
and win attractive prizes!



**9**  
**FEB**  
**2020**  
**SUNDAY**  
**9.30am to 5pm**  
**CSC @ Tessensohn**



**FEES**

(Lunch is provided)

Member \$20

Public Service Officer \$25

Guest \$28



Contact Gek Cheng at 6391 5624 or  
kuagekcheng@csc.sg  
Register by 28 Jan '20



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MEMBERS Only

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Public Officer and Guest



Main Card Holders can only purchase either a set of 4 OR a set of 2.

## Disney's Frozen 2

Date: Mon, 25 Nov 2019  
Time: 6.30pm (TBC)  
Register By: 13 Nov 2019

Join Elsa and her friends as they travel to an ancient, autumn-bound forest of an enchanted land to find the origin of Elsa's powers and save their kingdom.

## Star Wars: The Rise of Skywalker

Date: Mon, 23 Dec 2019  
Time: 6.30pm (TBC)  
Register By: 9 Dec 2019

The surviving resistance faces the first order once more. With the power and knowledge of generations behind them, the final battle commences.

## The Voyage of Doctor Dolittle

Date: Thu, 23 Jan 2020  
Time: 6.30pm (TBC)  
Register By: 9 Jan 2020

A former doctor embarks on a fantastical adventure when he discovers that he can communicate with animals.

Contact: Bryan at 63915607 or bryanlee@csc.sg

### BOOKING INFORMATION

- To reserve tickets, payment must be made in advance online via <https://gateway.csc.sg/webclub/events/> or at any CSC clubhouses between 9am – 8.30pm.
- Tickets will be issued by CSC staff on event day at cinema.
- Seat allocation is on a first-come-first-served basis based on time of payment received.
- Tickets purchased are not exchangeable or refundable.
- Screening time is subject to confirmation, timing will be confirmed within 1 week before the screening date.
- Cost of tickets are subsidised by Civil Service Club. Tickets are available while stocks last.



Sat, 14 March 2020

10am – 2pm

CSC @ Tessensohn

Free for CSC Members!

Fees: Public Service Officers \$10 & Guests \$20

Register by 3 March 2020



# CSC BABY CRAWLING Contest!



**\$350** worth of prizes + Family Of 4 Fun Makeover Package (worth \$314)



**\$250** worth of prizes + Family Of 4 Fun Makeover Package (worth \$282)



**\$150** worth of prizes + Family Of 4 Fun Makeover Package (worth \$262)



**3 CATEGORIES OF PARTICIPATION**

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10 – 12 months  
13 – 15 months

\*Age on 14 March 2020

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## SQUASH 22 Jul to 20 Aug 2019

Over the period 22 July to 20 Aug 19, the squash courts at Club HDB was bustling with activities as teams from government agencies gathered to compete in the Public Service Squash Tournament. In a field of 12 teams from 10 agencies, four teams eventually made it to the finals on 20 Aug. The fight for the top placing was between National University of Singapore (NUS) and Ministry of Education. The title eventually went to NUS after a hard-fought match.

Emily Pauline Nickles, a relatively new addition to the NUS squad, was delighted. "We are really happy about winning the championship title after fighting so hard for many years to win it," she said. "Teamwork and camaraderie were key elements in NUS's success. We are all very supportive of each other – not only with respect to giving advice during the competitions but also during training. They are all very hardworking and dedicated to the game!" Nickles added. Looking ahead to next year's tournament, Nickles shared that NUS will stick to its winning strategy: they'll keep training and carry on motivating each other.

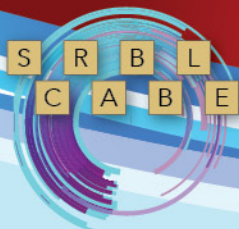
Guest-of-Honour Mr Cheng Kiah Lim, CSC Executive Committee Member, presented the prizes to the winning teams.

### RESULTS

<b>Champion</b>	▶ <b>National University of Singapore</b>
<b>1<sup>st</sup> Runner-Up</b>	▶ <b>Ministry of Education (1)</b>
<b>2<sup>nd</sup> Runner-Up</b>	▶ <b>Nanyang Technological University</b>
<b>3<sup>rd</sup> Runner-Up</b>	▶ <b>Ministry of Defence</b>



## SCRABBLE 24 Aug 2019



The public service's wordsmiths – 27 teams representing 12 government agencies – gathered at Bukit Batok Clubhouse to vie for the Public Service Scrabble Competition 2019 championship. Finally, Housing & Development Board (HDB) team defeated other strong contenders to claim their first championship title. Land Transport Authority finished in second and fourth place while Ministry of Home Affairs took the third spot.

HDB Scrabble convener Toh Weibin shared that the win was unexpected. "It was the first time we had won the championship! The victory is a bonus and something that we will cherish," he said. He shared that competitive Scrabble players have a unique challenge – that of keeping up with contemporary lingo. "We had to learn new words like 'bae' and 'OK', and adapt our gameplay accordingly," he said. Of course, there were regular hurdles too. "The biggest challenge was to get everybody to come for practice with their busy schedules! Besides the usual e-reminders, WhatsApp and so on, we had to explore e-platforms as well."

Guest-of-Honour Mr Charlie Ng, Chief Executive, Civil Service Club, presented the prizes to the winning teams.

### RESULTS

<b>Champion</b>	▶ <b>Housing &amp; Development Board</b>
<b>1<sup>st</sup> Runner-Up</b>	▶ <b>Land Transport Authority (2)</b>
<b>2<sup>nd</sup> Runner-Up</b>	▶ <b>Ministry of Home Affairs</b>
<b>3<sup>rd</sup> Runner-Up</b>	▶ <b>Land Transport Authority (1)</b>





## GOLF 26 to 28 Aug 2019

Over three days, from 26 to 28 Aug '19, the best golfers from 18 government agencies battled it out on the fairways and greens of Orchid Country Club in pursuit of the Public Service Golf Championship's crown. There were no surprises as familiar names topped the rankings. In a field of 37 teams, the top two placings went to Team 1 and Team 2 of Ministry of Defence (MINDEF). Team 2 and Team 1 from Ministry of Home Affairs finished in third and fourth place respectively.

Team MINDEF manager, captain and player Yong Shao Chang was delighted with the result. "I am thrilled that we were able to clinch the top spot four years in a row. This is not an easy feat by any means!" he said. "It was a hard-fought victory in challenging conditions. The difference between the top four teams was merely one point each. The course was very tough, and most of our players were not able to deliver high Stableford points relative to previous years." he shared.

Commitment and perseverance helped see MINDEF through, however. "Though we had an edge in terms of strategic depth over other teams, it was our golfers' will to want to contribute to the team's success that made the difference." Yong added that the MINDEF teams are well-placed to continue their reign.

Guest-of-Honour Mr Tan Boon Huat, CSC Chairman, Board of Games, presented prizes to the winning teams.



### RESULTS

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



## 7-A-SIDE FOOTBALL 24 & 31 Aug 2019

Over two Saturdays, 24 and 31 Aug 19, 31 teams from 10 government agencies descended on Temasek Polytechnic's sports stadium to vie for the Public Service 7-A-Side Football Tournament championship trophy. In the end, it was four teams coming from Ministry of Home Affairs (MHA) occupying every place on the podium, a feat that rarely happens in STAR Games.

This incredible feat surprised even its football convenor Taiyo Koh. "For MHA to win all top four positions was a real surprise. This was unprecedented in both the tournament and MHA's history." He added "We were motivated by an element of friendly rivalry. At the recent Public Service 11-A-Side Tournament, all four MHA teams were knocked out by the eventual champion from the Ministry of Education (MOE) by very close margins. Knowing for a fact that MOE would be taking part in this tournament, the MHA teams were better prepared for the showdown. As the tournament progresses, the teams gained confidence to overcome any self-doubt and mental barrier and eventually won the title."

Koh shared that the tournament also served as a cohesion opportunity for members of the Home Team. In celebrating MHA's achievement, Koh acknowledged the dedication of all involved. "A big shout-out to all who have committed their weekends to achieve this remarkable result. I am proud to be part of this MHA football family," he said.



### RESULTS

<b>Champion</b>	▶ Ministry of Home Affairs (1)
<b>1<sup>st</sup> Runner-Up</b>	▶ Ministry of Home Affairs (6)
<b>2<sup>nd</sup> Runner-Up</b>	▶ Ministry of Home Affairs (10)
<b>3<sup>rd</sup> Runner-Up</b>	▶ Ministry of Home Affairs (3)





## DARTS 7 & 8 SEP 2019

Nineteen teams from eight government agencies met at the AUPE Sports and Recreation Club over the weekends on 7 & 8 Sep '19 to compete in the Public Service Darts Competition. After several rounds, Team 2 from Ministry of Defence (MINDEF) faced off against defending champion Ministry of Home Affairs in the final. The team stood their ground to win the title, for the first time since 2015.

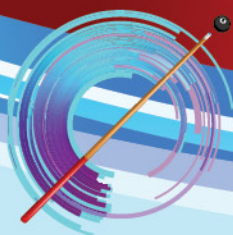
MINDEF Team 2's route to victory was not an easy one, having to go through some of the best teams in the game: MHA Team 1, MINDEF Team 1, HDB Team 1 and MEWR. Andrew Ho, a member of MINDEF 2, shared his pride in his team's achievement. "We performed remarkably well to emerge as champion in 2019. It has been four years since MINDEF was in the final," he said. "This year, MINDEF sent a total of four teams and through sheer determination, fighting spirit and focus, Team 2 managed to outmatch the other teams."

The team's camaraderie and grit are captured perfectly in their team quote: "The impossible is only possible if only we believe in our team and ourselves."



### RESULTS

<b>Champion</b>	► Ministry of Defence
<b>1<sup>st</sup> Runner-Up</b>	► Ministry of Home Affairs
<b>2<sup>nd</sup> Runner-Up</b>	► Housing & Development Board
<b>3<sup>rd</sup> Runner-Up</b>	► Ministry of The Environment and Water Resources



## SNOOKER 26 AUG TO 18 SEP 2019

Over the period 26 Aug to 18 Sep 19, Snooker Zone (Toa Payoh) was abuzz with activities as 16 teams from 10 government agencies met nightly to vie for the Public Service Snooker Competition's championship title. Ministry of Home Affairs (MHA) was assured of the top two spots after its Team 1 and Team 3 knockout Ministry of Education and Housing & Development Board in the semi-finals. In the finals on 18 Sep '19, MHA Team 1 eventually went on to clinch the championship title.

Leslie Ng, Captain of MHA Team 1, was pleased with the result. He said "We had five MHA teams competing this year. I was delighted to have both finalists being MHA teams!" Ng took time to celebrate the efforts of his long-time teammates. "We're blessed with a group of committed and passionate



### RESULTS

<b>Champion</b>	► Ministry of Home Affairs (1)
<b>1<sup>st</sup> Runner-Up</b>	► Ministry of Home Affairs (3)
<b>2<sup>nd</sup> Runner-Up</b>	► Ministry of Education
<b>3<sup>rd</sup> Runner-Up</b>	► Housing & Development Board

players. I pay tribute to players who've stayed all these years. Besides their contribution to our outstanding accomplishments, we enjoyed the friendship and cohesiveness built over the years. We also hope that more younger players can join us," he added.

Guest-of-honour Mr Jackson Koh, CSC Executive Committee Member, presented prizes to the winning teams.





## TABLE TENNIS

27 AUG TO 19 SEP 2019

Over the period 27 Aug to 19 Sep 19, 30 teams of paddlers from 14 government met regularly at the Club HDB to compete in the Public Service Table Tennis Tournament. At stake were titles to three categories – Men, Women and Senior/ Active Agers. Clinching the top spots in Men's and Active Agers categories at the finals held on 19 Sep '19, Ministry of Defence (MINDEF) was crowned the Overall Champion.

ME2 Por Keng Boon, MINDEF team manager, was delighted with the result. "We were pleasantly surprised to emerge as champion as there were many strong teams from other agencies," he said. The key to their victory, according to ME2 Por, was their tenacity. "The biggest factor is the team's fighting spirit and determination to do well," he said. "A major challenge was the need to juggle between our work commitments and the competition. Hence, we adopted a 'just-in-time' strategy, shuffling and confirming the line-up only after all the required players had arrived for the tournament," he added.

To defend their title in 2020, MINDEF's paddlers will stick to their guns. "We will do what we do best – make sure our teams play their best with determination and the right attitude," ME2 Por said.



RESULTS	Women's Category
<b>Champion</b>	▶ Housing & Development Board (1)
<b>1<sup>st</sup> Runner-Up</b>	▶ Ministry of Home Affairs (1)
<b>2<sup>nd</sup> Runner-Up</b>	▶ Ministry of the Environment and Water Resources (1)
<b>3<sup>rd</sup> Runner-Up</b>	▶ Ministry of Communications and Information (1)

RESULTS	Men's Category
<b>Champion</b>	▶ Ministry of Defence (1)
<b>1<sup>st</sup> Runner-Up</b>	▶ Ministry of Education (1)
<b>2<sup>nd</sup> Runner-Up</b>	▶ National University of Singapore (1)
<b>3<sup>rd</sup> Runner-Up</b>	▶ Ministry of Health (1)

RESULTS	Senior/Active Agers Category
<b>Champion</b>	▶ Ministry of Defence (1)
<b>1<sup>st</sup> Runner-Up</b>	▶ Ministry of Home Affairs (1)
<b>2<sup>nd</sup> Runner-Up</b>	▶ Housing & Development Board (1)
<b>3<sup>rd</sup> Runner-Up</b>	▶ Ministry of Education (1)

RESULTS	Overall Placing
<b>Champion</b>	▶ Ministry of Defence (1)
<b>1<sup>st</sup> Runner-Up</b>	▶ Ministry of Education (1)
<b>2<sup>nd</sup> Runner-Up</b>	▶ Ministry of Home Affairs (1)
<b>Joint 3<sup>rd</sup> Runners-Up</b>	▶ Housing & Development Board & National University of Singapore



## NETBALL 5 OCT 2019

The Public Service's top netballers were in action at Pasir Ris Sports Centre on 5 Oct '19 with 14 teams from eight government agencies taking part in the Public Service Netball Tournament 2019. There were no surprises as teams from Ministry of Education and Ministry of Health (MOH) again faced off in the final, a repeat of last year's. MOE Team 3 went on to take the top podium spot after defeating defending the MOH team.

Sylvia Lim, Captain of MOE Team 3, shared the unique advantage that her team had. "Most of us represented NTU Netball during our time studying in NIE," she said. "So, subsequently, we just formed our own team for this tournament so we could continue to play as a team after we graduated."



This familiarity led directly to their victory, as they were able to play with a higher level of intensity while also being aware of each other's abilities.

Plans are already underway to ensure their title defence in 2020 will sail smoothly. "We might arrange some friendly matches to better prepare for next year's competition," Lim said. "In addition, we can start sourcing for new players who can fit into our team styles and plays as well."

RESULTS	
<b>Champion</b>	▶ Ministry of Education (3)
<b>1<sup>st</sup> Runner-Up</b>	▶ Ministry of Health
<b>2<sup>nd</sup> Runner-Up</b>	▶ Ministry of Home Affairs (1)
<b>3<sup>rd</sup> Runner-Up</b>	▶ Ministry of Education (4)



# CSC Healthy Lifestyle Walk

## @ BEDOK RESERVOIR PARK



On Friday, 30 Aug '19, participants from five government agencies headed to Bedok Reservoir Park for the latest edition of the CSC Healthy Lifestyle Walks, a regular programme designed to keep public service officers active and healthy. The late-afternoon 4.5km walk looping round the reservoir provided the walkers with fresh air and tranquil surrounds, a refreshing change to their workplace environments.

First-time participant Lim Pei San from Urban Redevelopment Authority (URA) said "It was fun and I had a good workout. This is the first time I participated in such an event – I thought I would give it a try since it was held near my home." Though Lim attended the walk solo, it certainly wasn't a lonely experience. "I went alone as my colleagues were unable to attend due to exigency of work," she said. "But I made a few friends from the same organisation."

Lim also said that she'll likely be back for future walks, along with reinforcements from the URA. "I will be back if there are suitable ones," she said. "I will definitely encourage my colleagues to sign up." She was one of three lucky draw winners during the walk, taking home a sports bag.

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



Some of our members enjoying their run before dinner

## LET'S GATHER RUNNING CLUB ANNUAL GATHERING



A combination of good company and food!

Our Running Club organizes a yearly gathering where guests are invited; however guests do not enjoy a subsidy that members get. The yearly gathering held at a Civil Service Club (CSC) chalet is a time for our Running Club members to know each other better, an opportunity for our members to enjoy the CSC facilities and introduce our Running Club to guests. This year, our gathering on 21 Sep 2019 was held at the CSC @ Changi II Chalet H, a spanking five-bedroom chalet located away from the busy city life and close to nature. Besides a nice venue, friendly company and good food, some members enjoyed a run along the nearby Changi boardwalk.



Tucking into some goodies... members with their guests

The gathering was an enjoyable one for our members. A long-time member, See Hiong said, "It was fun to come together informally to know each other better over drinks, food and a time of 'chit-chat'". Added Sandra, treasurer of the club, "We look forward to this annual gathering as we can relax amidst the laughter and food". With such camaraderie when we gather, members are already planning for our next event, "Walk for Rice" to support a local charity initiative. This will be held on 26 October 2019 and the meeting point is at Punggol Waterway Adventure Bridge. Do come join us in this if you can!

For more event's information, you can call our Running Club President, Abraham Chan on his mobile: 9663 7837.



# Cycling To Tanjung Piai

Oei Su Cheok

13 - 14 July 2019



Stopover at Legoland

There is no mistake on our picture selection as our cyclists launched into kayaking on our cycling trip to Tanjung Piai.



Kayaking at Tanjung Piai

We do not often hear of Tanjung Piai as a cycling destination. The chalet is simple and far from hustle and bustle of village life. With access to the Tanjung Piai mangrove nature reserve and kayaking, this destination offers alternate experience to nearby Kukup fishing village.

CSC cyclists took to the waters to enjoy a morning of kayaking, having cycled to Tanjung Piai the day before. Tanjung Piai is said to be the southern-most tip of Malayan peninsular. Andrew took on the role of kayaking instructor and with oars in hand, we were soon ready to paddle away. We launched ourselves precariously from the rocky banks and were soon like ducks on open waters, making small circuits to begin and soon reaching out for the distance. It was a great kayaking experience! Other participants took the opportunity to visit the mangrove reserve at the southern-most tip of Johor.

We embarked on our cycling tour from Johor Bahru. Robin led us on small detours to visit Kota Iskandar, Legoland, Danga Bay, Puteri Harbour and Gelang Patah, all very colourful in their own ways. The lavish ground of Kota Iskandar, administrative centre for the state government of Johor, was a good backdrop for our photographs.

The route to and from Tanjung Piai was largely level and thus a relatively easy ride for our average cyclists. The detours added to the distance and made it a "stretched target" to arrive at our destination. Regardless, we finally did! This route was a good introductory ride for some of

our first times on overseas ride. We had our well-deserved rest after welcoming each other to the visually impressive resort on stilts over the sea.

Besides enjoying a good supply of iced water on our support vehicle, we made essential refreshment stops at some favourite checkpoints along the route. The refreshing fruit juice we had at Pekan

Nanas was our final refuelling point before we embarked on the long stretch to our destination.

Being durian season in Malaysia at this time of the year, our participants have set our eyes on a durian feast as part of this biking excursion. The fruiting was evident on the trees along



Feast of Durians en route our ride

our route and piles of durians were on offer in towns and villages along the way. The flavour of the fruit was enticing and indulge, we did. Together, we set on a wayside stall, some 15km from departing Tanjung Piai on our return ride and had a yummy feast of durians at a very affordable rate. Indeed, the more remote stalls delivered great value! Thanks to our rider, Douglas who negotiated a good deal with the durian stall holder!

Seasonal durian aside, good food is always part and parcel of touring this part of the world. We always have our individual choices but all of us inevitably opted for the best of local delights whether for a quick meal of porridge or noodles in coffee shop or with more exquisitely prepared seafood and roast meats in restaurants.

With such a wonderful riding and feasting experience, all of us are looking forward to our next ride in Malaysia with Robin, soon!



# CSC RUN BY THE BAY

This year's CSC Run by the Bay may well be Singapore's most social run.

After all, it was the only local running event that came with an outdoor bar serving up free drinks. The event also offered free yoga and SH'BAM classes, a kids' camp to keep little ones entertained and featured a lush undulating lawn for families to have a picnic and chill out.

The popular sunset run returned with a bang on Saturday, 12 Oct '19, with more than 3,800 runners participating in four race categories: half marathon 21.1KM, 12.8KM, 6KM and 1.28KM (for children). The general public and the public service officers competed in different age categories. For the latter group, there were team events as well, with four runners per team. This year 89 teams from various public service agencies competed in six public service Team-of-4 events.



## A SPECTACULAR SETTING

The flag-off of the 21.1KM race by Guest-of-Honour Mr Chew Hock Yong, Vice-President of the Civil Service Club, could not have taken place in a more picturesque setting. Dotting the impressive skyline is the dense collection of our architectural icons including Gardens by the Bay's Flower Dome and Cloud Forest, Singapore Flyer and Marina Bay Sands, while the Marina Bay waterfront was a shimmering sea of gold against the flaming setting sun.

For chiropractor Neil Furuno, a participant in the 21.1KM open category, the annual run is a must-do. "It's a definite must for anyone who wants to do a run and see the iconic sights of Singapore against the beautiful sunset!"





Also soaking in the stunning setting were families and friends, some of whom came prepared with elaborate picnic spreads for lounging on the lawn. Both adults and kids were seen blowing soap bubbles, riding scooters and throwing frisbee. Clearly, it was a good day for all present.

It was definitely a good day for the Ministry of Education (MOE) team which tasted sweet victory when it successfully defended its title of Overall Champion for Public Service Team Events after overcoming unforeseen challenges. Close to the day of the race, four MOE runners fell to injuries and had to be replaced.

The ministry enrolled 12 teams in the race and all its women's teams bagged either first or second position. Said Team Manager Eric Wong, "Our strength has always been our women's teams. And this year they delivered as always." Run by the Bay is a huge event on MOE's running calendar, he said. "It is an event that always gets us excited and that bonds us all."

For Public Service Women 21.1KM Champion Itsuko Tanaka, who successfully defended her title yet again, the race was as exciting as ever. Said the National University of Singapore tutor, "CSC Run by the Bay has a vibrant, happy vibe. I always feel like I am running with friends. Also, the race has a public servant category. This makes the race very special."

## THE PARTY AFTER

For many of the participants, the celebration continued beyond the finish line as they gathered at the Mix Mood Bar to socialise and talk about the run.

This charming outdoor bar beckoned all to chill and hang out with its many sitting areas – including a swing – fairy lights, table games and even a foosball table. On the menu: mocktails, beers, soft drinks and delicious munchies. There was also an emcee who got the party going with fun party games.

"There's something magical about the setting – to be right under the stars and enjoying good company!" said manager Ong Lixuan who was having a ball of a time playing Pop-up Pirate with her two colleagues.



The Civil Service Club would like to thank the following partners and sponsors:

Event Organiser

**META SPORT**

In Support of Sports Promotion

**Sport SINGAPORE** **ActiveSG**

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Venue Partners



Official Photographer



## RESULTS Public Service Category



### Women's Team

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

### Women's Senior Team

Champion	Ministry of Home Affairs (SPS)
1 <sup>st</sup> Runner-Up	Ministry of Education
2 <sup>nd</sup> Runner-Up	Republic Polytechnic
3 <sup>rd</sup> Runner-Up	Housing and Development Board

### Women's Active Ageds Team

Champion	Ministry of Education
1 <sup>st</sup> Runner-Up	Housing and Development Board
2 <sup>nd</sup> Runner-Up	Temasek Polytechnic

### Men's Team

Champion	Ministry of Home Affairs (GC3)
1 <sup>st</sup> Runner-Up	Ministry of Home Affairs (SPF1)
2 <sup>nd</sup> Runner-Up	Ministry of Home Affairs (SPF2)
3 <sup>rd</sup> Runner-Up	National University of Singapore

### Men's Senior Team

Champion	Ministry of Education
1 <sup>st</sup> Runner-Up	Ministry of Home Affairs (SPS)
2 <sup>nd</sup> Runner-Up	Republic Polytechnic (1)
3 <sup>rd</sup> Runner-Up	Land Transport Authority (5)

### Men's Active Ageds Team

Champion	Ministry of Education (1)
1 <sup>st</sup> Runner-Up	Housing and Development Board
2 <sup>nd</sup> Runner-Up	Temasek Polytechnic (1)
3 <sup>rd</sup> Runner-Up	Ministry of Education (2)

### Overall Placing

Champion	Ministry of Education
1 <sup>st</sup> Runner-Up	Ministry of Home Affairs
2 <sup>nd</sup> Runner-Up	Housing and Development Board
Joint 3 <sup>rd</sup> Runners-Up	Republic Polytechnic Temasek Polytechnic



# Full House Under the Full Moon

## Mid-Autumn Celebration at Bukit Batok Clubhouse



both the young and the old, with the audience gamely hopping up on stage to dance, sing and participate in quizzes. The rowdiest cheers were reserved, however, for the eight adults who competed for the best male and female peeler in the Pomelo Peeling contest.



It was full house at CSC @ Bukit Batok Mid-Autumn celebration on the night of 13 September, Friday, when more than 300 members and guests gathered around the clubhouse wave pool to soak in the festive atmosphere as the delicate strains of the guzheng filled the air.

Teacher Robert Loong, winner of the Pomelo Peeling (Male) contest, had a great time. "The whole event is engaging and lively, especially the stage entertainment. There's lots of food to sample and lots to do. My two kids had so much fun, they parked themselves in front of the stage."

Even though the celebration is a Chinese custom, the event attracted several families of other races. "I wanted to give my children an understanding of the Chinese Mid-Autumn Festival. It has certainly been an immersive experience for them," explained teacher Joyce D'Souza, who was there with her two children Ethan, six, and Eva, eight.

The event also delighted 23 senior citizens from Lions Befrienders whom the club had especially invited for the event.

There is no question, however, what the evening's highlight was: the lighted procession. All members and guests bearing lanterns formed a long train and winded their way through the lush landscape grounds of the clubhouse, enjoying the night air and relishing the sights and sounds of the enchanting surroundings.

For all, it was the perfect end to a relaxing evening of fun.



Adding to the serene ambience, the club's poolside was lighted up by lanterns to mark the occasion. Life-sized lanterns of Samsui women, coolies and street pedlars dotted the edge of the club's pools, bringing back nostalgic memories of old Singapore. The finishing touch was a huge moon sculpture featuring the legendary lady of the moon Chang-er. Hung over the waterfall, the massive moon served as a beautiful backdrop for the party.

Guests were seen tucking merrily into mooncakes, Chinese tea, pomelos and other desserts traditionally eaten as part of the festival.

But things livened up as the quizzes, singing, dancing and a magic show got going. The stage entertainment engrossed







# Jasmine Rooms

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and private  
parties



2 rooms (30  
pax each) can  
be combined  
into one room

**The Jasmine Rooms open at CSC @ Bukit Batok for immediate bookings.**

Meticulously designed with great flexibility to accommodate group sizes of 30 to 60, this pillar-less event space allows for ample sunlight and good ventilation. Equipped with a sophisticated AV system and complimentary Wi-fi, you get to enjoy essential meeting convenience under one roof. **Whether you are planning a high-power corporate gathering or an intimate private function, the new Jasmine Rooms will bring life to your memorable occasion.**

**Call us today for more information.**



Max  
capacity at  
60 pax

Corporate  
packages  
available

## Contact



**CORPORATE EVENTS**  
Huda Hidya 6513 7484 | [hudahidya@csc.sg](mailto:hudahidya@csc.sg)

**PRIVATE EVENTS**  
Jeffrey Ang 6513 7492 | [jeffreyyang@csc.sg](mailto:jeffreyyang@csc.sg)





# MOM GOES KAYAKING



The Ministry of Manpower (MOM) sent 43 Senior Leaders on an adventure at CSC@Changi in late August. After a strategic discussion in the morning, they began their Kayak expedition at Pulau Ubin!

CSC's partner for teambuilding activities, Asian Detours, customised a kayaking programme that allowed participants to experience the rich history and incredible biodiversity of Pulau Ubin. The three-hour adventure started from the southern end of Pulau Ubin, hugging the coast and travelling westwards, towards Ketam Island!

This adventure brought the leaders out of the boardroom and comfort zones. They challenged themselves while navigating the turbulent water, and strengthened the team as a result. And yes, they enjoyed themselves tremendously, even though many were sun-baked!



BIRDIES & FAMILY SG X SINGAPORE LOVEBIRD COMMUNITY PRESENTS

## BNF 5TH ANNIVERSARY & SLC 1ST MEET UP EVENT

MEET OTHER PARRONTS  
EDUCATIONAL TALKS  
DOORGIFTS\*  
BUFFET LUNCH\*  
GAMES  
LUCKY DRAW  
AND MANY MORE!



\*While Stocks Last

DATE 8 DECEMBER 2019  
TIME 11AM - 4PM

VENUE CIVIL SERVICE CLUB @ CHANGI  
WHERE 2 NETHERAVON RD, SINGAPORE 508503



## BIRDIES & FAMILY

Birdies and Family Singapore (BnF) is a group of parrot enthusiasts who comes together to share personal stories and experiences as owners of beloved feathered kids (fids). We organise informal gatherings for fellow fids and members to socialise and interact. Non-owners of fids are also welcomed to join.



## Planning Your Wedding @ Changi II



Changi II offers a unique location for weddings at our nostalgic chalets, with choice of a sea-view Changi Cottage or a garden-themed Fairy Point Chalet 7. CSC @ Changi II partners with wedding caterer and decoration company, **Vynella Events**, to provide comprehensive packages that include full wedding decorations, wedding favours and wedding cards as well as photography and videography services.

For enquiries, please contact [changi2@csc.sg](mailto:changi2@csc.sg).

All photos © @kazgopal @reelwerks



# Hosting A Corporate Event or A Stay at Changi Clubhouse Has Never Been Easier!

Did you know that CSC @ Changi I is an approved contractor of the **Demand Aggregate (DA)** to provide meeting and event venue packages and rental rates? This means to use our chalets or our event venues for your corporate events, there is no need to call for quotations or tenders.

DA is a Period Contract cum Framework Agreement managed by VITAL for public agencies' procurement of meeting and event venues. The DA comprises the following categories of services:

- Meeting packages with meals and free flow of coffee & tea
- Meal packages with free flow of non-alcoholic beverages
- Venue rental
- Guestrooms for meeting/ event attendees.



## Stay

Enjoy resort experience with a 2D1N Stay & Meet package.



## Meet

We have various room configurations for different event setup with AV support.



## Cater

Choose from our Health Promotion Board (HPB) approved caterers that offer a wide variety of menu.

For more info, please contact  
limxiaofen@csc.sg / chiamaychen@csc.sg

### The New Favourite Dog Friendly

## STAYCATION & PAWTY VENUE

### Key features:

- Spacious 4-bedroom bungalow (286sqm)
- Equipped with basic amenities for dogs
- Common dog run next to chalet
- Welcome pack with dog treats
- Seaview and direct beach access to Pasir Ris Park and Beach

Scan to see the virtual tour



Did you know that CSC @ Loyang's Dog-Friendly Seaview Bungalows are perfect for a staycation or pawty with your family and fellow dog owners? Let your dog roam freely around the chalet, gardens and common dog run. Enjoy the thoughtfully designed features and bring your dog to the beach or have a stroll at the park.

### 1st Year Anniversary Promotion

**Up to 30%\***

when you use promo code DC2019.  
Stay Period till 31 Dec 2019.

Visit [www.cscloyang.sg](http://www.cscloyang.sg) to book.  
For more information,  
please call 6581 9033 / 6582 8006 or  
email to [loyang@csc.sg](mailto:loyang@csc.sg)



\*30% less off-peak period and 20% less peak period.  
Discounts for dog-friendly chalets also applicable to public.



[www.cscloyang.sg](http://www.cscloyang.sg)

# BOWLING

## Special Rates

**\$2.80**

per game per bowler  
for all rate types

Sun – Thu after 8pm

**\$2**

per game per bowler  
for all rate types

Mon – Fri before 2pm

Rates valid until 31 December 2019

For more information, please contact Resort Bowl at [resortbowl@csc.sg](mailto:resortbowl@csc.sg) / 67094728.





**Open To  
Public**

## YOUR ONE-STOP EVENT SOLUTION FOR EVERY OCCASION

CSC @Tessensohn is the ideal place for your conference and recreational needs. We provide a one-stop solution for all your event requirements.

From Auditorium/Function Rooms for meetings, seminars, product launches, concerts, graduation, private gatherings and creative events; to Sports and Family Day, cooking up a storm at our state-of-the-art Cooking/Baking Studio, knocking pins at our Bowling Centre, scaling the heights at our Rock-Climbing Wall, playing Badminton & Tennis, fun in an Olympic Size Pool or sweat it out at our Futsal Courts. There's definitely something for everyone!

Our venue spaces have well-equipped conference aids as well as free WIFI access. It is also 5-minute to Farrer Park MRT, within close proximity to City Square Mall.

Contact us for a no-obligation discussion and viewing of our facilities.



▲ Land Tele-Matches

▼ Cooking Studio

▼ Planet Bowl

▼ Auditorium

▼ Function Rooms

### CONTACT:

Jacqueline Tang at  
6391 5605 or  
[jacquelinetang@csc.sg](mailto:jacquelinetang@csc.sg)

Eve Zhuang at 6391 5623  
or [evezhuang@csc.sg](mailto:evezhuang@csc.sg)

*Open to Public*

### Opening Hours

**Monday To  
Thursday**  
10am  
to 1am

**Friday**  
10am  
to 2am

**Saturday & Eve of  
Public Holiday**  
9am to 3am

**Sunday &  
Public Holiday**  
9am to 1am

# PLANET BOWL

**LEISURE BOWLING  
FROM \$2.00  
PER GAME**

**CORPORATE BOOKINGS  
FROM \$30.00  
PER HOUR PER LANE**

For reservations and party/corporate events,  
call 6391 5693/695 or email us [planetbowl@csc.sg](mailto:planetbowl@csc.sg)



# HAVE A MEMORABLE TEAM BUILDING ACTIVITY

Looking for a fun, wholesome and unique team building activity that your department will enjoy? Getting the right activity for different ages and interest is a challenge. Here's our recommendation based on our experience in organising more than 220 team bonding activities, and 900 Club events and social activities a year.



## Cook-off (approx. 3 hrs activity)

This team challenge will get the whole department buzzing. Individual cooking skills may come in handy, but the entire team has to work together to solve quizzes and obstacles that will earn them a budget to purchase ingredients to form a 3-course meal. Think Amazing Race meets MasterChef as this activity requires creativity, speed, and teamwork. Organise it at the cookery studios at Tessensohn Clubhouse for up to 40 people, or consider improvising at the CSC Chalets!



## Eco-Outdoor Nature-based (2-4 hrs activity)

Avoid the confines of boxed-up function rooms. Hop onto a kayak and explore the mangroves and the rich flora and fauna of Pulau Ubin while learning about nature up close. For those not into kayaking, there are also bicycle trails.



## GPS Amazing Race (2-3 hrs activity)

Head outdoors and get your colleagues to team up and compete against one another in a race against time. Using location based tracking, teams solve puzzles and tasks to unlock the next location. Drawing from the concept of the Amazing Race, teams must work together to win. The race can accommodate up to 200 people at any CSC Clubhouses, and will be a talking point for months to come.

## Hands-on Workshops (2-4 hrs activity)

If the above activities are not suitable, there are always appreciation workshops or craft making such as soap making, leather crafting, candle making, fragrances, terrariums, and even art pieces. There's something for everyone!



CSC can provide a one-stop service from designing to organising memorable team-building activities. With a proven track record, you can leave the planning to us and enjoy the department bonding. For more info, please contact [events@csc.sg](mailto:events@csc.sg)



# Bicentennial Ordinary Membership Promotion 1 Nov 2019 – 31 Dec 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!



**MI BAND 4**  
**RRP \$55**

Promo Code: MIBAND4

OR



**AIR FRYER**  
**RRP \$59.90**

Promo Code: FRYER

## 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.

CSC COMMEMORATES  
**Singapore**  
**BICENTENNIAL**



## Members Benefits

- Free supplementary membership for 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.
- Free Valet Parking service at Changi I Clubhouse, Only available on certain weekends.
- 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.



<https://www.csc.sg>

6391 5604 / 6514 6396

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



## FREE VIRTUAL SUPPLEMENTARY MEMBERSHIP CARDS WITH NO SUBSCRIPTION FEE

Apply for Free Virtual Supplementary Membership card for your spouse, children (below 21 years old) and immediate parents. We will waive off the one-time admin fee of \$10 for each virtual supplementary card application.

It is mandatory to provide your photograph to process the membership application. Member will need to access their member portal to download the virtual card to use the clubhouse facilities. If you require a physical membership card, please visit the front office of any clubhouse to process the card. An admin fee of \$10 is applicable for each card.



## SUPPLEMENTARY MEMBERS' BENEFITS

- **NO SUBSCRIPTION FEES**
- **FREE**  
Swimming Pool Access At All Clubhouses
- **FREE VALET PARKING SERVICE**  
At Changi I Clubhouse. Only available on certain weekends.
- **MEMBERS' RATES**  
For Club Events (Eg. Run By The Bay)
- **MEMBERS' RATES**  
For Club Social, Sporting And Recreational Activities

- **MEMBERS' RATES**  
For Booking of Chalets, Bbq Pavilions and Function Rooms
- **MEMBERS' ONLY**  
Booking for Sports Facilities (Badminton, Tennis and Table Tennis)
- **MEMBERS' PRIVILEGES**  
Through Merchant Discounts
- **20% MEMBERS' DISCOUNT**  
For Booking of CSC@ Changi Chalets during Birthday Month\*\*

Visit [www.csc.sg/membersperks](http://www.csc.sg/membersperks) for the merchant listing | \*\*Valid for superior and deluxe suites



Civil Service Club  
**MEMBERS' PRIVILEGES**



**10% OFF**  
total bill of \$30 and above



**25% OFF**  
regular prices with  
min purchase of 4 games



Enjoy these new merchant deals  
with your CSC membership.  
Visit [www.csc.sg/membersperks](http://www.csc.sg/membersperks)  
or scan QR code for the details  
and full listing of members' perks.



**25% OFF**  
best available rates



CSC @ Tessensohn #01-01

**10% OFF** F&B and  
**\$1 OFF** biscotti tubs



**25% OFF** retail prices  
& additional **5% OFF**  
all furniture collections  
during promotions



**10% OFF**  
Fiji holiday packages for travel before  
31 Aug 2020. Book by 20 Dec 2019



**8% OFF**  
Saute-San (City Square Mall) &  
Flavours by Saute (Funan Mall)



**CSC MEMBERS RATES**  
for GP Consultation and Packages at  
Healthway Medical Group Clinics



**FREE SIDE DISH  
& HAND-MADE DRINK**  
with every \$30 spent



**15% OFF**  
all items except Fringe Cut  
& Wash and Blow



**15% OFF**  
all items on the menu



**20% SAVINGS**  
on Cat 2-6 tickets



**10% OFF**  
total bill of \$30 and above



\*Please scan for the full  
listing, details and terms.

\*Located near CSC @ Tessensohn



# Follow us

on  for the latest updates!



@cscsingapore



Be the first to hear about the latest Club developments, promotions and activities. Did you know that limited time members privileges, and contests are launched regularly on Facebook? Scan the QR code and 'Follow' the page. To ensure you do not miss out on any post, select 'See First'.



# Hashtag

Join our Instagram community and share your photos taken at the Club. Scan the QR code and 'Follow' the page. Do remember to tag #CivilServiceClub with your photos taken at the clubhouses or chalets!

your photos on to be featured



@civilserviceclub

# Service STAR Awards

**For 2<sup>nd</sup> Quarter July to September 2019**

Congratulations to our Service Star Award winners (Jul-Sep '19) for having garnered the most nominations in their respective clubhouse/division categories. Each of the 12 winners receives a \$100 voucher and a Service Star Certificate.



Bobby



Margina



Jacqueline



Gek Cheng



Huda



Jayanthi



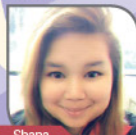
Akhlis



Bryan



Wendy



Shana



Kishore



Vanessa

**BUKIT BATOK CLUBHOUSE**

Bobby (6)  
Huda (5)  
Wendy (4)

**CHANGI CLUBHOUSE**

Margina (97)  
Jayanthi (53)  
Shana (48)

**TESSENHOHN CLUBHOUSE**

Jacqueline (13)  
Akhlis (10)  
Kishore (4)

**CORPORATE SERVICES**

Gek Cheng (45)  
Bryan (31)  
Vanessa (22)





# Decor Challenge

## Deepavali

In celebration of Deepavali, which was also the festival theme for the recent CSC Décor Challenge, all three clubhouses was a burst of vivid and vibrant colours in October.

Representing the lights of Deepavali and the concept of triumph of good over evil, are intricate kolam patterns seen in all three sets of décor. In addition, Changi chose to feature the peacock – symbol of peace, prosperity, love and compassion, while Bukit Batok presented the lighted cow – sacred symbol of life. Over at Tessensohn, its ceiling-high drape of rainbow colours won approval from the judging panel.

The Tessensohn team said: "We are excited to share the joy this Deepavali with our members and guests. We hope that all who came sensed the warm cheerful ambience around. Happy Deepavali to all."



Changi



Bukit Batok



WINNER  
Tessensohn



From John Lim on Chan Tin Hong,  
CSC @ Tessensohn

"Chan Tin Hong has gone out of his way to help recover my handphone which I lost last Saturday afternoon at the atrium, he told to stay back while he went around asking and investigating. He called me personally 2 days later to tell me that he was unable to find the culprit. He was very apologetic about it. His dedication to his work should be highly recommended."

From Sudesh Martin on Jayanthi,  
CSC @ Loyang

"I had called to make an inquiry regarding a potential booking and how the system works. I wanted to praise Ms Jaya (I believe from Loyang branch) who was the customer service operator and commend her on her patience to calmly brief and answer all my queries. There was a distinctive difference between the person who initially answered my call vs the friendly patient and clears Ms Jaya. As I'm also from the service industry I felt her delivery and customer service orientated approach is something special."

Great job training your staff and please continue to do what you're doing as it puts a smile into people's life when greeted properly and professionally. Well done Jaya!"

From Lee Huiing on Huang Shuxian,  
CSC @ Bukit Batok (Jackpot)

"I would like to commend your staff Ms Huang Shuxian for her honesty and helpfulness. I left my handphone in the toilet (same level as the multi-purpose function hall) and I went for a swim with my family. It was only after an hour and a half that I realised I have left my hp in the toilet. When my husband called my number, Ms Huang answered and was very helpful and warm. We asked where we can find her to get the hp. She took the initiative and told us to wait outside the swimming pool which is more convenient and easier for us."

I am really grateful to her. She is humble and down to earth. When I thanked her repeatedly, she just replied humbly with a warm smile and I could see that she was happy that she made someone's day."

From Ahmad Riyan Faizal on Aqisha,  
CSC @ Changi II

"Good job everyone! Aqisha, her customer service is excellent whereby she assisted me throughout my emails through telecommunication. She made my stay a breeze. Should employ someone like her near future."

From Deborah on Vithya,  
CSC @ Changi I

"Vithya is very helpful, and checks for clarity. Also very patience and warm. We had lots of enquiries and she attended to us cheerfully."





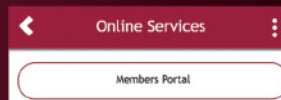
# MEMBERSHIP VIRTUAL CARD

Please follow the following steps to gain access to your Virtual Card :

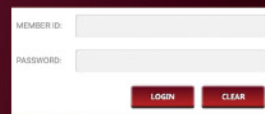
- 1 Download our CSC Mobile App via Play Store or App Store



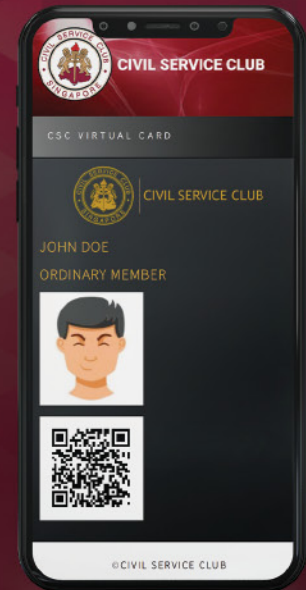
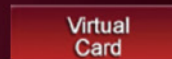
- 2 Select Members Portal under Online Services



- 3 Enter your Member Login ID & Password



- 4 Select Virtual Card



#### How does it work?

Present your Virtual Card to our CSC staff to verify and scan.

#### What will you be able to do with it?

You will be able to use our facilities (excluding Jackpot), make bookings, access amenities and much more.

## Make Cooking Fun! Culinary Team Building Activities

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



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



## CIVIL SERVICE CLUB MOBILE APP

VISIT [WWW.CSC.SG/MOBILEAPP](http://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!

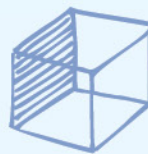
GET THE LATEST  
CSC PROMOS!





# CHILDREN'S HOLIDAY PROGRAMME

## Fun with Science & Logic



### LEGO® MindstormMania Advanced Robotic Camp

**Ages 6 yrs and above**

Mindstorm combines classic LEGO® building with robotics capabilities, using motors, sensors and software. Get to design and program your LEGO® bots. Participants get to take home a polaroid photo. Min 6 to start a class.

**Date:** Fri, 22 Nov '19

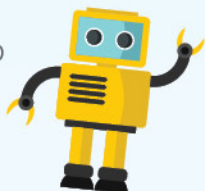
**Time:** 9.30am – 12.30pm

**Fees:** Supplementary Member \$70, Guest \$80  
(Morning snacks included)

**Venue:** CSC @ Bukit Batok

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

**Register by:** 15 Nov '19



### Science Busters: Optical Illusion Science

**Ages 7 to 9 yrs**

Participants will get to:

- Discover the science of colour, light and patterns behind optical illusions
- Find out how optical illusion works to create a deceptive image to our eyes (and minds)!
- Engage in hands-on science experiments and crafts
- Create your very own optical illusion



**Date:** Mon, 25 Nov '19

**Time:** 3pm – 6pm

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

**Venue:** CSC @ Tessensohn

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

**Register by:** 18 Nov '19

### Rubber-Powered Glider

**Ages 6 yrs and above**

An introduction workshop for children to gain interest in aviation through simple assembly of a rubber-powered glider. Participants will get to bring home the plane!

**Learning outcomes:**

- Science principles and aerodynamics
- Assembly of a plane
- Balancing and trimming a glider
- Propellers and elastic potential energy
- Proper throwing techniques



Rubber-Powered Glider

**Date:** Tue, 26 Nov '19

**Time:** 9am – 11.30am

**Fees:** Supplementary Member \$40, Guest \$50

**Venue:** CSC @ Tessensohn

**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg

**Register by:** 19 Nov '19



### Science Explorer: Rocket Space Adventure

**Ages 5 to 7 yrs**

Participants will get to:

- Discover all about the solar system through interactive storytelling and hands-on activities
- Uncover secrets behind space occurrences
- Learn about rockets and how they take off into space
- Build and bring home your own space rocket and space crafts



**Date:** Mon, 25 Nov '19

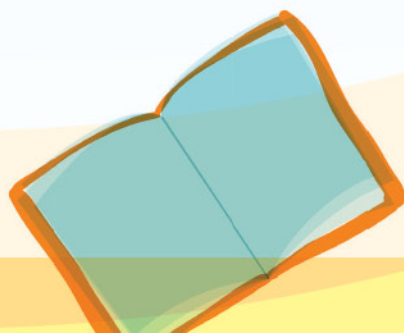
**Time:** 10am – 1pm

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

**Venue:** CSC @ Tessensohn

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

**Register by:** 18 Nov '19



$AB = C$



# CHILDREN'S HOLIDAY PROGRAMME

## Fun with Science & Logic

### Bricks Adventure (Junior Robotic)

Ages 5 yrs and above

Participants choose from two themes:

**Pocket Brick Monster:** Get ready for an adventure in the world of Pokemon! Capture wild Pokemon creatures and train them for battle. Tap into your inner engineer as we build Gratini, Pikachu, Poke Balls, and more.



**Frozen Fever:** Perfect for fans of "Frozen", this workshop includes brick building, engineering with bricks and other exciting challenges. Participants will make a motorised Horse and Sleigh like Sven, Erupting Snow, Blizzards in a Bottle and other special characters.

Participants get to bring home a polaroid taken at the end of the workshop. Min 6 to start a class.

**Date:** Wed, 27 Nov '19

**Time:** 9.30am - 12.30pm

**Fees:** Supplementary Member \$70, Guest \$80 (Morning snacks included)

**Venue:** CSC @ Bukit Batok

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

**Register by:** 20 Nov '19

### Design a Car

Ages 6 yrs and above

A fun hands-on environment for participants to learn about how a car works by assembling the car from its parts, also about gear ratios and how changing them can affect the motion of the car. A mini race competition at the end of workshop to raise excitement. Participants get to bring home the car!

**Learning outcomes:**

- Science principles and aerodynamics
- Modelling craft techniques
- Modifying the car and its effects
- Racing strategies



Design a Car!

**Date:** Thu, 28 Nov '19

**Time:** 9am - 12pm

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

**Venue:** CSC @ Tessensohn

**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg

**Register by:** 21 Nov '19

### Defective Science: Operation CSI

Ages 8 to 10 yrs



Participants will:

- Be trained in the various ways to collect evidence, analyse documents and solve crimes
- Develop skills of observation and critical thinking
- Learn chemistry and biology science concepts to aid in crime scene investigations
- Apply science investigation techniques learnt to solve a mystery challenge

**Date:** Mon, 9 Dec '19

**Time:** 10am - 1pm

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

**Venue:** CSC @ Bukit Batok

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

**Register by:** 1 Dec '19

### Math Busters: Adventures with Geometry & Logic Games

Ages 8 to 10 yrs

Participants will get to:

- Discover math geometry concepts and a variety of brain teasers and logic games
- Engage in hands-on and thought-provoking puzzles, team-based timed challenges and interactive activities
- Develop stronger visual-spatial awareness and perceptual reasoning skills
- Learn to think out of the box creatively and nurture a deeper interest in Math
- Apply knowledge learnt to solve an ultimate challenge!

**Date:** Mon, 9 Dec '19

**Time:** 3pm - 6pm

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

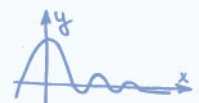
**Venue:** CSC @ Bukit Batok

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

**Register by:** 1 Dec '19

### Hovercraft Workshop

Ages 6 yrs and above



Participants learn science concepts practically by assembling a hovercraft. They will also be guided in testing out the hovercraft they constructed, which participants will get to bring home!

**Learning Outcomes:**

- Science principles and aerodynamics
- Basic drone concepts
- Craftwork techniques
- Hand-eye coordination and motor skills
- Experience steering a hovercraft



Hovercraft Workshop

**Date:** Tue, 10 Dec '19

**Time:** 9am - 12pm

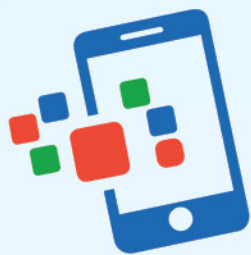
**Fees:** Supplementary Member \$80, Guest \$90

**Venue:** CSC @ Tessensohn

**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg

**Register by:** 3 Dec '19





## Mobile App Customisation System (MACS) Beginners' Programme

**Ages 15 yrs and above**

MACS Beginners' Programme was designed for both technical and non-technical users who are interested in developing a mobile app, without learning programming languages to code. No specific pre-requisite nor programming knowledge is required; however, basic information and communication technology (ICT) skills will facilitate learners' first personalised mobile app creation. Participants will be given 1-month preview access of their personalised Mobile App via an Android phone without any charge. Subscription fee applies from 2nd month onwards.

Participants to bring own laptop & Android phone.

**Date:** Sat, 16 Nov '19 OR Tue, 26 Nov '19

**Time:** 10am – 6pm

**Fees:** Supplementary Member \$250, Guest \$260

**Venue:** CSC @ Tessensohn

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

**Register by:** 8 Nov '19



## Chuck Glider Workshop

**Ages 6 yrs and above**

A workshop to inspire young learners to gain interest in aviation through interactive hands-on activities. Participants will learn and apply science concepts taught through building their very own glider and test flight outdoors.

### Learning Outcomes:

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



**Date:** Sat, 7 Dec '19

**Time:** 9am – 12pm

**Fees:** Supplementary Member \$30, Guest \$40

**Venue:** CSC @ Bukit Batok

**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg

**Register by:** 30 Nov '19

## LED Card Workshop

**Ages 6 yrs and above**

Christmas is round the corner! Learn to make your own LED Christmas card. With Chibitronics stick on LEDs, copper circuits can be done up very quickly by linking these stickers up to batteries. Participants will create a card to take home!

### Learning Outcomes:

- Science principles and aerodynamics
- Basic electronics concepts
- Craftwork techniques
- Learn the values of making your own DIY greeting card



**Date:** Thu, 12 Dec '19

**Time:** 9am – 11.30am

**Fees:** Supplementary Member \$30, Guest \$40

**Venue:** CSC @ Tessensohn

**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg

**Register by:** 5 Dec '19

## It's Slime Time – Magnetic Slime

**Ages 5 yrs and above**

Participants will be "attracted" to this magnetic slime and enjoy using a super-strong neodymium magnet to form a miniature Devil's Tower in the polymer! Participants get to bring home a polaroid taken at the end of the workshop. Min 6 to start a class.



**Date:** Mon, 16 Dec '19

**Time:** 9.30am – 12.30pm

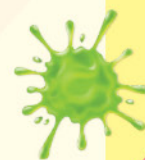
**Fees:** Supplementary Member \$60, Guest \$70

(Morning snacks will be provided)

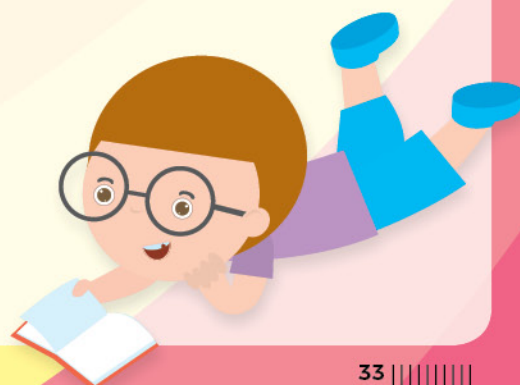
**Venue:** CSC @ Bukit Batok

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

**Register by:** 9 Dec '19



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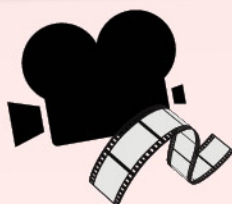




# CHILDREN'S HOLIDAY PROGRAMME

## Family Bonding

### "School's Out" Free Movie Screening



Enjoy a free movie screening at the poolside cafe. Order food and drinks from our in-house restaurant, Lots Gourmet or bring your own snacks and enjoy the movie.

**Date:** Every Friday to Sunday of Nov and Dec '19

**First Screening on 16 Nov '19**

**Time:** 4pm - 7pm

**Fees:** Free

**Venue:** CSC @ Changi I

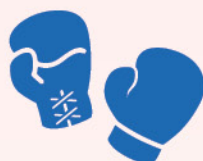
**Contact:** Firdaus at 6709 4713 or ahmadfirdaus@csc.sg

**Register:** Upon entry

### Boxing Class for Kids

**Ages 8 - 12 yrs**

Sign your child up for 4 sessions of boxing classes and enjoy a free trial boxing class for an adult. Let our qualified instructor build life skills discipline in your child, help him gain confidence, as well as in guide him to use his experience to help others and to prevent bullying among peers.



**Date:** 4 Saturdays, 23 Nov, 30 Nov, 7 Dec & 14 Dec '19

**Time:** 10am - 11.30am

**Venue:** CSC @ Changi I

**Fees:** Member \$52, Public Service Officer \$60, Guest \$70

**Contact:** Firdaus at 6709 4713 or ahmadfirdaus@csc.sg

**Register by:** 15 Nov '19

### Parent-Child Kayaking

Looking for an adventurous outdoor activity for the children? Join our two-hour kayaking session. You will be briefed on safety and the basics of kayaking by a certified instructor. There is no better way to enjoy the wonders of nature.

**Date:** Sat, 23 Nov & 7 Dec '19

**Time:** 10am - 12pm

**Venue:** CSC @ Loyang

**Fees:** Member \$18, Public Service Officer \$20, Guest \$23 (Fees are for one double kayak)

**Contact:** Firdaus at 6709 4713 or ahmadfirdaus@csc.sg

**Register by:** 16 Nov '19 or 1 Dec '19



### Basic Bowling Classes for Kids

A 4-session class on basic bowling for beginners and leisure bowlers taught by certified bowling coaches with vast experience.



**Venue:** CSC @ Changi I

**Contact:** Firdaus at 6709 4713 or ahmadfirdaus@csc.sg

**Register by:** 15 Nov '19

#### Trial Class

**Dates:** Sat, 23 Nov & 14 Dec '19

**Time:** 12pm - 2pm

**Fees:** Supplementary Member \$25, Guest \$30

#### Regular Class (4-session)

**Dates:** 4 Saturdays, 4 Jan, 11 Jan, 18 Jan & 25 Jan '20

**Time:** 12pm - 1.30pm

**Fees:** Supplementary Member \$200, Guest \$240

### Bowling for Kids

**Ages 8 to 12 years**

In addition to techniques, this course includes the theory of bowling: common bowling terms, selection of right ball and attire, safety, lane etiquette and keeping score.



**Fees:** Supplementary Member \$65, Public Service Officer \$70, Guest \$75

(Fee includes use of house balls, lane fees and shoes rental.)

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

**Register by:** 4 Dec '19

#### Westwood Bowl @ CSC Bukit Batok

**Dates:** Wed & Thu, 11 & 12 Dec '19

**Time:** 10am - 12pm

#### Planet Bowl @ CSC Tessensohn

**Dates:** Wed & Thu, 18 & 19 Dec '19

**Time:** 10am - 12pm







## Fun Learning at the Farm

**Ages 4 yrs and above**

Participants get to:

- Tour the farm and learn different vegetable cultivations
- Experience soil or hydroponics farming processes
- Try hands-on sowing, planting, harvesting and packing
- Bring home your own packed vegetables and a soil growing kit

**Date:** Sat, 7 Dec '19

**Time:** 9am - 1pm

**Venue:** Assemble 8:45am CSC @ Tessensohn lobby

**Fees:** Member \$25, Public Service Officer \$30, Guest \$35

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

**Register by:** 25 Nov '19



## Insights into eSports/Online Gaming & Gaming Disorder Programme For Parent-Youth

**For Parent & Youths Ages 12 yrs and above**

Online gaming is a growing trend amongst children & youths today and shielding them from access is not a long-term solution. It is important to understand what draws them to digital gaming and inculcate positive values in them to make informed and wise choices as they play.

In this programme, our trainers will share:

- From a parent's perspective of how he had journeyed from his initial objection to his son's aspiration in pursuing Digital Gaming as a career, to now being fully supportive of his professional gamer son.
- From an esports entrepreneur who co-founded Bountie, who aims to be the future of gaming by enabling Gamers to continue doing what they love while making a living off it, through incentivised competitive matches and tournaments.

The family pair will experience synergy in an online game challenge.



**Date:** Fri, 20 Dec '19

**Time:** 2.30pm - 5.30pm

**Fees (parent-youth pair):** Member \$120, Public Service Officer \$125, Guest \$128

**Venue:** CSC @ Tessensohn

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

**Register by:** 12 Dec '19

## Healthy Ice Cream/Gelato Making Workshop (Parent/Child Pair)

**Ages 7 to 11 yrs**

Participants will learn:

- The origin of ice cream
- Principles of how milk mixture turns into ice cream
- How a batch freezer (commercial ice cream maker) churns ice cream mixture into frozen ice cream
- Bring back the ice cream/gelato (500gm) they made



Different methods of making ice cream will be taught. Recipes will be given to participants to work on at home.

**Date:** Sun, 8 Dec '19

**Time:** 2pm - 4pm

**Fees (per parent-child pair):** Member \$50, Public Service Officer \$60, Guest \$65 (Fee includes all ingredients)

**Venue:** CSC @ Tessensohn

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

**Register by:** 1 Dec '19

## Merry KIDZ Christmas Celebration

**Ages 5 to 12 years**

**Programme Highlights:**

- **Movie Screening:** Rise of the Guardians
- **Christmas Giveaway:** Santa Gift surprise
- **Where's Santa:** Find Santa and the gifts he's hidden



**Date:** Wed, 25 Dec '19

**Time:** 5pm - 8pm

**Fees:** Member \$8, Public Service Officer \$14, Guest \$15

**Venue:** CSC @ Changi I

**Contact:** Firdaus at 6709 4713 or ahmadfirdaus@csc.sg

**Register by:** 14 Dec '19



## Christmas Family Fun Bowl

Come and have a family bonding CSC @ Changi I Resort Bowl. Register in family groups of 3 - 5 pax and enjoy 2 hours of unlimited bowling.

- Cost is by per lane and inclusive of refreshments and a free Santa Cap (Min sign-up of 3 pax)
- Free Rental of Bowling Shoes



**Date:** Wed, 25 Dec '19

**Time:** 4pm - 6pm

**Fees:** Member \$45, Public Service Officer \$55 (Need 1 CSC Member in the team to enjoy member rates)

**Venue:** CSC @ Changi I

**Contact:** Firdaus at 6709 4713 or ahmadfirdaus@csc.sg

**Register by:** 14 Dec '19



## Parent & Child Fun with Music

**Ages 0 to 4 yrs**

This programme provides the necessary sensory stimulation and opportunities for you and your baby to interact through music. Strengthen your child's neural pathways and parental bonds with our fun movement-filled activities today!

**Date:** Fri, 13 Dec '19

**Time:**

0 to 2 yrs: 10am-11am

2 to 4 yrs: 11.30am-12.30pm

**Fees:** Member \$50, Public Service Officer \$58, Guest \$65

**Venue:** CSC @ Bukit Batok

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

**Register by:** 7 Dec '19





# CHILDREN'S HOLIDAY PROGRAMME

## Family Bonding

### Kids Can Bake (Parent-child pair)

Ages 3 to 11 yrs

**X'mas Heroes Cookies**  
(FREE cookie cutter set per pair of participants)



**Date:** Sat, 30 Nov OR

Sun, 15 Dec '19

**Time:** 10.30am – 12.30pm OR

1.30pm – 3.30pm

**Fee (per parent-child pair)\*:**

Member \$78, Public Service Officer/Guest \$88

**Fee for additional child\*:**

Member \$44, Public Service Officer/Guest \$49

### Tree Stump Log Cake

**Date:** Sun, 8 Dec OR

Sat, 21 Dec '19

**Time:** 4pm – 6pm OR

1.30pm – 3.30pm

**Fee (per parent-child pair)\*:**

Member \$85, Public Service Officer/Guest \$95

**Fee for additional child\*:**

Member \$43, Public Service Officer/Guest \$48



### Happy Train Log Cake

**Date:** Sat, 14 Dec OR

Sun 22 Dec '19

**Time:** 10.30am – 12.30pm OR

4pm – 6pm

**Fee (per parent-child pair)\*:**

Member \$85, Public Service Officer/Guest \$95

**Fee for additional child\*:**

Member \$43, Public Service Officer/Guest \$48



For the above courses:

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

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

**Register by:** 1 week before respective classes

\*All Fees indicated are inclusive of all workshop materials, ingredients

### Traditional Kite Making

Ages 6 yrs and above

Participants will learn how to:

- Make a traditional kite using tracing papers and bamboo sticks
- Decorate their kites with markers and suitable mediums
- Assemble the kite and bring home their personalised kite!



**Date:** Sat, 2 Nov '19

**Time:** 9am – 10.30am

**Fees:** Supplementary Member \$25, Guest \$35

**Venue:** CSC @ Tessensohn

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

**Register by:** 25 Oct '19

### Make Your Own Ollie the Owl Softie

Ages 7 yrs and above

Hoot! Hoot! Learn to sew your very own Owl softie, a trusty companion to have and to hold!



Also learn to operate a sewing machine, sew curved lines, attach appliques and stuffing technique. A range of fabric options are available at the workshop.

**Date:** Sat, 23 Nov '19

**Time:** 10am – 1pm

**Fees:** Supplementary Member \$60, Guest \$75

(Fees inclusive of all materials)

**Venue:** Kreta Ayer Road

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

**Register by:** 16 Nov '19

### Communication Skills for Kids

Ages 6 to 12 yrs

The gift of gab is not as rare as you might think! Good communication can be learnt, and your children can be trained to communicate effectively and politely through words and actions – at home, in the classroom, when visiting relatives, or at the playground.

**Date:** Wed, 18 Dec '19

**Time:** 10am – 12pm

**Fees:** Supplementary Member \$30,

Guest \$40

**Venue:** CSC @ Tessensohn

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

**Register by:** 6 Dec '19





# CHILDREN'S HOLIDAY PROGRAMME

## Life Skills & Easy Crafts



### 20 Meal Etiquette Every Child Should Know

**Ages 6 to 12 yrs**

A practical workshop to start young children on the importance of meal etiquettes. After all, it is never too early to learn good table manners – from right placement of cutlery and napkins, to the handling of foods such as spaghetti and hot soups.



**Date:** Wed, 18 Dec '19

**Time:** 1pm – 4pm

**Fees:** Supplementary Member \$30, Guest \$40 (excl \$10 material fees to be paid direct to the trainer)

**Venue:** CSC @ Tessensohn

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

**Register by:** 10 Dec '19

### Batik Tote Bag Painting

**Ages 8 yrs and above**

This workshop teaches a simplified version of the traditional batik. Participants will learn the use of liquid wax to create a design and then dye-ink over it. Participants will learn how to manage the dye and how to add gradient to their visuals. They will be provided a tote bag to create.



**Date:** Sat, 7 Dec '19

**Time:** 10am – 12pm

**Fees:** Supplementary Member \$25, Guest \$35

**Venue:** CSC @ Bukit Batok

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

**Register by:** 1 Dec '19

### Terrarium Making

**Ages 8 yrs and above**

This workshop will cover:

- Introduction to origins of the Terrarium
- Plant types that are suitable for open and closed terrariums
- Different layers of the terrarium
- Hands-on guide on building and maintenance



**Date:** Sat, 7 Dec '19

**Time:** 2pm – 3.30pm

**Fees:** Supplementary Member \$25, Guest \$35

**Venue:** CSC @ Bukit Batok

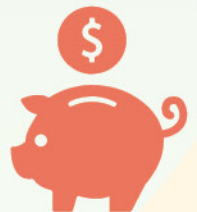
**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg

**Register by:** 11 Nov '19

### Introduction To Financial Awareness For Children Programme

**Ages 7 to 12 yrs**

Money management skill is one of the most important life skills that must be developed as early in a person's life as possible.



Intro To FAC was developed to provide children with basic financial awareness; to help them understand how money decisions are influenced and cultivate the habit to handle money wisely.

**Date:** Fri, 29 Nov '19

**Time:** 9am – 12pm

**Fees:** Supplementary Member \$64, Guest \$68

**Venue:** CSC @ Tessensohn

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

**Register by:** 21 Nov '19

### 1D Holiday Programme

**Ages 7 to 12 yrs**

If your kids love digging into art and craft projects, sign them up for some crafting fun of creative craftsmanship, self-expression and motor skills. Have fun with tile painting, lava lamp making and slime making. Fee includes 1 lunch, 1 snack time and all required craft materials.

**Date:** Fri, 27 Dec '19

**Time:** 9am – 5pm

**Fees:** Member \$85, Public Service Officer \$90, Guest \$95

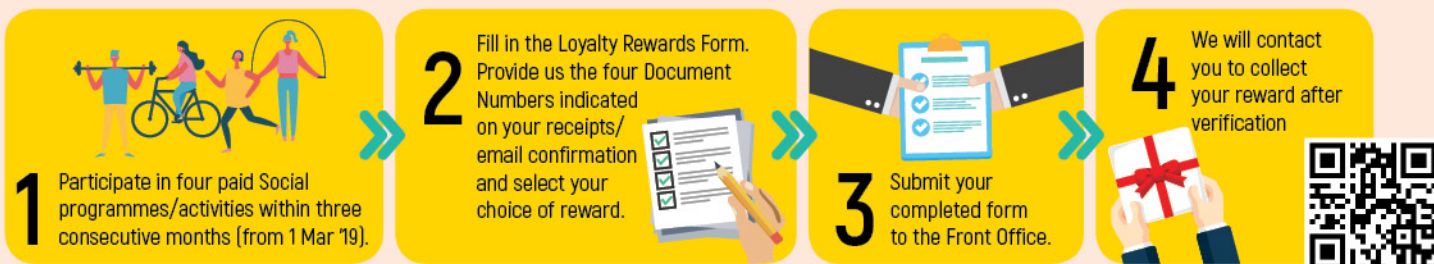
**Venue:** CSC @ Bukit Batok

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

**Register by:** 18 Dec '19







NAME: \_\_\_\_\_ CONTACT NO: \_\_\_\_\_

MEMBERSHIP NO: \_\_\_\_\_ EMAIL: \_\_\_\_\_

DOCUMENT NO. (As indicated on your receipt/email confirmation, no attachments required)

Receipt 1: \_\_\_\_\_ Receipt 3: \_\_\_\_\_

Receipt 2: \_\_\_\_\_ Receipt 4: \_\_\_\_\_

### Terms & Conditions:

- This rewards programme is available for Civil Service Club Members only.
- Eligible period: Event date starting from 1 Mar '19
- Members must participate in 4 confirmed programmes in-person, for 3 consecutive months to be eligible for the Loyalty Rewards.
- Your reward will be issued based on your selection indicated in the form. No changes allowed. The rewards are not exchangeable for cash.
- We will notify you within 7 working days (from the date received) on your reward redemption after verification.
- Civil Service Club reserves the right to amend the rewards and terms and conditions at any time without prior notice.

### FOR OFFICIAL USE ONLY

Date Received: \_\_\_\_\_ Date of Collection: \_\_\_\_\_

Received By: \_\_\_\_\_ Member's Signature: \_\_\_\_\_

### PLEASE SELECT YOUR PREFERRED CHOICE OF REWARD (TICK ONE ONLY)

#### ☐ **OPTION 1**

**2 Movie tickets  
worth \$17**

#### ☐ **OPTION 2**

**CSC Club Vouchers  
worth \$20 (redeemable  
for social activities)**

#### ☐ **OPTION 3**

**CSC Corporate  
Gift worth \$20**



For enquiries, please email to [events@csc.sg](mailto:events@csc.sg)

## SOCIAL ACTIVITIES BEAUTY



## Create Your Own Oil-based Facial Serum

You will learn to formulate your own oil-based serum using an array of sustainably sourced essential oils. Also learn aroma facial massage techniques.

What you will get: A 30ml facial oil of your own master blend in a droplet bottle, your own formulation worksheet and notes on uses of different essential oils.

**Date:** Sat, 30 Nov '19  
**Time:** 10am - 12pm  
**Fees:** Member \$55, Public Service Officer \$60, Guest \$62  
**Venue:** CSC @ Tessensohn  
**Contact:** Serene Cho at 6391 5620 or [serenecho@csc.sg](mailto:serenecho@csc.sg)  
**Register by:** 23 Nov '19



## Making Your Own Natural Body Butter

A class to learn how to make natural body butters aka body moisturisers, including learning:

- The use of oils for the desired therapeutic scents
- The kinds of vegetable oils and butters best suited for skincare
- Essential oils suitable for conditions such as dry skin, eczema etc



**Date:** Sat, 18 Jan '20  
**Time:** 10am - 12pm  
**Fees:** Member \$45, Public Service Officer \$50, Guest \$52  
**Venue:** CSC @ Tessensohn  
**Contact:** Serene Cho at 6391 5620 or [serenecho@csc.sg](mailto:serenecho@csc.sg)  
**Register by:** 10 Dec '19

## Create Your Own Lip Gloss with Colour and Flavour

What you will learn:

- Choosing the right ingredients for the lip gloss
- Understanding lip colour ingredients
- Design and create colour technique
- Blending of colour tone
- How to add Glitter
- How to add Flavour
- Designing your own lip gloss formulation



**Date:** Sat, 14 Dec '19  
**Time:** 10am - 12pm  
**Fees:** Member \$55, Public Service Officer \$60, Guest \$62  
**Venue:** CSC @ Tessensohn  
**Contact:** Serene Cho at 6391 5620 or [serenecho@csc.sg](mailto:serenecho@csc.sg)  
**Register by:** 7 Dec '19



## SOCIAL ACTIVITIES

### FITNESS



## Aqua Aerobics

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



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

**Register by:** 1 week before class

Deep Aqua Aerobics @ Tessensohn	Time	Fees
8 Tuesdays, 3 Dec '19 – 4 Feb '20	8am – 9am	Member \$80 Public Service Officer \$90 Guest \$100
8 Mondays, 4 Nov '19 – 23 Dec '19	7pm – 8pm	
8 Wednesdays, 4 Dec '19 – 5 Feb '20	6.15pm – 7.15pm OR 7.15pm – 8.15pm	
8 Thursdays, 5 Dec '19 – 23 Jan '20	6.30pm – 7.30pm	
8 Fridays, 6 Dec '19 – 24 Jan '20	6.45pm – 7.45pm	
8 Saturdays, 7 Dec '19 – 25 Jan '20	8am – 9am OR 9am – 10am	
Deep Aqua Aerobics @ Bukit Batok		(Note: No class on PH & eve of PH)
8 Tuesdays, 3 Dec '19 – 4 Feb '20 (No class on PH and eve of PH)	7pm – 8pm	
8 Saturdays, 7 Dec '19 – 25 Jan '20 (no class on PH and eve of PH)	8.30am – 9.30am	
Shallow Aqua Aerobics @ Tessensohn		
8 Sundays, 1 Dec '19 – 19 Jan '20 (No class on PH and eve of PH)	9am – 10am	Member \$75 Public Service Officer \$85 Guest \$95



Participants to bring own aqua shoes.

## Hydrorider AquaBike Fitness

An exercise routine that allows you to pedal while immersed in water to generate a water density, buoyancy and hydrostatic pressure that will help shape your legs, lose weight and remove cellulite without putting stress on your joints and muscles. Aquabike Fitness also helps improve your cardiovascular system and blood circulation.

### Class Schedule (Class size: Min 4 pax, Max 5 pax)

<b>Tuesdays</b>	<b>3 sessions:</b> 3 – 17 Dec '19 <b>Time:</b> 6.30pm – 7.30pm OR 7.30pm – 8.30pm <b>Fees:</b> Member \$75, Public Service Officer \$82.50, Guest \$90  <b>4 sessions:</b> 7 – 28 Jan '20 <b>Time:</b> 6.30pm – 7.30pm OR 7.30pm – 8.30pm <b>Fees:</b> Member \$100, Public Service Officer \$110, Guest \$120
<b>Thursdays</b>	<b>4 sessions:</b> 5 – 26 Dec '19 OR 2 – 23 Jan '20 <b>Time:</b> 7.30pm – 8.30pm <b>Fees:</b> Member \$100, Public Service Officer \$110, Guest \$120

**Venue:** CSC @ Tessensohn

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

**Register by:** 1 week before class

## Wakeboarding

The next generation of board sports wakeboarding is essentially like snowboarding/skateboarding on water. Strive to stay buoyant as you are pulled along at between 18 and 23 miles per hour behind a boat or cable!

**Dates:** Sat, 7 Dec '19

**Time:** 2pm – 5pm

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

**Venue:** Marina Country Club

**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg

**Register by:** 2 Dec '19





## SOCIAL ACTIVITIES

### FITNESS



## K-Kardio Dance

This one-hour non-stop heart-pumping exercise routine packs hip-hop, pilates, kickboxing, aerobics and simplified K-pop dance moves to the beat of K-pop tune. It is aimed to increase heartbeat and metabolic rate, promote fat loss and muscle toning. No prior dance experience is required.

**Nov '19, 4 Mondays**

**Dates:** 4 – 25 Nov '19 (No class on PH)

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

**Dec '19, 4 Mondays**

**Dates:** 2 – 23 Dec '19 (No class on PH)

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

**Jan '20, 3 Mondays**

**Dates:** 6 – 20 Jan '20 (No class on PH)

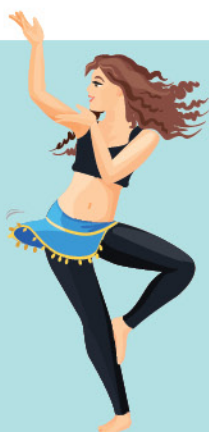
**Fees:** Member \$37.50, Public Service Officer \$41.30, Guest \$45

**Time:** 8pm – 9pm

**Venue:** CSC @ Tessensohn

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

**Register by:** 1 week before class



## Cardio Dance Workouts

### Belly Dance

An expressive dance originating from Egypt with emphasis on complex movements of the torso. The isolation is muscle-strengthening and increases balance to build suppleness and grace.

### Latin Cardio

A calorie blasting dance that is fun, lively and simple. It works your oblique by exploring a wide range of arms, hips and legs motions. Also expect lots of shakes, shimmies and pivots.

**Dates:** 4 Thursdays, 5 – 26 Dec '19  
AND/OR 2 – 23 Jan '20

**Time:**

Belly Dance 7pm – 8pm

Latin Cardio 8pm – 9pm

**Fees (per workout type):**

Member \$60, Public Service Officer \$68, Guest \$75

**Venue:** CSC @ Tessensohn

**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg

**Register by:** 1 week before class



## Boogie Bounce Xtreme Fitness

In this cardio workout, you get to bounce to chart-topping music on a mini trampoline with a safety bar to minimise any knee strain. Feel each of your body muscles working as you jump, bounce and stomp. Suitable for all ages.

**CSC @ Tessensohn**  
(7pm – 8pm)

**4 Wednesdays**

20 Nov '19 – 11 Dec '19 OR 18 Dec '19 – 22 Jan '20  
(No class on PH)

**4 Fridays**

13 Dec '19 – 3 Jan '20 OR 10 Jan – 7 Feb '20

**CSC @ Bukit Batok**  
(8pm – 9pm)

**4 Mondays**

9 – 30 Dec '19 OR 6 Jan – 3 Feb '20  
(No class on PH)

**Fees:** Member \$70, Public Service Officer \$75, Guest \$80

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

**Register by:** 1 week before class



## POUND® Fitness

POUND® is a full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements using lightly weighted drumsticks called Ripstix® that are engineered specifically for exercising. Suitable for everyone.

Clubhouse	Dates
<b>Bukit Batok</b>	<b>4 Wednesdays</b> 4 Dec '19 – 8 Jan '20 (No class on PH)
<b>Tessensohn</b>	<b>4 Thursdays</b> 5 – 26 Dec '19 OR 2 – 30 Jan '20 (No class on 23 Jan '20)

Ripstix®  
will be  
provided  
for class  
use.



**Time:** 7pm – 7.45pm

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

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

**Register by:** 27 Nov '19 or 26 Dec '19



## Yoga

Under the guidance of an experienced instructor, you will learn simple yoga poses and slow breathing exercises to relax and rejuvenate your body.

**Dates:** 4 Tuesdays, 3 – 24 Dec '19 OR 7 – 28 Jan '20

**Time:** 8pm – 9pm

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

**Venue:** CSC @ Bukit Batok

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

**Register by:** 26 Nov '19 or 24 Dec '19

## Pilates for Beginners

Pilates is a great way to improve your strength, flexibility and posture, as well as a safe and effective exercise that focuses on muscular balance. Let instructor Ms Mabeline guide you to work on different muscle groups.

**Dates:** 8 Saturdays, 21 Dec '19 – 15 Feb '20 (No class on PH)

**Time:** 2pm – 3pm

**Fees:** Member \$80, Public Service Officer \$90, Guest \$100

**Venue:** CSC @ Tessensohn

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

**Register by:** 14 Dec '19



## Zumba Fitness

This cardio dance programme lets you burn calories the fun way, incorporating basic Latin dance moves with resistance exercises and zumba.

**CSC @ Bukit Batok**

**Dates:** 4 Tuesdays, 7 – 28 Jan '20 (No class in Dec '19)

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

**CSC @ Tessensohn**

**Dates:** 3 Tuesdays, 7 – 21 Jan '20 (No class in Dec '19 & on 28 Jan '20)

**Fees:** Member \$37.50, Public Service Officer \$41.25, Guest \$43.50



**Time:** 7pm – 8pm

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

**Register by:** 31 Dec '19



## SOCIAL ACTIVITIES

### FITNESS



## Awareness Through Movement (ATM)

Based on the Feldenkrais Method®, ATM uses slow, mindful movements to achieve strength, flexibility and holistic integration of body and mind. Bring a medium-sized towel and dress comfortably.



**Dates:** 4 Saturdays, 7 – 28 Dec '19 or 4 Jan – 1 Feb '20  
**Time:** 10am – 11am  
**Fees:** Member \$50, Public Service Officer \$55, Guest \$60  
**Venue:** CSC @ Bukit Batok  
**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg  
**Register by:** 30 Nov '19 or 28 Dec '19



## Inline Skating for Beginners

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

(Participants to arrive at lesson venue 15 minutes prior to lesson time to gear up. Bring own socks, water and insect repellent.)

### WEEKDAY GROUP CLASS

**Dates:** 4 Wednesdays, 4 Dec '19 – 8 Jan '20 OR  
 15 Jan – 5 Feb '20

**Time:** 6pm – 7pm / 8pm – 9pm

**Venue:** Sengkang Basketball Court / Punggol

**Dates:** 4 Thursdays, 5 – 26 Dec '19 or 2 – 23 Jan '20

**Time:** 6.30pm – 7.30pm

**Venue:** Choa Chu Kang Park

**Dates:** 4 Fridays, 6 – 27 Dec '19 OR 3 – 31 Jan '20  
 (No class on eve of LNY)

**Time:** 6.30pm – 7.30pm / 8pm – 9pm

**Venue:** Pinnacle @ Duxton

### WEEKEND GROUP CLASS

**Dates:** 4 Saturdays,  
 7 – 28 Dec '19 OR 4 Jan – 1 Feb '20

**Time:** 11.30am – 12.30pm /

3.30pm – 4.30pm / 5pm – 6pm

**Venue:** East Coast Park Car Park F1

### 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

**Register by:** 1 week before class

## Tennis by Singapore Tennis School



Choose from a wide range of classes designed for different ages and abilities. All coaches are certified Australian tennis instructors.

### 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:** Bryan at 6391 5607 or  
 bryanlee@csc.sg

**Register by:** 10 days before class



# Swimming for Ladies

Learn to swim with veteran Coach Ms Thipa who has been training adults and young learners for more than 10 years. In particular, she is able to help new swimmers overcome any fear of water in a short time.

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



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

## CSC @ Bukit Batok (Beginners)

**Dates:** 10 Thursdays, 9 Jan - 12 Mar '20  
**Time:** 7.30pm - 8.30pm  
**Register by:** 2 Jan '20

## CSC @ Tessensohn (Beginners)

**Dates:** 10 Sundays, 5 Jan - 8 Mar '20  
**Time:** 10am - 11am  
**Register by:** 1 Jan '20

# Learn-to-swim with The Swim Society!

Come learn to swim with Marcus Cheah, ex-national swimmer and Founder of The Swim Society.

- 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
- Only bring own goggles, all other equipment provided.



## JAN/FEB '20 MONTHLY CLASS

<b>Class Format</b>	4 lessons in a month
<b>Time (30-min per lesson)</b>	Morning: 8am - 11am Afternoon: 3pm - 7pm Choose any preferred time from AM or PM
<b>Fees</b>	<b>Group (30-min/lesson):</b> Member \$132, Public Service Officer \$172, Guest \$180 <b>Private (45-min/lesson):</b> Member \$360, Public Service Officer \$380, Guest \$388

**Venue:** CSC @ Tessensohn

**Contact:**

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

**Schedule:** Marcus at marcus@theswimsociety.com

**Register by:** 1 week before class

# 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

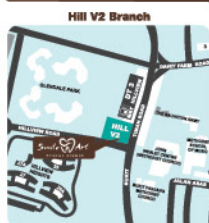
### MERCURY FREE PRACTICE

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 Tiong Road #01-03  
 Singapore 161011  
 email: smileartstiong@bahru@gmail.com  
 Mon - Fri: 9am - 9pm | Sat & Sun: 9am - 5pm

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

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



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



## SOCIAL ACTIVITIES

### FINANCE



## Will Planning & Lasting Power of Attorney (LPA) Talk

Learn the importance of the Will and an LPA (Lasting Power of Attorney). Participants enjoy a special rate for execution of a Will and an LPA, plus a complimentary planning session by a professional estate planner.

**Dates:** Sat, 30 Nov '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:** 22 Nov '19

## Enhancing Your Retirement with the Latest CPF Schemes

This talk helps you to enhance your retirement planning by leveraging on the latest CPF Schemes including CPF Life, CPF CareShield Life and others.



**Date:** Sat, 30 Nov '19

**Time:** 10am - 12pm

**Fees:** Member \$3, Public Service Officer \$9, Guest \$15 (incl light refreshments)

**Venue:** CSC @ Tessensohn

**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg

**Register by:** 23 Nov '19

## More Bucks from Your Credit Cards



Learn how you can generate more cashback from your credit cards and maximise your salary through the salary crediting account.

**Date:** Thu, 9 Jan '20

**Time:** 7pm - 9pm

**Fees:** Member \$3, Public Service Officer \$9, Guest \$15 (incl light refreshments)

**Venue:** CSC @ Tessensohn

**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg

**Register by:** 2 Jan '20

## SOCIAL ACTIVITIES

### FOOD



## Wine Appreciation

Two elegant wine appreciation and tasting events hosted by Mr Andreas Balemi DipWSET, a wine expert and consultant and founder of Wine & Philosophy.

All tasted wines from the Wine & Philosophy list will be available for order at a discounted price at the respective events.

## Understanding and Appreciating Spanish Wines

Gain an overview of quality wines from Spain and learn about the major wine regions of Spain: Rioja, Ribera del Duero, Priorat, Rias Baixas and Rueda. Understand how grape varieties, winemaking techniques and traditions, as well as innovation and creativity determine the style of their wines.

You will also get to taste five different Spanish wines, as well as learn how to serve and pair them.



**Date:** Fri, 29 Nov '19

**Time:** 7pm - 8.30pm

**Fees:** Member \$30, Public Service Officer \$36, Guest \$42

**Venue:** CSC @ Tessensohn

**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg

**Register by:** 22 Nov '19

## Sparkling wines for the Festive Season

With Christmas at the door and the Lunar New Year following shortly after, learn to enjoy sparkling wines, the drink of choice for festive occasions and celebrations.

Get into the history of the sparklies, their production methods and recent market trends. Also survey the different styles of wines from major sparkling wine regions: Champagne and France, Cava and Spain, Prosecco and Italy, and New World sparkling wine. Enjoy tasting five representative sparkling wines.



**Date:** Fri, 20 Dec '19

**Time:** 7pm - 8.30pm

**Fees:** Member \$40, Public Service Officer \$46, Guest \$52

**Venue:** CSC @ Tessensohn

**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg

**Register by:** 13 Dec '19





## Make & Mature Christmas Fruit Cake with Stephanie

Learn how to ferment and prep fruits for this traditional Christmas cake in time for the season. Non-alcoholic flavourings will be used. Due to time constraints, 4" cake size will be used

**Date:** Sun, 24 Nov '19

**Time:** 9am - 1pm

**Fees:** Member \$70, Public Service Officer \$75, Guest \$80

**Venue:** CSC @ Tessensohn

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

**Register by:** 19 Nov '19



## Cooking with Chef Michele

Michele has loved food her entire life. She started baking and cooking at age 14 when she moved to Australia.

When she returned to Singapore at 24, she worked in the F&B industry for 10 years and had the wonderful chance to entertain at many exquisite restaurants around Asia, further enhancing her palate.



### Italian Class

- Minestrone
- Lamb shank
- Panna cotta with mango purée



### Christmas Menu

- Roast chicken with stuffing from scratch with roasted root vegetables
- Chocolate log cake

**Date:** Sun, 1 Dec '19

**Fees:** Member \$70, Public Service Officer \$80, Guest \$85

**Register by:** 25 Nov '19

**Date:** Sun, 15 Dec '19

**Fees:** Member \$75, Public Service Officer \$85, Guest \$90

**Register by:** 9 Dec '19

**Time:** 2pm - 5pm

**Venue:** CSC @ Tessensohn

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

## CSC 2020 CNY 团年饭 Workshop by Chef Lisa

### Menu of the Day (3-course)

- Variegated Colour Marbles Nian Guo 步步高升
- Countless of Good Fortunes 招财进宝
- Bamboo Meat Rolls 财源滚滚

**Date:** Sun, 12 Jan '20

**Time:** 2pm - 5pm

**Fees (per course):** Member \$18, Public Service Officer/ Guest \$20

**Venue:** CSC @ Tessensohn

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

**Register by:** 2 Jan '20





## SOCIAL ACTIVITIES

FUN



## Angler Course for Beginners

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



### WHAT TO BRING:

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

**Dates:** Sat, 30 Nov '19 OR Sun, 29 Dec '19

**Time:** 8.30am – 5.30pm

(Ferry departs at 9am sharp. Please arrive 30 minutes before boat departure time.)

**Fees:** Member \$90, Public Service Officer \$95, Guest \$100 (Min age, 5 years\*)

**Venue:** Place of embarkation is at Marina South Pier, course to be conducted at Lazarus Island

**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg

for slot availability before making payments

**Register by:** 1 week before course

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

\*No lunch is provided, please bring own.

### Fees include:

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

## Yacht Fishing Trip

Singapore's largest reef eco-system is found at the southern islands where many fish species dwell especially snappers and giant groupers. The waters here is your best bet if you are looking to break your personal heaviest catch record.

### WHAT TO BRING:

- Packed lunch
- Sunblock
- Sunglasses
- Plastic bags to hold your catch
- Seasick medication
- Raincoat



<b>Experience Required</b>	Able to tie your own fishing rigs
<b>No. of Anglers</b>	Maximum 8
<b>Trip Includes</b>	<ul style="list-style-type: none"> <li>• Our friendly and experienced fishing master as guide</li> <li>• Mineral water onboard</li> <li>• Fresh catch of your own to bring back</li> <li>• Ice for storage of catch</li> <li>• Fishing equipment provided</li> <li>• Bait (live prawns) provided</li> </ul>

**Dates:** Sat, 7 Dec '19 or Sun, 5 Jan '20

**Time:** 9am – 3pm or 4pm – 10pm

**Fees:** Member \$120, Public Service Officer \$130, Guest \$138 (Min age, 5 years\*)

**Venue:** Place of embarkation is at ONE°15 Marina

**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg

for slot availability before making payments

**Register by:** 1 week before each session

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

## Fishing Yacht Charter with BBQ

For a day of freedom, relaxation and quality time with family and friends, charter a fishing yacht and enjoy time on the open seas. Also enjoy the experience of hunting wild fish, plus the chance to BBQ your fresh catch!

Package includes:

- Usage of BBQ pit with charcoal
- Live fish (catch your own)
- Fish cleaning & preparation
- Seafood (prawns & squids) for BBQ
- Rental of fishing equipment
- Usage of fishing accessories
- Guidance from fishing Instructors
- Bait: live prawns (2 kg)
- Mineral water on board
- Fishing setups provided (max 8 sets)

**Time:** 9am – 3pm or 4pm – 10pm

**Fees:** Member \$1,400, Public Service Officer \$1,420, Guest \$1,450

(Max number onboard 10pax)

**Embarkation:** ONE°15 Marina Sentosa Cove

**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg to arrange a date for the charter date after making payment







## Preparing for Your Roadtrip to Malaysia

Every road trip is memorable in its own way. Often however, these memories may include overheating of the car engines, loss of GPS signal and expensive stays at bedbugs-ridden hotels – memories we'd rather not have.

Let our panel of speakers share tips on:

- Pre-trip car inspection
- Safe driving techniques and what to look out for on Malaysian roads
- An introduction by Tourism Malaysia to the places of interest across Johor and Melaka

**Date:** Thu, 28 Nov '19

**Time:** 7pm – 8.30pm

**Fees:** Member \$5, Public Service Officer \$8, Guest \$10

**Venue:** CSC @ Tessensohn

**Contact:** Bryan at 63915607 or bryanlee@csc.sg

**Register by:** 21 Nov '19

## Sport Stacking

Join us in an introductory session to Sport Stacking, an amazing sport of fitness, agility, concentration and speed that requires athletes of all ages and abilities to stack and unstack specially designed cups in specific patterns with amazing precision and dexterity. Expect numerous benefits such as an improved hand-eye coordination and reaction time, the activation of both the left and the right brain, as well as an improvement in the overall fitness of the participant.



**Date:** Wed, 19 Dec '19

**Time:** 10am – 11.30am

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

**Venue:** CSC @ Tessensohn

**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg

**Register by:** 12 Dec '19

## Horse Stable Management

**Ages 3 yrs and above**

This comprises a stable visit where participants will learn hands-on how a horse is stabled, their bedding types, how the stables are mucked out (clean) and the type of equipment used. They will get to feed the ponies, as well as learn how they are groomed or showered. Participants will also get to go on joy rides as accompanied by a handler. Maximum weight limits per participant should not exceed 70kg.



**Date:** Sat, 30 Nov '19

**Time:** 10am – 12pm

**Fees:** Member \$30, Public Service Officer \$35, Guest \$40

**Venue:** Gallop Stable @ Horsecity, 100 Turf Club Road, S287992

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

**Register by:** 24 Nov '19

## Horseback Riding Class



Always wanted to learn how to ride a horse? Now you can! In five weekly lessons you will learn how to mount a horse, ride one and how to maintain a good riding posture, as well as how to steer it in the right direction. Lessons are conducted in groups of 5. Riders are advised to wear riding gear, long slacks and proper covered boots with a small heel. Participants should not exceed a weight of 75 kg.

**Date:** 5 Wednesdays, 4 Dec '19 – 15 Jan '20

**Time:** 7.15pm – 8.00pm

**Fee (includes rental of helmet):** Member \$220, Public Service Officer \$230, Guest \$240

**Venue:** 100 Turf Club Road #01-02, Management Office

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

**Register By:** 27 Nov '19

## The Cathay Cineplexes Story

The tour includes the following activities:

- Tour Cathay Gallery to witness the unforgettable journey of cinemas over the years
- Visit Projector Room to uncover the secrets behind the high quality screenings in the present-day cinema
- Drop in at the Popcorn Station to see how this all-time popular snack is made
- Catch the movie screening of the highly-anticipated blockbuster, Jumanji: The Next Level.

**Date:** Wed, 18 Dec '19

**Time:** 10am – 2.30pm

**Fees:** Member \$25, Public Service Officer \$30, Guest \$35

**Venue:** The Cathay

**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg

**Register by:** 22 Nov '19



**Movie screening included!**  
**Jumanji: The Next Level**



## SOCIAL ACTIVITIES

### FUN



#### Fee includes

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

## Semakau Landfill Fun Tour

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

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

**Date:** Sat, 18 Jan '20

**Time:** 8.45am – 12pm

**Fees:** Member \$46, Public Officer \$50, Guest \$55

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

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

**Register by:** 12 Jan '20



## Lunar New Year Shopping



Chinese New Year is around the corner. Join us on a one-day trip to stock up on all your Chinese New Year ingredients and goodies at a bargain prices!

**Date:** Sat, 18 Jan '20

**Time:** 9am – 4.30pm

**Fees:** Member \$20, Public Service Officer \$26, Guest \$32

**Venue:** CSC @ Tessensohn

**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg

**Register by:** 11 Jan '20



## Getting To Know Singapore Pools

Join this tour to take a peek into the operations of Singapore Pools. Find out how it started 51 years ago, what the organisation stands for today and the behind-the-scenes operations. Min age for participants 18 years and above.

#### Programme:

- The Singapore Pools Story
- Physical tour and mini exhibition
- Hands on session with vintage draw machines
- Refreshment
- Witness the 'Live' Toto Draw



**Date:** Thu, 16 Jan '20

**Time:** 4.30pm – 6.45pm

**Fees:** Member Free, Public Service Officer \$3, Guest \$5

**Venue:** Singapore Pools HQ,

210 Middle Road #01-01, S188994

**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg

**Register by:** 2 Jan '20

## Flower Pounding on Tote Bag and Greeting Card

Flower pounding is a fun and easy way to create botanical prints on fabric. You will learn how to transfer the colour and shape of local flowers onto a tote. Suitable for beginners. All materials and tools will be provided.

#### Workshop Outline:

- Theory: Material selection, How-to for a fruitful outcome, Maintenance tips
- Practical: Bring home self-made flower card with greetings, flower pounding on tote bag



**Date:** Sat, 30 Nov '19 or 14 Dec '19

**Time:** 10am – 11.30am

**Fees:** Member \$60, Public Service Officer \$65, Guest \$68

**Venue:** CSC @ Tessensohn

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

**Register by:** 23 Nov or 7 Dec '19

## Pressed Flower Notebook and Bookmark

This unique workshop takes you through the theory of flower pressing and the basics of curating your own gorgeous pressed flowers design onto A6-sized notebook and bookmark.

#### Workshop Outline:

- Theory of flower pressing
- Practical: Techniques of preserving and pressing simple flowers, get to bring home self-made bookmark and A6 orchid notebook



**Date:** Sat, 7 Dec '19

**Time:** 10am – 11.30am

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

**Venue:** CSC @ Tessensohn

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

**Register by:** 30 Nov '19



## Upcycled Glass Jar Snow Globe

In this workshop, participants will learn to create their very own decorative beautiful snow globes from a range of disused sauce jars, glass jars and mini glass containers.

The use of stencil film art design and glitters as surface finishes also be taught.



**Date:** Sat, 30 Nov '19  
**Time:** 10am - 12pm  
**Fees:** Member \$25, Public Service Officer \$35, Guest \$38  
**Venue:** CSC @ Bukit Batok  
**Contact:** Serene Cho at 6391 5620 or [serenecho@csc.sg](mailto:serenecho@csc.sg)  
**Register by:** 21 Nov '19

## Upcycled Glass Bottle LED Lamp & Design Workshop



Glass bottles have a beautiful and well-polished exterior that is durable and aesthetically pleasing. Beyond its primary function as a beverage holder, however, most glass bottles do not find additional usage and often end up in the landfill. This need not be so any longer.

At this workshop, you will learn how they can be creatively upcycled into unique art pieces of design and LED lights.

**Date:** Sat, 14 Dec '19  
**Time:** 10am - 12pm  
**Fees:** Member \$40, Public Service Officer \$46, Guest \$48  
**Venue:** CSC @ Bukit Batok  
**Contact:** Serene Cho at 6391 5620 or [serenecho@csc.sg](mailto:serenecho@csc.sg)  
**Register by:** 7 Dec '19

## Make Your Own Phoebe Clutch

The Phoebe Clutch is perfect for that vivacious girl always on the lookout for fun. Be it a girls' night out or weekend party, it'll not only complement your outfit but your spritely personality too!

You'll learn to operate a sewing machine, sew fabric with batting, prepare gusset, attach lining and kisslock. Suitable for beginners.

Fee inclusive of all materials (exclude chain). We will contact you for fabric choices prior to workshop.



**Date:** Sat, 7 Dec '19  
**Time:** 9am - 12.30pm  
**Fees:** Member \$65, Public Service Officer \$75, Guest \$80  
**Venue:** Kreta Ayer Road  
**Contact:** Vanessa at 6391 5641 or email [vanessachoo@csc.sg](mailto:vanessachoo@csc.sg)  
**Register by:** 30 Nov '19

## Fun-toteally

Have fun jazzing up your tote with pops of colours in our new fabric range, and there'll never be a dull day carrying it around! Throw in your wallet, keys, tissue pack into the bag and you'll be perfectly attired for that quick errand!

Participants will learn to operate a sewing machine, install a zipper, create gusset, attach lining and PU leather handles. Suitable for beginners.

Fee inclusive of all materials. A range of bag handles of various colours available at the workshop. We will contact you for fabric choices prior to workshop.

**Date:** Sat, 14 Dec '19  
**Time:** 9am - 12.30pm  
**Fees:** Member \$70, Public Service Officer \$80, Guest \$85  
**Venue:** Kreta Ayer Road  
**Contact:** Vanessa at 6391 5641 or email [vanessachoo@csc.sg](mailto:vanessachoo@csc.sg)  
**Register by:** 7 Dec '19







## Stronger Knees and Joints Express Class

### Renew & Regrow

Learn the four-step framework to improve knee and joint functions. Participants learn meridian flexercise and therapy techniques to enhance daily routines.

**Dates:** 3 Fridays, 22 Nov – 6 Dec '19

**Time:** 7pm – 9pm

**Fees:** Member \$75, Public Service Officer \$80, Guest \$85

**Venue:** CSC @ Tessensohn

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

**Register by:** 18 Nov '19



## Better Qi and Blood for Optimum Health

Tire easily? Low immunity? Poor eyesight? Feel cold easily? Poor quality of sleep? Indigestion? Bloating? Constipation? These could be the signs of the lack of Qi & Blood circulation in your body meridian systems. In this two-hour training, learn simple food remedies, meridian points and Qi-Flexercise to improve your Qi and Blood for optimum health.



**Dates:** Sat, 28 Dec '19

**Time:** 10am – 12pm

**Fees:** Member \$20, Public Service Officer \$25, Guest \$28

**Venue:** CSC @ Tessensohn

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

**Register by:** 20 Dec '19



## Talk on “Reversing Diabetes Type I & II within 72 hours” by Dr Biswaroop

Dr Biswaroop Roy Chowdhury, an expert on Diabetes, has cured or reversed Diabetes for more than 20,000 people, both adults and children. His book on Diabetes has been translated into 72 languages.

Attend this talk to learn the possibility of reversing diabetes and reduce your reliance on multiple medications.

Talk Synopsis:

- Understand Diabetes I and II.
- The latest Diabetes Guidelines.
- Can Diabetes be treated and controlled?
- How long does it take to reverse your Diabetes?
- How does the 72 Hours Diabetes Reversal Mechanism work?
- Is the Diabetes Reversal permanent?
- Is this method medically approved?

**Dates:** Sun, 15 Dec '19

**Time:** 2pm – 5pm

**Fees:** Member \$5, Public Service Officer \$10, Guest \$15

**Venue:** CSC @ Tessensohn

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

**Register by:** 6 Dec '19



## SOCIAL ACTIVITIES

### MUSIC



## Play the Violin

Instructor Leong Gah Chiong has more than 20 years of experience teaching and performing at numerous concerts and private events. Whether you are a beginner or wanting to play better, there is a course for you.

Fee includes materials and instrument for use in class.

## Mastering the Erhu

If you appreciate playing oriental music, the erhu is a good option. Instructor Pang Chin Soon has more than 25 years of experience playing this instrument.

Participants need to bring their own erhu. (Min. of six participants to start a class.)

**Dates:** 10 Wednesdays, 4 Dec '19 – 19 Feb '20 (No class on PHs)

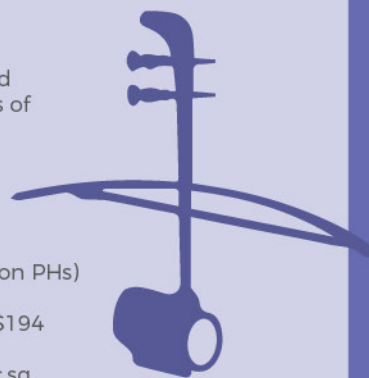
**Time:** 7pm – 8.15pm OR 8.15pm – 9.15pm

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

**Venue:** CSC @ Tessensohn

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

**Register by:** 27 Nov '19



**Dates:** 8 Mondays, 6 Jan – 24 Feb '20

**Time:** 7pm – 8.15pm

**Fees\*:**

**Beginner:** Member \$155, Public Service Officer \$165, Guest \$175

**Intermediate:** Member \$170, Public Service Officer \$180, Guest \$190

**Advance:** Member \$185, Public Service Officer \$195, Guest \$205

**Venue:** CSC @ Tessensohn

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

**Register by:** 2 Jan '20

## Play the Keyboard

Learn the basics of notes and chords reading, plus play a range of songs from classical, pop and rock from certified instructor Titus Chia has been teaching piano, keyboard and organ for the past 7 years.



**Dates:** 8 Wednesdays, 8 Jan – 26 Feb '20

**Time:** 7pm – 8.15pm

**Fees\*:**

**Beginners:** Member \$165, Public Service Officer \$175, Guest \$185

**Intermediate:** Member \$180, Public Service Officer \$190, Guest \$200

**Venue:** CSC @ Tessensohn

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

**Register by:** 2 Jan '20



Ms Ivy Wee

## English Karaoke Singing Class

Join the ongoing English karaoke singing class and let our experienced coach Ms Ivy Wee take your singing talent to a higher level in a cosy and newly furnished training room.

**Dates:** 10 Wednesdays, 27 Nov '19 – 12 Feb '20 (No class on PH and eve of PH)

**Time:** 7.30pm – 9.30pm

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

**Venue:** CSC @ Tessensohn

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

**Register by:** 20 Nov '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 种基本功夫和技巧及汉语拼音和福建拼音来诠释不同曲风的歌曲。

课程内容: 学唱一首歌, 歌唱基本功夫练习以及一对一教歌 (学员可自由选择歌曲)

**Dates:** 10 Wednesdays, 15 Jan – 18 Mar '20 (no class on PH and eve of PH)

**Time:** 7.30pm – 9.30pm

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

**Venue:** CSC @ Tessensohn

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

**Register by:** 10 Jan '20



吴美香老师





## Preview: Improve Well-being and Reduce Stress with Mindfulness

The course is developed based on the MBSR (Mindfulness-Based Stress Reduction) program, a well-researched and evidence-based program, developed by Dr Jon Kabat Zinn in 1979, at the University of Massachusetts, Center for Mindfulness in US. Practising mindfulness improves well-being, reduces stress and helps one manage difficult emotions like anger, fear and anxiety.

What you will learn:

- Introduces mindfulness
- Conduct a mindfulness practice, Awareness of the breath
- Share Scientific studies in mindfulness
- Describe what is in the 4-week "Improve well-being and reduce stress with Mindfulness"



**Dates:** Sat, 23 Nov '19 OR 28 Dec '19

**Time:** 10am - 11am

**Fees:** Member \$3, Public Service Officer \$6, Guest \$10

**Venue:** CSC @ Tessensohn

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

**Register by:** 16 Nov '19 OR 21 Dec '19

## Improve Well-being and Reduce Stress with Mindfulness

Practising mindfulness improves well-being and reduces stress. In this course, you will learn to

- Concentrate and work more efficiently
- Cope with stressful experience at work or at home. As well as pain and illness.
- Manage difficult emotions like anger, fear and anxiety
- Stop worry so much and be more present

This course is developed based on the MBSR (Mindfulness-Based Stress Reduction) program, a well-researched and evidence-based program, developed by Dr Jon Kabat-Zinn in 1979, at the University of Massachusetts, Center for Mindfulness in US.

**Dates:** 4 Saturdays, 30 Nov - 21 Dec '19 OR 4 Jan - 1 Feb '20 (No class on PH)

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

**Register by:** 23 Nov '19 OR 28 Dec '19

## The Safe Riding Programme

Active mobility, the most common forms being cycling and riding a personal mobility device (PMD), is a sustainable form of transport with many benefits. As more and more people choose it as their regular mode of commute, we have also unfortunately seen an increase in accidents involving these devices. This has led to the government initiative of the Safe Riding Programme (SRP).

Participants will be equipped with the knowledge and skills to observe road safety. The programme is open to everyone including cyclists, non-cyclists, users of personal mobility devices (PMDs) such as electric scooters, kick scooters. Min of 15 participants to start a workshop.

**Dates:** Sat, 30 Nov '19

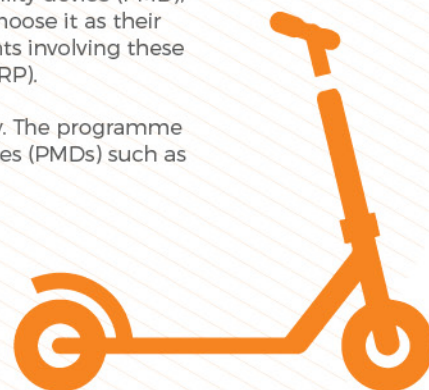
**Time:** 10am - 11.30am

**Fees:** Member \$3, Public Service Officer \$6, Guest \$9

**Venue:** CSC @ Tessensohn

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

**Register by:** 18 Nov '19





## SOCIAL ACTIVITIES

### TRAVEL



## 3D Sky Mirror, Kuala Selangor Tour

Kuala Selangor • Village activities • Steamboat dinner with sunset view • Catch the Blue Tear • Boat ride to Mirror Sky - Come dressed in bright attire for beautiful selfies and wefies • Tour of Sekinchan • Mango farm visit • Shopping at Yong Peng & Paradin Mall

### Package includes

3D usage of 40-seater aircon bus • 2N stays • 3 Lunch/3 Dinner • Tourism tax • 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 @ Chalet & Hotel Vivatel or similar	Adult Sharing	Child with Bed (11 years & below)	Child w/out Bed (6 years & below)
Member	\$ 315	\$ 285	\$ 235
Public Service Officer	\$ 330	\$ 295	\$ 245
Guest	\$ 340	\$ 300	\$ 250

**Dates:** Sat to Mon, 28 - 30 Dec '19

### Meeting Time/Place:

6.15am at CSC @ Tessensohn

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

### Register by:

First-come-first-served

**Tour by:** Amazing Explorer



## 2D Malacca Tour

### Itinerary includes

Visit to the 时光雨林隧道 • Shopping at Pahlawan Mall / Mahkota Parade • Visit to Jonker Night Market • Visit the Mosque at Pulau Melaka (水上清真寺) • Continue with the Heritage Tour

### Package includes

2D usage of 40-seater aircon bus • 1N stay • 2 Lunch/1 Dinner • Tourism Tax • 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

	Twin/ Triple	Single	Child w/Bed (4 to 11 years)	Child w/out Bed (4 to 11 years)
Member	\$ 180	\$ 220	\$ 160	\$ 130
Public Service Officer	\$ 190	\$ 230	\$ 170	\$ 140
Guest	\$ 195	\$ 225	\$ 175	\$ 145

**Dates:** Sat to Sun, 11 - 12 Jan '20

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

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

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

**Tour by:** Amazing Explorer



## 1D LNY Shopping Tour

### Itinerary includes

Visit to the Tapioca Factory for their wide range of chips and CNY kueh • Yong Peng and Yoyo for local produce • Shopping Aeon • Suckling pig dinner at local restaurant

### Package includes

1D usage of 40-seater aircon bus • 1 Lunch/1 Dinner • 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

	Adult	Child (11 years & below)
Member	\$78	\$70
Public Service Officer	\$82	\$75
Guest	\$85	\$80

**Dates:** Sat, 18 Jan '20

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

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

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

**Tour by:** Amazing Explorer





# REGULAR ACTIVITIES

## csc @Tessensohn

\*No lessons on PH & eve of PH

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

<b>Aqua Aerobics</b>	<b>8 Sundays,</b> 1 Dec '19 – 19 Jan '20 9 Feb – 29 Mar '20	9am – 10am	Vikki	\$75	\$85	\$95	18 Pax (Max)	1 week before class
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<b>Deep Aqua Aerobics</b>	<b>8 Tuesdays,</b> 3 Dec '19 – 4 Feb '20* 18 Feb – 7 Apr '20	8am – 9am	Vikki	\$80	\$90	\$100	18 Pax (Max)	1 week before class
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<b>8 Wednesdays,</b> 4 Dec '19 – 5 Feb '20* 19 Feb – 8 Apr '20	6.15pm – 7.15pm or 7.15pm – 8.15pm	Vikki	\$80	\$90	\$100	18 Pax (Max)	1 week before class
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<b>8 Thursdays,</b> 5 Dec '19 – 23 Jan '20 6 Feb – 26 Mar '20	6.30pm – 7.30pm	Anthea	\$80	\$90	\$100	18 Pax (Max)	1 week before class
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<b>8 Fridays,</b> 3 Jan – 28 Feb '20 13 Mar – 15 May '20*	6.45pm – 7.45pm	Renuka	\$80	\$90	\$100	18 Pax (Max)	1 week before class
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<b>8 Saturdays,</b> 7 Dec '19 – 1 Feb '20* 8 Feb – 28 Mar '20	8am – 9am 9am – 10am	Anthea	\$80	\$90	\$100	18 Pax (Max)	1 week before class
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### Swimming | For info, contact Vanessa @6391 5641 or vanessachoo@csc.sg

<b>Children</b>	<b>4 Lessons,</b> Nov/Dec '19 Choice of Sat / Sun	Depends on Swimming Level & Age (Instructors will advise)	Kurusamy / Seng Yung / Derick / Chang	Supp Member \$70	-	\$85	10 Pax	1 week before class
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<b>Ladies (Beginner)</b>	<b>10 Sundays,</b> 12 Jan – 15 Mar '20*	10am – 11am	Thipa	\$210	\$220	\$230	12 Pax	3 Jan '20
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### Ballroom Techniques | For info, contact Gek Cheng @6391 5624 or kuagekcheng@csc.sg

<b>Technique Ballroom Quickstep</b>	<b>10 Sundays,</b> 1 Dec '19 – 2 Feb '20*	2pm – 3pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	25 Nov '19
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<b>Ballroom Beginners Disco Rock &amp; Latin Cha Cha</b>	<b>10 Sundays,</b> 1 Dec '19 – 2 Feb '20*	3pm – 4pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	25 Nov '19
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<b>Ballroom Waltz – Lead &amp; Follow</b>	<b>10 Sundays,</b> 1 Dec '19 – 2 Feb '20*	4pm – 5pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	25 Nov '19
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### Studio Fitness | For info, contact Serene Cho @6391 5620 or serenecho@csc.sg

<b>Pilates</b>	<b>8 Mondays,</b> 16 Dec '19 – 10 Feb '20	7pm – 8pm	Mabeline	\$80	\$90	\$100	12 Pax (Min)	9 Dec '19
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<b>Yoga</b>	<b>8 Fridays,</b> 6 Dec '19 – 31 Jan '20*	7pm – 8pm (Beginner, max 8 pax) or 8pm – 9pm (Intermediate)	Huay Lin	\$80	\$90	\$100	12 Pax (Min)	29 Nov '19
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Acitivity	Date	Time	Instructor	Fees			Group Size	Register By
				Member	Public Service Officer	Guest		
Martial Arts   For info, contact Bryan @6391 5607 or bryanlee@csc.sg								
Wing Chun Kung Fu, "Chi Sau"	4 Thursdays 5 – 26 Dec '19	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	28 Nov '19
	5 Thursdays 2 – 30 Jan '19	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	26 Dec '19
Wing Chun Kung Fu, "Chi Sau" (Children 6 – 12 yrs)	4 Saturdays, 7 – 28 Dec '19	10.30am – 11.30am	Sifu Ken Lau	\$90	-	\$100	10 Pax	30 Nov '19
	3 Saturdays, 4 – 25 Jan '20*	10.30am – 11.30am	Sifu Ken Lau	\$90	-	\$100	10 Pax	28 Dec '19
Wing Chun Kung Fu, "Chi Sau" (Adult Beginner)	4 Saturdays, 7 – 28 Dec '19	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	30 Nov '19
	3 Saturdays, 4 – 25 Jan '20*	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	28 Dec '19
Wing Chun Kung Fu, "Chi Sau" (Adult Intermediate)	4 Saturdays, 7 – 28 Dec '19	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	30 Nov '19
	3 Saturdays, 4 – 25 Jan '20*	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	28 Dec '19
Traditional Taekwon-Do	4 Saturdays, 7 – 28 Dec '19	3pm – 4.30pm (Beginner & Coloured Belt)	Singapore Taekwon-Do Academy	\$20	\$25	\$30	10 Pax	30 Nov '19
	3 Saturdays, 4 – 25 Jan '20*	or 4.30pm – 6pm (Red & Black Belt Only)		\$35 parent & child pair \$50 parent & 2 children			10 Pax	28 Dec '19

Name (\*Mr/Mrs/Mdm/Miss): \_\_\_\_\_  
 CSC M'ship 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

## 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.
- For all outdoor classes/activities, there will be no replacement of class, no refund or proration of fees in the event of class/activity cancellation due to wet weather.

- 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.



## REGULAR ACTIVITIES

### *csc* @ Bukit Batok

\*No lessons on PH & eve of PH

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

<b>Deep Aqua Aerobics</b>	<b>8 Tuesdays,</b> 3 Dec '19 – 4 Feb '20*	7pm – 8pm	Vicsland	\$80	\$90	\$100	18 Pax (max)	1 week before class
	<b>8 Saturdays,</b> 7 Dec '19 – 25 Jan '20* or 8 Feb – 28 Mar '20	8.30am – 9.30am	Kelvin	\$80	\$90	\$100	18 Pax (max)	1 week before class

#### Martial Arts | For info, contact Bryan @6391 5607 or bryanlee@csc.sg

<b>Aikido (Adult)</b>	<b>5 Sundays,</b> 1 – 29 Dec '19	11am – 12.30pm	Steven Goh	\$60	\$65	\$67.50	20 Pax	24 Nov '19
	<b>3 Sundays,</b> 5 – 26 Jan '20*	11am – 12.30pm	Steven Goh	\$36	\$39	\$40.50	20 Pax	29 Dec '19

<b>Aikido (Children)</b>	<b>5 Sundays,</b> 1 – 29 Dec '19	10am – 11am	Steven Goh	\$60	-	\$67.50	20 Pax	24 Nov '19
	<b>3 Sundays,</b> 5 – 26 Jan '20*	10am – 11am	Steven Goh	\$36	-	\$40.50	20 Pax	29 Dec '19

<b>Traditional Taekwon-Do</b>	<b>4 Saturdays,</b> 7 – 28 Dec '19	4pm – 5.30pm	Singapore Taekwon-Do Academy	\$20	\$25	\$30	10 Pax	30 Nov '19
	<b>3 Saturdays,</b> 4 – 25 Jan '20*	4pm – 5.30pm		<div>\$35 parent &amp; child pair</div> <div>\$50 parent &amp; 2 children</div>			10 Pax	28 Dec '19

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

<b>Children</b>	<b>4 Lessons,</b> Nov/Dec '19 Choice Of Sat/Sun	Depends on Swimming Level & Age (Instructors Will Advise)	Yusman / Ishaak / Paul / Vishnu	Supp Member \$70	-	Child \$85	10 Pax	1 week before class
<b>Ladies</b>	<b>10 Thursdays,</b> 9 Jan – 27 Feb '20	7.30pm – 8.30pm	Thipa	\$210	\$220	\$230	12 Pax	1 Jan '20

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

<b>Pilates</b>	<b>8 Saturdays,</b> 7 Dec '19 – 1 Feb '20*	11am – 12pm	Agnes	\$80	\$90	\$100	12 Pax (min)	30 Nov '19
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## *csc* @ Changi |

\*No lessons on PH & eve of PH

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

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

<b>Children</b>	<b>4 Lessons,</b> Nov/Dec '19 Choice of Sat/Sun	Depends on Swimming Level & Age (Instructors Will Advise)	Chang Mun Chung	Supp Member \$70	-	Child \$85	10 Pax	1 week before class
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Civil Service Club  
**ASSOCIATE MEMBERSHIP**  
FOR NON-PUBLIC SERVICE OFFICERS (SINGAPOREANS & PR)

**PROMOTION  
ENDS  
31 DEC 2019**



**APPLY NOW**  
[www.csc.sg/membership](http://www.csc.sg/membership)

# Promotion

**3 YEAR  
MEMBERSHIP  
\$900**



**FITBIT VERSA  
RRP \$318**  
Promo Code: FBV



OR

**2 YEAR  
MEMBERSHIP  
\$600**

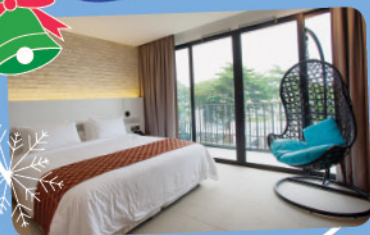


**GRUNN I1-ECOBOT  
RRP \$239**  
Promo Code: ROBOT

**1 YEAR  
MEMBERSHIP  
\$300**



**MI DRONE MINI  
RRP \$109**  
Promo Code: MIDrone



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

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

## Bicentennial Associate Membership Promotion 1 Nov 2019 - 31 Dec 2019

**3-Year Associate Membership  
Promotion @ \$600 (Usual Price: \$900)  
Limited to the 1<sup>st</sup> 200 sign-ups only**

**Sign up for our 2-Year Associate Membership now  
and enjoy 3 years of membership at the price of 2!  
SAVE \$300 + Receive FREE membership gift!**



**GRUNN I1-ECOBOT  
RRP \$239**

Promo Code: ROBOT

**Terms and Conditions:**

- Promotion is only valid for New Associate Membership Sign-up and Renewal of Membership.
- All membership gifts are valid for Associate 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](mailto:membership@csc.sg)



CSC COMMEMORATES  
**Singapore  
BICENTENNIAL 2019**





# CIVIL SERVICE CLUB DINNER & DANCE 2019



## BICENTENNIAL GALA NIGHT

**FREE:**  
5 bottles  
of wine  
per table

**SATURDAY, 28 DEC 19**  
**6:00PM - 12:00AM**  
**ORCHARD HOTEL SINGAPORE**  
**GRAND BALLROOM (LEVEL 3)**



**Member: \$80 per ticket, \$1,000 per table**

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

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

**This event is open to 16 years' old and above**



**1st Prize**



**LONDON**

**Return Air Tickets by SQ for 2**

### **Highlights:**

**Pre Event Activities**

**LED Water Drum Performance**

**Spectacular Aerialist Performance**

**Stefan Ebinger Magic Performance**

**Popular Singing Artist**

**Sumptuous Dinner**

**Fabulous Lucky Draw Prizes**

**2nd Prize**



**OSAKA**

**Return Air Tickets by SQ for 2**

**Register by: 30 Nov 2019 with Serene Cho @ [serenecho@csc.sg](mailto:serenecho@csc.sg)**  
**Or Tel: 6391 5620 (Subject to availability)**