

Jan • Feb • Mar  
2020



# *fusion*

one membership, three clubhouses, four distinct experiences

MCI (P)051/11/2019



pg. **06**

Lunar New Year  
Members' Festive Draw

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CSC Baby Crawling  
Contest

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Family Fun at  
Bukit Batok Clubhouse



# ORDINARY TERM MEMBERSHIP

## Promotion

(FOR PUBLIC SERVICE OFFICERS)

Promotion ends 31 March 2020

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)

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

GRUNN I2-ECOBOT  
RRP \$269

Promo Code:  
ROBOT



OR

**\$200**  
CHALET E-VOUCHER\*

Promo Code:  
V200



CSC @ LOYANG



CSC @ CHANGI II



CSC @ CHANGI I

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



REEBOK  
WATCH  
RRP \$159

Promo Code:  
Reebok Blue  
Reebok Green

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

GRUNN  
GARMENT  
STEAMER  
RRP \$169

Promo Code:  
G Steamer



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



MI BAND 4  
RRP \$55

Promo Code:  
MIBAND4



MORRIES 3 IN 1  
MULTI COOKER  
RRP \$46.90

Promo Code:  
MS1388

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



CASIO WATCH  
RRP \$35.90

Promo Code:  
CASIO BLUE  
CASIO RED

Terms and conditions apply.

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

\*Chalet E-Voucher can be used for all chalet types, at all 3 locations and for all periods.



**APPLY NOW**

<https://www.csc.sg>

6391 5604 / 6514 6396

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



# Highlights

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**Club Buzz**



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**Hey Members!**

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**Get Social**



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

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

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<http://t.me/civilserviceclub>

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



Scan this to view the e-copy of Fusion



# Hello from the CE

Dear members,

Time passes really fast and 2019 is now another colourful chapter of our history. We welcome 2020 with new aspirations and hope for a better year for everyone. I would like to take this opportunity to wish our readers and their family good health, happiness and success in 2020.

2019 was a challenging year for the Club. We had to overcome the slower business growth in all our KPIs. We met these challenges through promotions, improved event organisation and new ways of doing things to generate more bookings and better utilisation of our chalets, bowling and facilities rental. The cutting down of 37 fruit machines, between November 2018 and November 2019, further impacted the bottom line of the Club. Despite these challenges, the Club continued to upgrade the Club, focusing on the Clubhouses' key main attractions and investing in eco-friendly devices and sensors to cut down the carbon footprint of the Club.

We introduced the membership bulk purchase for government agencies and a number of agencies (Singapore Customs, MOM, MSF, AGD, IHIS and NYC) have come on board to participate. Our membership has grown from about 50,000 to more than 65,000. The Club also combed through the operating costs, to cut down the cost of running the Club. The Club continued to harness IT to increase efficiency and productivity and enhance the engagement experience of our members and public service officers. One of the biggest challenges in 2019 was the conversion of our membership data to comply with the obligations of the PDPA by 1 September 2019. Staff were sent for PDPA courses, data in our CMS was reconfigured and all applications for membership, social and sport activities and chalet bookings were reformatted.

Though 2019 was challenging, the Club was able to manage the bottom line within the budget. The capital expenditure (CAPEX)

was executed as planned, with the key focus on upgrading the facilities offered in CSC @ Bukit Batok. The façade upgrading at CSC @ Tessensohn commenced and is targeted for completion by August 2020 (details of the façade are on page 23). As for the focus at CSC @ Changi, it was to enhance the experience of the chalet guests through the installation of more eco-friendly devices in the chalets, installation of more CCTVs to enhance security and provision of lighted signage to improve the way finding of the chalets.

The plan to build a sheltered tennis court in CSC @ Tessensohn was shelved. This is due to the very high building and GFA costs that the Club needs to pay. The unexpended CAPEX will be channelled to other upgrades that we planned for the next financial year and which we will bring forward to this financial year.

The Social and Sports activities saw an increase in participation from both member's and public service officers. The Club will continue to source for new social activities and use data analytics to improve the way we manage the current activities. The Club organised its maiden public service E-Gaming in November 2019. The participation from the various public service agencies was encouraging. As such, we intend to make E-Gaming one of our competitive STAR games.

## SOCIAL ACTIVITIES OVER THE NEXT FEW MONTHS

**Lunar New Year Bazaar.** Over the next few months, the Club will be organising a number of Lunar New Year festive activities. The Lunar New Year Bazaar will be held at CSC @ Tessensohn on 11

January 2020. There will be a host of festive activities lined up for the visitors ranging from Lunar New Year goodies, free snacks, cooking demonstration, feng shui talk and movie screening. There are also fun children's activities. There will be a members' festive draw with the top prize of S\$6,888.

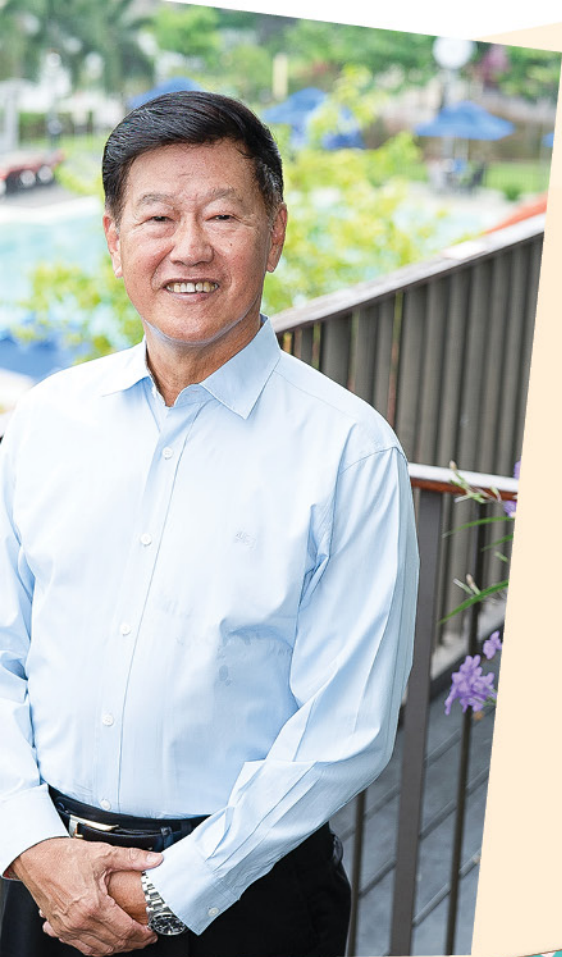
Each member will be given an attractive goodie bag, while stocks last. **All these festive activities, snacks and goodie bags are free for members that are attending.** Please see details on pages 6 & 7.

**Lunar New Year Lohei.** The Lunar New Year is not complete without the traditional Lohei Dinner. The event will be held at CSC @ Tessensohn on the 7th day of the Lunar New Year. This event is fully subscribed and the Management would like to thank all members and their guests for their invaluable support.

**CSC Baby Show/Children's Easter Party.** Besides the Lunar New Year events, the Club is organising two movie shows at Shaw@Lido, in March and one on 2nd April







will receive a goodie bag and medal. (Details are on page 9). The ever-popular Children's Easter Party will be held at CSC @ Bukit Batok on 4 April 2020 between 10 to 12 pm. The highlights include a magic show, Easter egg painting, egg scavenger hunt, free MacDonalds meal, snacks and photo opportunities with the Easter bunny. (Details are on page 10).



lift to the sheltered alfresco dining area. All the information signage will be digitised, resulting in saving of man hour costs and hard copy posters. The back end of level 4 will be

air-conditioned to maximise the usage of the seminar rooms. The Club will install the 2<sup>nd</sup> phase of the retractable gallery chairs in the multi-purpose hall.

### RENOVATION & UPGRADING OVER THE NEXT FEW MONTHS

**CSC @ Bukit Batok.** The Club will continue to improve the facilities of CSC @ Bukit Batok. The carpark flooring and the parking lots will be repainted, not only to enhance the look and feel but also to improve the safety of the drivers. With different colour codes, areas of extra caution can be highlighted to the drivers. At the pool area, there will be more attractive and user-friendly floats available to enhance the experience of poolside younger swimmers.

**CSC @ Tessensohn.** The poolside upgrading at CSC @ Tessensohn will be completed by end March 2020 with the installation of a

**CSC @ Changi.** CSC @ Loyang which completed the refurbishing of one of the sea view bungalows, had received very encouraging feedback from the chalet guests staying in the bungalow. The rest of the 6 sea view bungalows will be progressively refurbished. This is part of the plan to thematic upgrade the furnishing of the Loyang cluster of chalets. This will be followed by the Fairy Point Chalets. The Clubhouse will be introducing Keyless entry to Changi II cluster of chalets where chalet guests using their handphone can gain access to their chalets. This initiative will not only facilitate the management in administering the guest check-in and check-out but more importantly, facilitate the chalet guests to seamlessly check-in and check-out and even E-send the key to their friends who are using the chalet.

2020. (Details are on page 8). To encourage the young parents to participate in our social activities, the Club is organising the first Baby Show at CSC @ Tessensohn on 14 March 2020. There will be bazaar booths, informative talks, a photo booth and a baby crawling contest. Each participating baby



### Did you know

**Lunar New Year Operating hours.** During the Lunar New Year, the operating hours will be adjusted. To cater to members who are not celebrating Lunar New Year, the Club's bowling centres are operating and the other facilities are closed only on 25 January 2020. The details are on the back cover of this magazine.

**Fusion-Quarterly.** The Fusion magazine will be issued on a quarterly, rather than the previous bi-monthly, basis. Social and Sports events will be included in the quarterly issue if the commencement date is in the beginning of the next quarter. We hope that the readers will find the new organisation of the pages more reader-friendly.

**Inter-Clubhouse Decoration Challenge.** CSC @ Changi has won the Christmas Inter-Clubhouse Decoration Challenge with their creative display of Christmas decorations. Congratulations to Peter and his staff for giving the Clubhouse festive cheer! Let's see which Clubhouse will emerge champion in this year's Inter-Clubhouse Challenge! CSC @ Bukit Batok has won 2 festive decorations challenges while CSC @ Tessensohn and CSC @ Changi have each won once. The grand finale will be the Lunar New Year Decorative Challenge.

**Green Mark Awards for Tessensohn & Bukit Batok:** We would like to inform that both Tessensohn & Bukit Batok

Clubhouses have been awarded Green Mark certification by BCA. With this, all our locations are Green Mark certified with environmental friendly operational practices in place.

The Management wishes all members and their loved ones a Happy and Prosperous Lunar New Year! For all the lovebirds, Happy Valentine's Day! To all readers a Blessed Easter!





# Chinese Horoscope 2020

## Rat

**Born in:** 1948, 1960, 1972, 1984, 1996, 2008

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

Rats, get this. Due to the clash with Tai Sui, the general outlook of your wealth luck is not positive. Be wise about money. Refrain from high risk activities such as heavy investments or gambling.



Negative influences will bring constant challenges on relationships including spousal ones. For singles, an active social lifestyle will be helpful. To attract harmonious energies, consider a Feng Shui audit for your home.

Your wealth is your health. Get enough rest, start strength training and cut down on excessive alcohol. To ward off negative energies, have an amulet or go for a blood donation before the lunar new year.

**Lucky Number:** 1147

**Lucky Colours:** Yellow, Orange, White, Grey

**Lucky Directions:** North, North-East, North-West

## Tiger

**Born in:** 1950, 1962, 1974, 1986, 1998, 2010

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

Good career opportunities abound. Expect increase in sales especially in branding and advertising. Be flexible when dealing with people; do not insist on your own ways.

Overall, the year will be a bountiful one in terms of wealth. Investments can denote potential profits. This year, beware of conniving characters who might cheat your savings.



Spend quality time with loved ones. Go for frequent massages. Singles can try stepping out of your boundaries, you might just find your soul mate!

Pay attention to road safety and unexpected health issues. If necessary, select an auspicious date for your surgery to avoid surgical complications.

**Lucky Number:** 4680

**Lucky Colours:** Maroon Red, Purple, Peach, Pink

**Lucky Directions:** North, North-West

## Dragon

**Born in:** 1952, 1964, 1976, 1988, 2000, 2012

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

In 2020, money is coming for the Dragons! You can gain substantial financial reward through low risk investments. Due to the negative influence of an inauspicious star, be extra alert when dealing with contractual agreement.



It is a mixed luck in love this year. For singles, whilst romance surrounds you, avoid rushing into relationships. For those in a stable relationship, it is a year to tie the knot! Married couples need to avoid honey trap and solidify your relationship.

Your health condition will plummet. Avoid intensive sports like diving and rock climbing, or extreme joy will beget sorrow. Getting a new hobby could improve your overall wellbeing.

**Lucky Number:** 2402

**Lucky Colours:** Off-White, Light Yellow, Orange, Navy Blue

**Lucky Directions:** North, South-East

## Ox

**Born in:** 1949, 1961, 1973, 1985, 1997, 2009

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

Career wise, Ox individuals will be aided by auspicious stars and a good team that will help you attain success and achieve breakthroughs in your work!



Expect a stagnant year for money growth however. For singles, rejoice! There will be opportunities for you to meet your ideal partner. For married couples, aim to foster better communication and keep the love alive. A vacation could also improve your relationship.

Seniors should stay physically active with regular outdoor exercise. Generally, watch the salt intake and eat a well-balanced diet. Acute work stress could affect you physically; make sure you are coping well with it.

**Lucky Number:** 2601

**Lucky Colours:** Beige (Cream), Yellow, Pastel-Pink, Red, Violet Purple

**Lucky Directions:** North, North-East, North-West, South, South-East

## Rabbit

**Born in:** 1951, 1963, 1975, 1987, 1999, 2011

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

Congratulations! 2020 will present you with many career opportunities. Entrepreneurs, be selective when picking business partners. Develop effective conflict resolution skills and embrace differing opinions at work.



Unfavourable star hovers around your zodiac sign, expect income and savings stagnation. Avoid impulse spending and manage finances prudently.

Due to the clash of Tai Sui, existing relationship problems will deteriorate. Have more frequent family gatherings and place a water fountain in your home to enhance your family's fortune and chemistry.

Get enough sleep and learn relaxation techniques to keep your immune system healthy. Yoga, exercise and a healthier diet will help you tremendously.

**Lucky Number:** 2560

**Lucky Colours:** Red, Neon-Pink, Lilac, Orange

**Lucky Directions:** North-East, South-East, South-West, North-West

## Snake

**Born in:** 1953, 1965, 1977, 1989, 2001, 2013

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

Expect good things! 2020 will be a year to showcase your talents and abilities. Seek good counsel and mentors; stand to gain from socialising with powerful people.



For wealth, it is not a year for big investments or monetary windfalls. Avoid hasty financial decisions and partnerships. Wear more maroon and beige!

A romance-filled year! Start a romantic relationship or for couples, get married. Married individuals will receive pregnancy news.

Exhaustion from work will take a toll on your physical and mental health. Incorporate more activities in a natural green setting to feel more restored. Watch your blood pressure and cholesterol level.

**Lucky Number:** 3360

**Lucky Colours:** Dark- Grey, Brown, Khaki, Maroon

**Lucky Directions:** South-East, North-West, North



## Horse

**Born in:** 1954, 1966, 1978, 1990, 2002, 2014

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

Due to the direct clash with Tai Sui, the Horse will hit a career plateau. Expect slower growth in wealth. Work on ways to grow your direct income instead of pinning your hope on windfall. Give generously but be frugal in spending on yourself.



An exciting love life is in the charts. Those in a relationship, your love will be tested. Married couples ought to steer away from unnecessary disputes. Consult a geomancer to draw harmonious energies into your home.

Watch out for unfavourable health conditions related to your lung and kidney. Get involved in social work to dissolve negativities and invite good energy.

**Lucky Number:** 2568

**Lucky Colours:** Red, Baby-Pink, Gold, Silver

**Lucky Directions:** East, North East

## Monkey

**Born in:** 1956, 1968, 1980, 1992, 2004, 2016

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

"Congratulations! Expect to receive recognition in your career, especially for those in administration. Invest in upgrading to pave your way to a successful future.



Use your favourable wealth luck to your advantage. Indirect wealth forecast is strong; make conscious effort to grow your savings. Thus said, business owners need to be wary of shady transactions.

A turbulent year for relationships, married couples will find it hard to love your spouse. Singles, your relationship might meet an early demise. Not a good year to tie the knot, but if there are wedding plans, consult a Geomancer to select an auspicious date. Good health is on the card.

**Lucky Number:** 1737

**Lucky Colours:** Light-Grey, Khaki, Beige, Mint Green

**Lucky Directions:** North-East, West, South

## Dog

**Born in:** 1946, 1958, 1970, 1982, 1994, 2006

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

With aid from auspicious stars, "Dogs" will achieve remarkable results! Business owners will enjoy flourishing luck and employees will have the help of others. Opportunities could catch you off guard.

Look forward to possible salary increment and promotion. However, don't pin your hopes on windfalls. You could grow your nest and consider investing in property or in gold.



Romance luck is not in your favour. Focus on maintaining family harmony.

This year, your energy level is easily depleted as you battle with chronic fatigue syndrome. If you experience heart palpitations, inflammation, kidney or respiratory related issues, seek timely medical advice.

**Lucky Number:** 2389

**Lucky Colours:** Red, Orange, White, Bright Yellow

**Lucky Directions:** North, North-West, South-West

## Goat

**Born in:** 1955, 1967, 1979, 1991, 2003, 2015

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

Rejoice, auspicious stars are shining on your career! Expect bountiful harvest and new business opportunities. Choose your business partners wisely and look out for assistance from benefactors around you!



However, due to the clash with Tai Sui, your expenditure will skyrocket alongside your earnings; hence, spend wisely. Spend it on worthy furniture for your home.

Couples need to put in more effort to keep your marriage alive. Likewise, dating couples need to focus on the positive.

You will be plagued with emotional stress, keep an eye on illnesses related to your intestine and blood sugar.

**Lucky Number:** 3669

**Lucky Colours:** Aqua-Blue, Light-Blue, Black, White, Neon-Orange

**Lucky Directions:** East, West

## Rooster

**Born in:** 1945, 1957, 1969, 1981, 1993, 2005

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

Overall, your work will progress smoothly. Keep your pride in check and look out for benefactors around you.

Wealth wise, due to the clash with Tai Sui, it is a troubling year ahead. Avoid big ticket items or seemingly lucrative investments. Consult a Geomancer to rearrange your wealth and harmony positions.



Married individuals, be careful not to be distracted. It is a good time for singles to pursue romance.

Give your health the highest priority this year. Take care of symptoms related to blood pressure, eye diseases and retinal detachment. Go on a digital detox and engage in outdoor activities to improve your health.

**Lucky Number:** 5401

**Lucky Colours:** White, Bright-Red, Bright Yellow, Gold

**Lucky Directions:** North, North-West, South

## Pig

**Born in:** 1947, 1959, 1971, 1983, 1995, 2007

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

In 2020, you will scale great heights career wise! Work on being liked by your colleagues and success will come. Partake in more social events to widen your connections.



Invest in low-risk bonds and stocks. Seek advice from experienced investors. The only obstacle is increased expenditure, so keep a budget and stick to it.

Enjoy flourishing romance luck. Singles should start attending more social functions. For married couples, manage your relationship and control your desires.

The influence of the sickness star could threaten your health. Look out for recurring health problems specifically to musculoskeletal disorders, joint inflammations, aching limbs and digestive problems.

**Lucky Number:** 2689

**Lucky Colours:** Pink, Orange, White, Creamy Beige, Blue

**Lucky Directions:** East, North-West



New Trend Lifestyle (NTL) was founded in 1989 by Grand Master Hillary Phang. Since 2012, it is the only Feng Shui organisation in Asia listed in London Stock Exchange. Yuan Zhong Siu, our geomancy brand, provides professional Feng Shui, Zi Wei Dou Shu Life Analysis, Selection of Auspicious Date, Baby Naming Services and more. For more information, check out [www.facebook.com/yzs.sg](https://www.facebook.com/yzs.sg).



A Member of New Trend Lifestyle Group (NTL)



# 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: KUNG FU PANDA 3

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

Auditorium, Level 3

3.30pm

### MEMBERS' FESTIVE DRAW

Auditorium, Level 3

## HIGHLIGHTS

More than

# 30

 STALLS OF  
LNJ GOODIES

Exciting Programme

Movie Screening

Free Feng Shui 2020 Talk

LNJ Cooking Workshop

Free Workshops

Free Snacks...

and many more!



**FREE GOODIE BAGS!**  
WHILE STOCKS LAST



# ONE-STOP BAZAAR

10am to 3pm @ Diamond Ballroom  
More than 30 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?

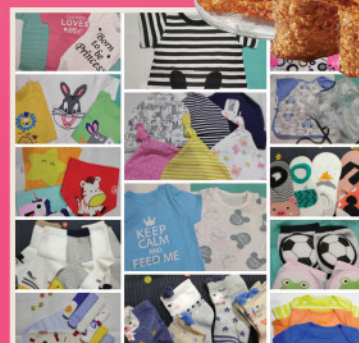
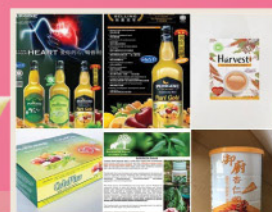
Spend \$20 at any of the  
Lunar New Year Bazaar  
booth for a Sure-Win  
Lucky Dip



### PRIZES INCLUDE:

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

Terms and conditions apply.







**FUN MAHJONG CHALLENGE**

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

**FEES**  
(Lunch is provided)

Member <b>\$20</b>	Public Service Officer <b>\$25</b>	Guest <b>\$28</b>
-----------------------	---------------------------------------	----------------------

**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!

Contact Gek Cheng at 6391 5624 or [kuagekcheng@csc.sg](mailto:kuagekcheng@csc.sg)  
Register by 28 Jan '20



**Civil Service Club MOVIE TREATS**  
Shaw@Lido

Public Service Officer & Guest  
**1** for **\$8.50**

Members Only  
**4** for **\$20** OR **2** for **\$10**

**Sonic The Hedgehog**  
Monday, 2 Mar '20  
Time: 6.30pm (TBC)  
Register by: 17 Feb '20

Join Sonic as he join forces with his newfound best friend, Tom to prevent the evil Dr Robotnik from capturing Sonic and using his powers for world domination.

**Disney/Pixar's Onward**  
Wednesday, 11 Mar '20  
Time: 6.30pm (TBC)  
Register by: 27 Feb '20

Set in a suburban fantasy world, two teenage elf brothers embark on a quest to discover if there is still magic out there.

**Disney's Mulan**  
Thursday, 2 Apr '20  
Time: 6.30pm (TBC)  
Register by: 19 Mar '20

To save her ailing father from serving in the Imperial Army, a fearless young woman disguises herself as a man to battle northern invaders in China.

**BOOKING INFORMATION**

- Each main card holder may only purchase either a set of 4 tickets or a pair of 2 tickets. Additional tickets will have to be purchased individually.
- Seats assigned are fixed and on a first-come-first-served basis at time of payment. Members are not allowed to pick their own seats.
- Tickets purchased are not exchangeable or refundable.
- Cost of tickets are subsidised by Civil Service Club. While stocks last.
- For full list of T&Cs, please visit <https://www.csc.sg/events/>

Contact: Bryan at 63915607 or [bryanlee@csc.sg](mailto:bryanlee@csc.sg)





# CSC BABY CRAWLING Contest!

## ENJOY A FREE TALK ON

'Kiss Goodbye to Sleepless Nights: 5 simple steps to getting your child to sleep through the night'

– by Zoe Chu, Asia's Leading Baby and Child Sleep Expert

## SHOP AT

our Bazaar Booths!

## FUN PHOTO BOOTH

Create your own family portrait!

For more information, contact Vanessa 6391 5641 or [vanessachoo@csc.sg](mailto:vanessachoo@csc.sg)

Sat, 14 March 2020, 10am – 2pm

CSC @ Tessensohn

Free for CSC Members!

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

Register by 3 March 2020

## 3 CATEGORIES OF PARTICIPATION

7 – 9 months  
10 – 12 months  
13 – 15 months

\*Age on  
14 March 2020



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

1st Prize

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

2nd Prize

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

3rd Prize

**PLUS A  
GOODIE BAG  
WORTH \$50 & MEDAL**  
for every participating  
baby!

## CSC'S CUTEST BABY FACEBOOK CONTEST

Submission deadline: 24 Feb 2020

WIN  
Family of 4 Fun  
makeover package  
(worth \$350) & \$100  
worth of prizes



## How to Participate?

This contest is exclusive to all participants who have signed up for CSC Baby Crawling Contest on 14 March 2020! Please email [vanessachoo@csc.sg](mailto:vanessachoo@csc.sg) your baby's photo and name by 24 Feb 2020.

## How do we Judge?

20 finalists will be shortlisted by Civil Service Club & The Makeover Inc. We can only judge based on the photo you submitted. Quality and lighting of the photo will make a big difference, so remember to send us your best shot in High resolution!

Finalists' photos will be posted in random order on CSC Facebook page on the first week of March 2020. Each "like" counts for only 1 vote each. Voting will officially end on 10 March at 5pm, Singapore time. Winner with the most number of "Likes" will win the grand prize. Votes received after the deadline will not be included in the count.

For Terms & Conditions, please log on to [www.csc.sg/events](http://www.csc.sg/events)



ORGANISED BY: GOODIE BAG ITEMS SPONSORED BY: PRIZES SPONSORED BY:

TALK SPONSORED BY:





# WINE@DINE

CSC @ Tessensohn | Fri, 3 Apr '20 | 7pm-9.30pm

## M E N U

5 Kind Cold Dish Combination  
 Fish Maw Soup with Crab Meat  
 Crispy Roasted Chicken  
 Fried Prawn with Salted Egg Yolk  
 Nonya Style Steamed Sea Bass  
 Braised Mushroom with Spinach  
 Fried Rice with Dried Scallop in Lotus Leaf  
 Longan Lemon Grass Jelly



### Fees

(Including 5 bottles of wine)

Member	Public Service Officer	Guest
<b>\$380</b>	<b>\$430</b>	<b>\$450</b>

Contact **Gek Cheng** at 6391 5624 or [kuagekcheng@csc.sg](mailto:kuagekcheng@csc.sg)  
 Register by 23 Mar '20



# Children's Easter Party

CSC @ Bukit Batok

Aged 5 - 10 years

Sat, 4 April 2020 | 10am-12pm

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



### HIGHLIGHTS include:

- Magic Show
- McDonald's Children Meal
- Candy floss
- Popcorn
- Photo Taking with Bunny Mascot



Supplementary  
Member  
Fee  
**\$12**

Public  
Service  
Officer's  
Fee  
**\$18**

Guest  
Fee  
**\$20**



Easter Egg Painting



Egg Scavenger Hunt

Join **THE SCAVENGER HUNT & STAND TO WIN VOUCHERS UP TO \$50**

Register by 22 March 2020 | Contact: **Vanessa** at 6391 5641 or [vanessachoo@csc.sg](mailto:vanessachoo@csc.sg)



# CSC CHILDREN SWIMMING MEET 2020

Sat, 18 Apr '20 | 7am to 10am  
CSC @ Tessensohn

## FEES PER CATEGORY

Member

\$8

Public Service  
Officer

\$10

Guest

\$12

Fee is applicable to each participating category

### TO REGISTER

Kindly make payment via our online events portal (for members only) or at any 3 clubhouses. All registrations to be accompanied by the completed application form below. If payment is made online, a scanned copy of the form may be email to [bryanlee@csc.sg](mailto:bryanlee@csc.sg).

### CLOSING DATE

5 Apr '20

### FOR MORE INFORMATION

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



**SET A NEW RECORD**  
Challenge the current records and have your name immortalised.

### Breaststroke 50-Metre

Event No	Categories	Age
B1	Girls	7 - 9 years
B2	Girls	10 - 12 years
B3	Boys	7 - 9 years
B4	Boys	10 - 12 years

### Freestyle 50-Metre

Event No	Categories	Age
F1	Girls	7 - 9 years
F2	Girls	10 - 12 years
F3	Boys	7 - 9 years
F4	Boys	10 - 12 years

### Freestyle 50-Metre x 2 Parent-Child Relay

Event No	Categories	Age
R1	Father-Child	child age (7-12 years)
R2	Mother-Child	child age (7-12 years)

Results of Parent-Child Categories are not included on the CSC Children Swimming Meet Challenge Board.

### RULES AND REGULATIONS

- The registered age for Participants will be deemed to be his/her age on 18 Apr '20.
- Participants to report on 18 Apr '20, at 7am at Tessensohn Clubhouse Pool.
- Participants are to bring along their Student EZ-Link card for identification purposes.
- Medal will be awarded only to the top 3 of each event.
- Minimum 5 participants for each event.
- Participants are to obey all the rules and regulations set by the Organiser.

I wish to register my child for the following swimming event/s: (Please **Circle**)

**BREASTSTROKE EVENTS:** B1 B2 B3 B4 | **FREESTYLE EVENTS:** F1 F2 F3 F4 | **FREESTYLE RELAY EVENTS:** R1 R2

**Name of Child:** \_\_\_\_\_ **Gender:** \*Male/Female

**Date of Birth:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Name of Parent:** \_\_\_\_\_ (\*Member/Public Service Officer/Guest)

**Address:** \_\_\_\_\_ **S** ( \_\_\_\_\_ )

**Contact:** \_\_\_\_\_ **Email Address:** \_\_\_\_\_

### INDEMNITY

I agree that I will not hold the Civil Service Club (CSC) and their appointed staff or officials responsible for any mishaps, injuries or loss of life that may occur in the course of, or as a result of participating in the above activity; and I will indemnify the CSC and their staff or officials against any actions, proceedings, liabilities, claims, damages and expenses by any party howsoever arising out of or in connection with the above. Personal Data collected throughout the course of this event will only be used for registration or notification purposes. For a full list of the PDPA policy, please refer to <https://www.csc.sg/Civil-Service-Club-Data-Protection-Privacy-Policy>.

**Name & Signature of Parent of Participant** \_\_\_\_\_

\*Delete as appropriate.

**Date** \_\_\_\_\_





# Public Service STAR Games



## FUTSAL | 19 OCT 2019 FutsalArena @ Yishun

The Ministry of Home Affairs (MHA) showed its prowess in the game of futsal by delivering a near-clean sweep of the medals at the Public Service Futsal Tournament, claiming the championship title along with second and fourth placings. A total of 43 teams from 16 organisations participated in the tournament held at the FutsalArena @ Yishun on 19 Oct 2019.

It wasn't all easy going, however, as MHA futsal convenor Taiyo Koh Chiu Kiat shared. "Having just clinched the championship for the public service seven-a-side, we were on a high entering into this competition. The teams gave their very best despite shortage of players due to work commitments and injuries," he said. "In the end, we are very glad to clinch the championship and two more podium placings."

While the three successful MHA teams might have competed under one banner, they were still made up of members from different departments within the ministry, providing a great opportunity for officers to make new connections. "Credit has to go to the team managers for being able to mix players from different departments into one single team," Koh said.



### RESULTS

#### Overall Position

<b>Champion</b>	► Ministry of Home Affairs (3)
<b>1<sup>st</sup> Runner-Up</b>	► Ministry of Home Affairs (8)
<b>2<sup>nd</sup> Runner-Up</b>	► Ministry of Defence
<b>3<sup>rd</sup> Runner-Up</b>	► Ministry of Home Affairs (4)

## BASKETBALL | 24 SEP - 31 OCT 2019 MOE Sports Hall @ Evans Road

Played over a period of about five weeks, the Public Service Basketball tournament culminated in the finals of the Men and Women categories held at the MOE Sports Hall on 31 Oct 2019. Whilst the Ministry of Defence (MINDEF) team had lesser difficulty in overcoming the Ministry of Education (MOE) team in the Men's final, the women's finals between Ministry of Home Affairs and Ministry of Health was a very close contest. The two teams battled to the very last minute with the lead furiously changing hands. The match went into extra time and just before the clock struck, a final throw from MOH player scored to put the team ahead.

MINDEF was declared the Overall Champion based on its performance in the two categories. It was a historic achievement according to CPT New Wei Sheng, MINDEF's team manager. He shared. "It was the most memorable moment for Team MINDEF as both men's and women's teams made it to the final day of competition, especially for the women's team," he said. "It's their first time making it to the podium in our team's history."

CPT New continued, "We will continuously build our speed and strength through participating in league games, playing at a very high tempo and relying on long-range shooting as the cornerstone of our ability and strategy."

Guest-of-honour Mr Teo Tze Fang, CSC Executive Committee Member, presented the prizes to the winning teams. A total of 38 teams from 16 government agencies participated in the tournament.

### RESULTS

#### Women's Category

<b>Champion</b>	► Ministry of Health
<b>1<sup>st</sup> Runner-Up</b>	► Ministry of Home Affairs
<b>2<sup>nd</sup> Runner-Up</b>	► Ministry of Defence
<b>3<sup>rd</sup> Runner-Up</b>	► Ministry of Education

#### Men's Category

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

#### Overall Position

<b>Champion</b>	► Ministry of Defence
<b>1<sup>st</sup> Runner-Up</b>	► Ministry of Education
<b>2<sup>nd</sup> Runner-Up</b>	► Ministry of Home Affairs





### 9-PIN TAP BOWLING | 28 SEP - 2 NOV 2019 Planet Bowl, CSC @ Tessensohn

Not resting on their laurels after winning the championship titles in the 3-6-9 and 10-pin bowling tournaments held earlier in 2019, the Ministry of Defence (MINDEF) completed a clean sweep of bowling titles for the year with the overall championship at the 9-Pin Tap Bowling Competition. MINDEF secured the crown after winning the Men's Active Agers Category and picking up podium placings in the Women's and Mixed categories. A total of 189 teams from 28 organisations participated in the competition held at the Planet Bowl.

MINDEF player-manager Ong Jun Kai gave a special mention to the ministry's women's team. "Seeing the ladies' team finishing as second runner-up in their category was the most memorable moment. Needing to play a high series in the last game in order to finish in a medal position, the ladies showed their determination and fighting spirit," he said. "They did the impossible and were even close to overtaking the top team. We could see teammates cheering on each other and enjoying the tournament and this is important for MINDEF."

#### RESULTS

##### Women's Category

<b>Champion</b>	► Ministry of Education (3)
<b>1<sup>st</sup> Runner-Up</b>	► Housing & Development Board (1)
<b>2<sup>nd</sup> Runner-Up</b>	► Ministry of Defence (2)
<b>3<sup>rd</sup> Runner-Up</b>	► Ministry of Education (5)

##### Mixed Category

<b>Champion</b>	► Ministry of Home Affairs (7)
<b>1<sup>st</sup> Runner-Up</b>	► Ministry of Health (6)
<b>2<sup>nd</sup> Runner-Up</b>	► Ministry of Education (7)
<b>3<sup>rd</sup> Runner-Up</b>	► Ministry of Defence (13)

##### Men's Active Agers

<b>Champion</b>	► Ministry of Defence (3)
<b>1<sup>st</sup> Runner-Up</b>	► Ministry of the Environment and Water Resources (1)
<b>2<sup>nd</sup> Runner-Up</b>	► Ministry of Health (3)
<b>3<sup>rd</sup> Runner-Up</b>	► Housing & Development Board (1)

##### Overall Position

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



### VOLLEYBALL | 3 NOV 2019 Temasek Polytechnic Sports Hall

A total of 26 teams from nine government agencies participated in the Public Service Volleyball Tournament held at the Temasek Polytechnic on 3 Nov 2019. Ministry of Education (MOE) emerged as overall champion, after finishing second and third in the Men's Category and second in the Women's Category. The points from the wins propel the agency to the top of the overall rankings.

MOE's team captain Choy Yin Lam shared "From the competition, we learn to communicate and support one another in the game, and this can be applied in day-to-day work. We recognise different strengths and weaknesses, and we learn to complement one another towards a common goal." She also gave a glimpse of her preparations for the event "During the off-season, I will keep myself active and maintain my fitness with more cardiovascular exercises. However, a few months before the competition, I will amp up by including more weight training. I will also include plyometric exercises to build up my jumping abilities as I play the wing spiker or middle blocker positions."

Guest-of-honour Ms Alexis Lee, CSC Executive Committee Member, presented prizes to the winning teams.

#### RESULTS

##### Women's Open

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

##### Men's Open

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

##### Overall Position

<b>Champion</b>	► Ministry of Education
<b>1<sup>st</sup> Runner-Up</b>	► Ministry of Home Affairs
<b>2<sup>nd</sup> Runner-Up</b>	► Ministry of Health
<b>3<sup>rd</sup> Runner-Up</b>	► Ministry of Defence







### 3-ON-3 MIXED FLOORBALL | 16 NOV 2019 Republic Polytechnic (Multi Purpose Hall)

"Teamwork makes the dream work" could well be the motto of the Ministry of Education's (MOE) floorball contingent, as they shot their way to victory at the Public Service 3-on-3 Mixed Floorball Tournament. A total of 36 teams from 12 government agencies took part in the tournament held at the Republic Polytechnic on 16 Nov 2019.

Member of the winning MOE team Sim How Chong shared their approach. "There is no designated role for the players in the MOE teams, all of us participated as peers," he said. "Three teams from MOE participated this year, my team won while another MOE team won third. This is my fifth time participating and the level of competition had risen over the years. I am glad that MOE had done well this year despite facing stiff challenges from the other teams."

Sim, who considers Finnish floorball player Mika Kohonen one of his idols in the sport, shared that victory came down to one key factor: "Leveraging the strengths of every player while embracing the differences between players."

His big takeaway from the tournament? "Interacting with fellow MOE and public service colleagues. It was great to see colleagues from the different public service agencies bonding over sports," he said.

#### RESULTS

##### Team Event Category

Champion	► Ministry of Education (1)
1 <sup>st</sup> Runner-Up	► Ministry of Home Affairs (7)
2 <sup>nd</sup> Runner-Up	► Ministry of Education (2)
3 <sup>rd</sup> Runner-Up	► JTC Corporation



### E-SPORTS (FIFA 19) | 17 NOV 2019 CSC @ Tessensohn

E-sports has been in the news lately and it's hard to ignore the rise of the discipline, particularly with titles such as DOTA 2, StarCraft II and the FIFA series. It was the latter that took centre stage at the inaugural Public Service E-Sports (FIFA 19) Tournament held at the Tessensohn Clubhouse. Sixteen teams from six government agencies took part in the event.

Undeterred by the overwhelming number of teams from Ministry of Home Affairs, the Government Technology Agency of Singapore (GovTech) survived the preliminary rounds and knock-out rounds, to defeat MHA (9) and emerged victorious.

Team captain Nicholas Kok shared the historic nature of the moment. "From our knowledge, it is the first time ever that GovTech has won a public service sporting event. It is a great feeling especially since it was an inaugural event. It is competitions like these that bring us together. GovTech is big and everyone is scattered around the island." It was a surprise victory which included memorable moments such as goalkeeper Wojciech Szczesny scoring a winning penalty.

And where will their prize money go? "We'll probably use it to buy FIFA 20," Kok said. "Because we must start practising right?"

#### RESULTS

##### Team Event Category

Champion	► Government Technology Agency of Singapore
1 <sup>st</sup> Runner-Up	► Ministry of Home Affairs (9)
2 <sup>nd</sup> Runner-Up	► Ministry of Home Affairs (4)
3 <sup>rd</sup> Runner-Up	► Sport Singapore



## MIXED FRISBEE | 23 NOV 2019

### Bedok Stadium

It might be a component of a laid-back seaside activity, but make no mistake about it – Frisbee can be a fast and explosive sport. This was visible at the Public Service Mixed Frisbee tournament held at the Bedok Stadium on 23 November. Ministry of Defence (MINDEF) was the dominant team, clinching the championship title after defeating Ministry of Education at the finals.

MINDEF's coach and player, LTA Lim Pei Ling shared, "We have a slight edge over the other teams as we won the past two beach tournaments that we participated in." For LTA Lim, the most memorable moment of the tournament was a simple display of camaraderie. "When my line went out to take a break, we realised everyone was readily offering each other drinks from the side-line," she said. "This is a true reflection of team spirit because even when resting, we still had each other's backs."

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



### RESULTS

#### Overall Position

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

# Healthy Lifestyle Walk @Pasir Ris

More than 150 public service officers from 10 government agencies had an opportunity to see the scenic coastal region of Pasir Ris Park at the CSC Healthy Lifestyle Walk held on 30 Oct '19. A regular programme designed to keep public service officers active and healthy, the CSC Healthy Lifestyle Walks have brought participants to locations such as Bedok Reservoir Park, Coney Island and Labrador Park in previous editions.

After a 20-min warm up session at the Pasir Ris Sports Centre, participants enthusiastically set off for the 5-km walk. Flagging off the walk was Guest-of-honour

Mr Wee Tee Heng, CSC Honorary Treasurer. It was a first for Jenny Kok from the Defence Science and Technology Agency. "This healthy lifestyle walk was my first time taking part in a CSC event," she said. "It was an enjoyable experience, especially as it was also my first visit to Pasir Ris Park." At the end of the walk, participants were rewarded with fun packs comprising limited-edition CSC sport caps and other items. Three lucky draw winners also walked away with dry bags.

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



Stairs to Gymnasium

Stairs





# City60 Bike-Run Challenge

City60 Bike-Run Challenge features a unique cycle circuit overlooking the city, topped off by a scenic run.

Now in its third year, the City60 Bike-Run Challenge was held on 27 October 2019 at the Singapore Sports Hub. Participants had the choice of racing individually or in relay teams. The most anticipated race was the headlining City60 contest, comprising a 46km bike ride in between two 7km runs to chalk a total of 60km. Also on offer were City30, City15 and City6 (the numbers denoting the total distance cycled and run).

There is also a public service category for both individuals and team participants. As official sponsor, CSC fielded 27 public service teams comprising 269 public service officers. These figures compare favourably with last year's participation, representing increases of 32% and 30% respectively.

## Spoken like champions

Under near perfect racing conditions that Sunday morning, champion Ben Khoo enjoyed a victorious finish to defend the Public Service Men title despite having only recently recovered from a knee injury. "Victory tasted especially sweet as I dug deep and my body was able to deliver."

In contrast, Public Service Women champion Yong Mun Yun is a newbie to the duathlon racing having picked up cycling only this year. Said the teacher, "Winning the race was great. The turns and the scenic route made it a fun course to race in."

The biggest team success went to the Ministry of Home Affairs (MHA) who entered 13 teams in the race: 12 male and one female.

The agency not only successfully defended the men's team title for the third year, but also clinched the women's team title as well.

Said team manager Md Zaki Asát, "I am blessed with a team of talented,

dedicated and self-driven athletes. As part of the training regime, our cyclists wake at 4am to start cycling at 5am, while our runners clock up very high mileage."

He added, "We want to make City60 an MHA home ground. We have pride, passion and purpose invested into retaining our titles here!"

The women's team triumph was unexpected, said team member Rota Commander Chen Weiping, "This is the first year that MHA entered a women's team. It was an enjoyable race because it brought athletes from two different disciplines together in a team."

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

## Everyone's a winner

Meanwhile the lovely weather and well-organised race made everyone feel like a winner. Once back at the festival area, live music, massages and socialising with team mates, colleagues and friends were the highlight. Elite and amateur athletes, adults and kids, Mums and Dads, all came together in what was truly a wonderful morning of sport.



## RESULTS

### Women's Team Relay

<b>Champion</b>	▶ Ministry Of Home Affairs
<b>1<sup>st</sup> Runner-Up</b>	▶ Republic Polytechnic
<b>2<sup>nd</sup> Runner-Up</b>	▶ Sport Singapore
<b>3<sup>rd</sup> Runner-Up</b>	▶ Republic Polytechnic

### Men's Team Relay

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

### Overall Position

<b>Champion</b>	▶ Ministry of Home Affairs
<b>1<sup>st</sup> Runner-Up</b>	▶ Republic Polytechnic
<b>2<sup>nd</sup> Runner-Up</b>	▶ Sport Singapore



# Ride to Kluang with Gunung Belumut Hike

26 – 28 Oct 2019

The weather forecast was 100% rain in Kluang but the weather turned out to be fine most of the way with an instant of shower during our lunch stop as we cycled from Kota Tinggi to Kluang. We enjoyed 70km of rolling hills flanked by oil palm plantations, very scenic indeed.

Robin, our ride leader, strategically assigned riders to a faster group and a slower group, so that we all get to enjoy the journey at our own pace. It was our pleasure to keep to the momentum of riding the hills with the option of enjoying the ride at our own time – to each, his own!

The second day of this event turned out to be the highlight for many of our participants as we scaled Gunung Belumut with its peak at 1,010m. The mere thousand metre altitude was not to be underestimated. The ascend was seemingly unending, though the trail was very well marked. The muddy trail led to steep slope and we were soon on all fours, clambering on rocks, roots and branches to heave ourselves up the slope.

With great perseverance, we arrive at the peak of Gunung Belumut. Our cyclists-turned-climbers

had a much-deserved recuperation, enjoying the scenery atop the rock at the peak. Low and behold, the descend from the peak on the steep slopes was treacherous as we had to brace ourselves against the steep slide downwards. Meanwhile, we were encouraged that even our most senior participant made it all the way up and down, safely. Climbing participants rewarded ourselves with a therapeutic dip and essential wash-up in the cool stream.

Our return ride from Kluang to Kota Tinggi was seemingly jeopardized by our overworked bodies from scaling Gunung Belumut the previous day.

However, the ride must go on and we completed this journey to our personal satisfaction! As in many adventures, cycling to Kluang topped with scaling Gunung Belumut was mind over body. We only realised subsequently that we needed several days to recuperate thereafter! Will you ride with us?

– by Oei Su Cheok

Hikers on Gunung Belumut Trail on a coral-looking piece of rock



Cyclists-turned-hikers on the Crown of Kluang atop Gunung Belumut



See more at our Facebook page:

<https://www.facebook.com/CSCcycling/>





# New Year...

looking back to

move forward

At the start of 2020, we are reminded of a saying – “look back and learn to move forward”. To look back and move forward, we aptly use the alphabets in the word, “RUN”. The first alphabet, “R” is about Remembering. A recent National Heritage Board (NHB) campaign to select the final design for our Founders’ Memorial is a reminder to remember our founding leaders’ values; to honour our past and inspire our future. In 2019, we remember ourselves as active and involved. Paul Chan, our Vice Chairman an active ager was the winner in his category (aged 60 and above) for the CSC organized event “City60 Bike-Run Challenge”. He shared, “I didn’t expect to win; however, I found out later that I was the only participant in my category! I really hope more public officers will participate in future”. Also



remembering good causes we supported such as the “Walk For Rice” event where we walked and ran for rice for the needy.

The next alphabet, “U” in the word, “RUN” is a timely reminder to be United to reach out to more public officers like “U” to stay active and healthy.

Finally, the letter “N” is for New things in 2020 and for us to stay positive. We wish our readers, “A Happy Year” ahead!

– by Tan Kay Teck



▲ We will continue to support worthy causes such as the “Walk for Rice” event



▲ Enjoying a walk or run in the park to stay active and healthy



▲ Paul's mantra is to stay healthy

## Smile Arts DENTAL STUDIO

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- \* 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

(After Medisave Deductions)

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:

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- \* Scaling & Polishing
- \* Fluoride Therapy

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

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#### CENTER FOR BIOMIMETIC DENTISTRY

#### MERCURY FREE PRACTICE

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

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

Call us for an appointment!

##### Hill V2 Branch



##### Marine Parade Branch



##### Buangkok Branch



##### Tiong Bahru Branch



##### Marine Parade Branch Tel: 6348 0824

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

##### Tiong Bahru Branch Tel: 62711236

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

##### Buangkok Branch Tel: 6752 1008

Bik 27SD 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)





## Birthday Splash Bash

Celebrate your next birthday in style with a poolside party. Our comprehensive poolside packages start from only \$250. Make your enquiries today.



## Treehouse Food Packages from \$293

Choose from our range of packages designed to cater to different needs and budgets. Also check out our chef-for-hire service.



For more information, call Jeffrey Ang at 6513 7492 or email [jeffreayang@csc.sg](mailto:jeffreayang@csc.sg)

\*All photos are for illustration purposes and may differ from actual.





# Bukit Batok Clubhouse

## The Go-To Place for Family Fun

All the facilities you need  
for a memorable time  
with your family

Looking for an escape from Singapore's concrete jungle? Civil Service Club members living in the west can count on the Civil Service Club at Bukit Batok for instant rejuvenation.

A serene hilltop resort set within nature, the Clubhouse is rich with calming sights and sounds. And it's only a 10 minutes' walk from the Bukit Batok MRT!

The minute you saunter across the main entrance, you are greeted by lush tropical greenery and the sound of waterfalls. Often described as a sanctuary, the Clubhouse which sits in a tranquil woodland landscape, provides hours of endless fun for families.



► A hidden paradise in the west



► A unique venue to celebrate special occasions

Nestled high among the woods, the Treehouses are four party pavilions for events and gatherings. The Treehouses come complete with bbq pits, lounge area and a stunning pool view. "The kids love the surroundings.....The gathering is a big success," pronounces police officer Mohamad Nazarudin, who is a Club member of 19 years. He was hosting the monthly gathering of his extended family of 70 at a Treehouse.



The favourite of all, however, is unarguably the swimming pools. Families love frolicking in the drift pool, Jacuzzi, wave pool, eight-metre high tower slide, mini slides and play pool for little ones.





► "The function room easily accommodated my 100 guests. Everyone is having a good time and they know their children are safe in the adjoining playroom." Teacher Ho Wan Shy hosted her niece's first birthday at the Function Room.



"I love the kampong feel here. Serene and rejuvenating, it is the favourite place of my kids and I."

Mohamad Nazarudin Bin Nor  
Police Officer

There's definitely something for everyone here. It is an all-rounded club with lots to do.

Shakeen Kaur  
Teacher



► Basking in the resort life



► Popular with families as well as professional bowlers



► Show off your best hip hop and Bollywood moves at the Dance Studio. The Clubhouse offers regular classes for fitness, wellness and more.



# An Awesome Party Under The Sea

CSC Children's Christmas Party, 14 December '19

The minute the 120 young guests stepped across the huge shark's jaw that served as the entrance to CSC's Children's Christmas Party, their excitement was unstoppable.

With so much to see, do and eat, who could blame them!

Inside Jupiter Ballroom at CSC @ Tessohnson, fantastical balloon sea creatures leapt out at the fascinated children. Adding to the delight are Santa Claus and the Little Mermaid who gave out candies and posed for photos.

"The Under The Sea theme is something special," said teacher Gwen Neo who brought her three-year son Glen. "Much effort has been put in by the organisers."

Game booths were popular; children screamed in glee as they tossed rings and shot air darts. At the sport cup stacking booth, the World Sport Stacking Association offered tips on the sport of competitive cup stacking.



▼ Happy meals make happy kids



▼ Full concentration at the clay art booth

▼ CSC Chief Executive Mr Charlie Ng with Best Dressed (Boys) contestants



▲ Best Dressed (Girls) Winner Nadia, 3 (second from right) with her sister poses with Santa and the Mermaid

Elsewhere, little ones were engrossed in clay art and colouring.

Meanwhile moms and dads had fun dressing their family up in Santa hats, reindeer head bands and tiaras for festive snaps at the photo booth.

It was lively on stage too with eager kids storming the stage to play stage games and to dance. The biggest hit, however, was Markson the magician with his ability to draw doves from a photo frame and to make a drawn face come alive.

Throughout, the children gorged themselves on the free flow of candies and a McDonald's Happy Meal.

"I am glad we came," said legal counsel Dawn Tan, whose daughter Nadia, 3, won the Best Dressed Contest for girls. "My kids loved it all. They enjoyed the programme thoroughly."

Teacher Surinder Kaur also gave the party a big thumbs up. "It's very well organised. I really appreciate the effort put into the event. This party is fun for my son and fun for me too!"

▼ How did he do that? Magician Markson bedazzles the audience.







## A Brand New Look For CSC @ Tessensohn in 2020

Tessensohn Clubhouse is undergoing a facelift that is slated to be completed by August 2020. Expect to see a swanky and modern façade that will heighten the experience of Tessensohn Clubhouse of being a hub for meetings, conventions, events, performances and activities. In December, the clubhouse has received BCA Green Mark for its environmental friendly features.



## The Perfect Event Space

*For Every Party and Company Function*

A venue space for every party – whether it's for a birthday party, a baby shower, a wedding or simply a private gathering amongst your friends

A venue space for every company function – be it a networking function room, seminar, workshop, product launch party venue, concerts or corporate family day

Our event spaces and party venues are fully equipped, highly versatile and configurable to meet your needs.

You are sure to find the right space based on your capacity, budget and other specific event requirements; be it an intimate celebration or a large scale function.

Public Service Organisations engaging CSC for services and facilities rental is exempt from standard procurement route. For details, log into the Government Intranet under MOF Procurement Portal and Vital Travel Portal.

Get in touch and talk to us regarding your event space needs.  
Contact **Jacqueline Tang**  
at **6391 5605** or **[jacquelinetang@csc.sg](mailto:jacquelinetang@csc.sg)**







# CNY CELEBRATIONS

1 February 2020 | 5pm onwards



## Highlights:

Lion Dance (Front Office)  
Stilt Acrobats (Front Office)  
LED Dragon and Lion (Chalet Block)

All are welcome!



## BIRTHDAY PACKAGES

### Function Room

**Early Bird Discount – 15% Off!** (At least 3 months before event date)

Wedding & Birthday		Off-Peak (Mon - Fri)		Peak (Sat - Sun)		Logistic Includes	Additional Charges:
		Half	Full	Half	Full		
		8am - 12pm 1pm - 5pm 6pm - 10pm	8am-5pm 1pm-10pm	8am - 12pm 1pm - 5pm 6pm - 10pm	8am-5pm 1pm-10pm		
FUNCTION ROOMS 1/2/3 (about 40 pax)	Member	\$267	\$347	\$ 283	\$379	4 Round Tables 40 Banquet Chairs 1 GS Table (Long Table) 2 Parking Coupons (Single Exit Use only)	Projector w screen @ \$100 Basic Audio System w 2 wireless mics @ \$150 Banquet Chair @ \$2/each GS Table (Long Table) @ \$17/each Round Table @ \$14/each Stage (8ft x 8ft) @ \$100 Parking Coupon: (Single Exit Use only) Weekdays: \$6/ticket Weekends: \$10/ticket
	Non-Member	\$299	\$411	\$321.40	\$455.80		
FUNCTION ROOMS 1/2 (about 80 pax)	Member	\$534	\$694	\$566	\$758	8 Round Tables 80 Banquet Chairs 2 GS Table (Long Table) 4 Parking Coupons (Single Exit Use only)	
	Non-Member	\$598	\$822	\$642.80	\$911.6		

### Chalet



**For Members during their birthday month.**

**Discount only applicable via email, no refund for online bookings**

**For more information, please email to [rooms@csc.sg](mailto:rooms@csc.sg)**

Terms & Conditions:

- Only applicable to Deluxe Suite and Superior Suite
- Only applicable to members who are at least 18 years old
- Applicable for all periods – Off Peak, Peak, Super Peak

### Bowling

**Buy 2 lanes & Get 1 Free**

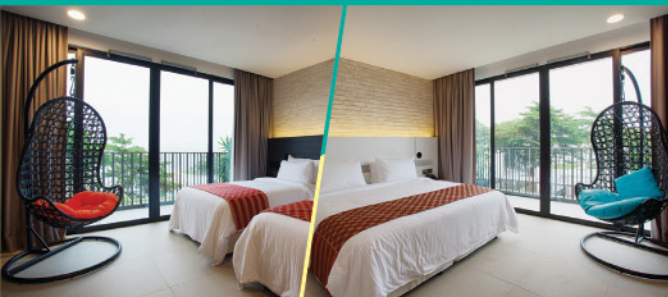
Member/Public Service Officer  
**\$25**

Guest  
**\$30**



Terms and conditions apply.  
Call **6709 4729** to book your lanes now!





# CHALET PROMOTION

For stay period 1 January 2020 – 31 May 2020

(Only valid for bookings made after 1 January 2020)

## Superior Suite & Deluxe Suite 2nd Night 50% Off!

Terms & Conditions:

- Applicable for all periods – Off Peak, Peak, Super Peak
- Applicable for all rates – Members, Public Officers, Public
- Strictly no upgrading of rooms allowed

**Promotion not valid in conjunction with other discounts, promotions or vouchers**

Enjoy special rate when you select the following bundle(s):

Friday – Sunday (3D2N)	Sunday – Tuesday (3D2N)	Tuesday – Friday (4D3N)
<b>10%</b>	<b>20%</b>	<b>40%</b>

Terms & Conditions:

- Applicable for all periods – Off Peak, Peak, Super Peak
- Applicable for all rates – Members, Public Officers, Public
- Applicable for all room types

**Promotion not valid in conjunction with other discounts, promotions or vouchers**

## BOWLING

### Night Owl Promo

Member/Public Service Officer: \$3 per game | Guest: \$3.80 per game

Mon, Wed & Sun only from 8pm to close

Excluding school holidays, eves and/on PH. Not including shoe rental (\$1.50 per pair). Games to be completed before 1am.

### Early Riser Promo

Member/Public Service Officer: \$2.20 per game | Guest: \$2.50 per game

Minimum 5 Games

Mon to Fri, 9.30am to 3pm

Excluding school holidays, eves and/on PH. Not including shoe rental. Games to be completed before 6pm.

### Doubles FunBowl

1 Jan 2020 New Year

27 Jan 2020 Lunar New Year

14 Feb 2020 Valentine's Mix Douples

29 Feb 2020 New King & Queen Season (Every last Sat of the month for 10 rounds. Final to be held on 26 Dec 2020.)

Terms and conditions apply. Call 6709 4729 to book your lanes now!







**WINNER**  
**Changi**



**Bukit Batok**

# Decor Challenge

## Christmas

"Santa Claus is coming to town..." – and to welcome St Nick's, the three CSC clubhouses put up a superb visual treat comprising twinkling fairy lights, elaborate festive displays and mascots, brightly lit installations and fully-decked Christmas trees.

It was a hard decision but eventually winning points went to the Changi Clubhouse for its beautiful buildup of endearing Santa and his entourage of sleigh and reindeers.



**Tessensohn**

“ I received a pleasant welcome by **Mr Hussain** most of the time when i come to CSC @ Bukit Batok swimming pool. I commend him for his hard work in keeping the pool clean as I felt comfortable using the pool. His good effort is appreciated. Great work, Keep it up! ”

– **Jazlan Ahmad on Hussain, CSC @ Bukit Batok**

“ Hi **Iryani**, Thanks for the prompt action. Was expecting a three day turnaround for this request. Very pleasant surprise indeed and much appreciated. ”

– **Jimmy on Iryani, Membership**

“ **Jan Yeo** made the whole booking process convenient for corporate client like us. We appreciate her professionalism and her friendliness. ”

– **United Travel Planners Pte Ltd on Jan Yeo, CSC @ Loyang**

## STAFF SHOUT OUTS

**We thank members and all club patrons for taking the time to acknowledge our staff for good service enjoyed. This will help us to serve you better.**

“ SMRT held a corporate event at CSC @ Tessensohn on 11 Nov. We would like to say a big thank you to the Club for the fantastic support given by **Jacqueline, Kian Cheng, Andrew** and their team. The team has been very accommodating and patient with our demands, some of which were very last-minute. ”

– **Jason Soh on Team Tessensohn, CSC @ Tessensohn**

“ **Hermann & May** – very excellent – efficient, quick, friendly courtesy, knowledgeable, kind, able to do a quick check to find a room for us in all these. Bonus should be given to staff to retain good excellent staff. ”

– **Doreen on Hermann & May, CSC @ Changi I**



# Long Service Awards 2020



## 30 Years

**JOANNA LIM**  
FINANCE



## 25 Years

**P KURUSAMY**  
TESSENSOHN



## 20 Years

**AKHLIS MEAH S/O  
KONA MEAH**  
TESSENSOHN



**NGEOW NEE NYUN**  
CHANGI 1



**TAN TOO KIANG**  
TESSENSOHN JACKPOT



## 10 Years

**DORIS ONG**  
MARCOMMS



**ANDREW WONG**  
TESSENSOHN



**CHARLIE NG**  
MANAGEMENT



## 5 Years

• **ALAN YANG**  
CHANGI 2

• **GOH CHONG CHEN**  
MEMBERSHIP

• **HELEN SIN**  
TESSENSOHN JACKPOT

• **HUANG SHUXIAN**  
BUKIT BATOK JACKPOT

• **MUHAMMAD RAZMAN  
BIN RASHID**  
WESTWOOD BOWL

• **N MANIKAM**  
TESSENSOHN

• **NUR AFIDAH BINTE  
AMRAN**  
RESORT BOWL

• **NURHUDA HIDYA  
BINTE MOHAMED  
KASSIM**  
BUKIT BATOK

• **NURUL NABILAH BINTE  
PITCHAY**  
RESORT BOWL

• **LEE YONG QUAN**  
BUKIT BATOK JACKPOT

• **LIOW MUI HUA**  
TESSENSOHN JACKPOT

• **SITI AISYAH BINTE  
MOHD ZIN**  
LOYANG

• **TERRY TAY**  
BUKIT BATOK



HEY MEMBERS!

# MEMBERS' PRIVILEGES

Enjoy these deals from our merchant partners by presenting your CSC membership card or virtual card.



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



Up to **42% OFF**  
magazine titles with free  
delivery to your home



## ANYTIME FITNESS

**10% OFF** membership fees for 12-month sign-ups, Waiver of one-time. Joining Fee worth \$75. PLUS exclusive gift and special rates for Personal Training packages for sign-ups at Anytime Fitness at CSC Bukit Batok.



**NUTRI SCALP AND HAIR REPAIR TREATMENT**  
@ \$38 (U.P. \$464) with complimentary **HAIR GLOW SERUM** worth \$68



**15% OFF**  
Total bill



**15% OFF**  
Total bill



**WAIVER OF ONE-TIME**  
Registration fee (U.P. \$100)  
and monthly membership  
fee (U.P. \$10.70/month)



**MORE THAN \$90  
REBATE** for online  
sign-ups



**10% OFF**  
All-day and exclusive  
members benefits



**15% OFF**  
Sunset Sail City  
Lights tickets

## HAPPYK

**10% OFF**  
All Karaoke, Game  
consoles and Mahjong  
set rentals



## ULTIMATE SPA

**\$38 NETT** for selected  
services and **30% OFF**  
a la carte Spa Services



**FREE**  
**\$2 WWW VOUCHER**  
in addition to  
**\$16 DAY PASSES**



<http://t.me/civilserviceclub>



Get perks,  
promotions and  
discounts delivered  
to you on telegram

## YUMMI HOUSE™

**FREE 1 TIME  
REDEMPTION OF GIFTS**  
from YUMMI HOUSE for  
CSC members



## ADVERTISE WITH US!

# Media Rates

*Fusion* is the official quarterly newsletter of the Civil Service Club (CSC).

With a growing membership of 65,000 in 2019, three clubhouses with an array of modern facilities and the widest range of social and sports activities offered by a social club, CSC is the preferred Club not just for public service officers but also the general public.

*Fusion* has a print run of 29,000, with circulation to member's residential address, public service offices, clubhouse front offices and all 110 CSC chalets.

Majority of readers are below 49 years old and married. If you would like to reach out to them, don't miss this chance to advertise with us today!

Call Doris at 6514 3630 or email [marcomms@csc.sg](mailto:marcomms@csc.sg) for more details.



### ADVERTISING RATES

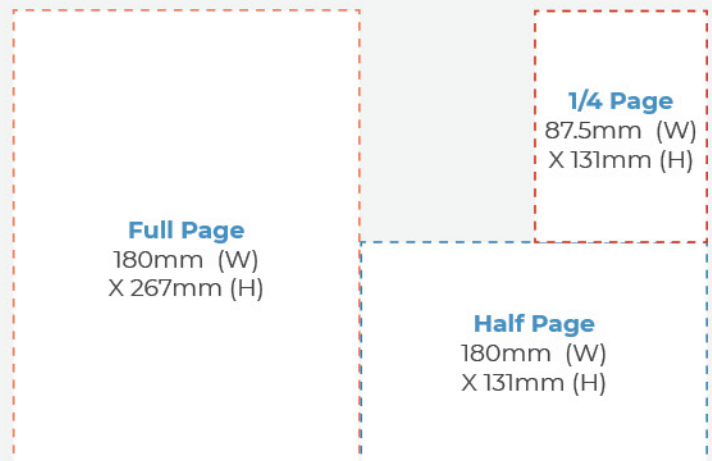
Back Cover (Full Page)	\$2,400
Inside Front Cover (Full Page)	\$2,100
Inside Back Cover (Full Page)	\$2,000
Double Page Spread	\$3,800
Centre Page Spread	\$4,200
Full Page*	\$1,800
Half Page*	\$1,000
Quarter Page*	\$500

\* Any standard page other than the cover and centre or double page spread

#### Terms and Conditions

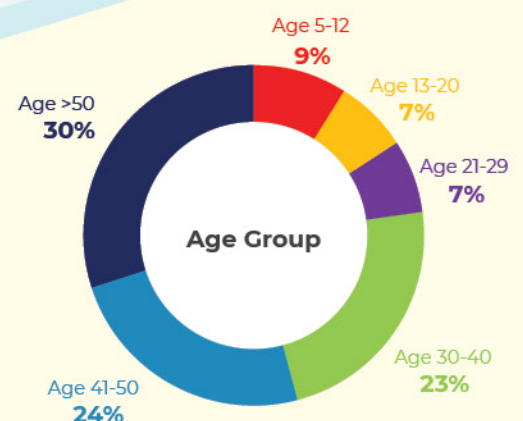
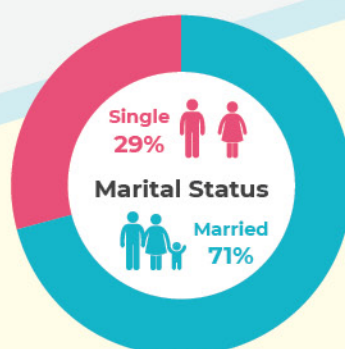
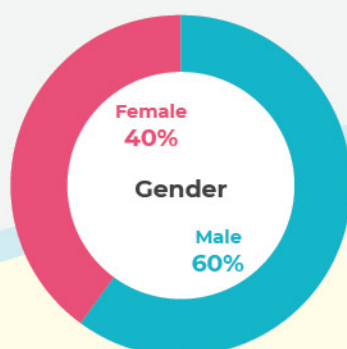
- The management reserves the right to reject any advertisement with content that is deemed unsuitable or inappropriate for publication.
- The decision of the management shall be final.
- Artwork fee will be charged separately depending on size of artwork.

### ADVERTISEMENT PAGE SPECIFICATIONS



- Artwork submitted must be in jpeg or pdf format.
- Image resolution should be 300dpi minimum with bleeding of 3mm throughout.

### MEMBER DEMOGRAPHICS



For latest happenings and promotions at CSC, please visit:

[f](https://www.facebook.com/civilserviceclub) [i](https://www.instagram.com/civilserviceclub) Civil Service Club

<http://t.me/civilserviceclub>

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

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



PROMOTION EXTENDED

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

# Bicentennial Ordinary Membership Promotion 1 Jan 2020 – 31 Mar 2020

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



**MORRIES 3 IN 1  
MULTI COOKER**  
**RRP \$46.90**

Promo Code: MS1388

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.

## 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



## 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







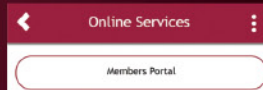
## MEMBERSHIP VIRTUAL CARD

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

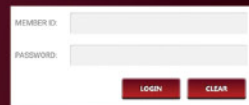
- 1 Download our CSC Mobile App via Play Store or App Store



- 2 Select Members Portal under Online Services

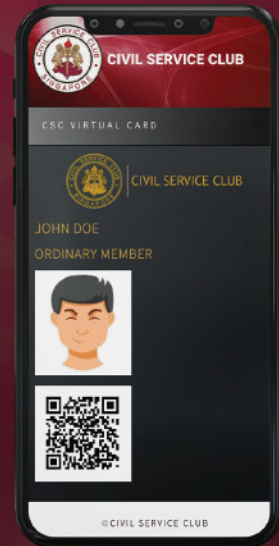


- 3 Enter your Member Login ID & Password



- 4 Select Virtual Card

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)







DO ONLINE BOOKINGS!

TAKE A PEEK AT OUR CLUBHOUSES!

AND MORE VALUE ADDED SERVICES!

LOCATE US!

GET THE LATEST CSC PROMOS!





Photos are for illustration purpose.

## Craft Your Own Valentine's Day Mini Album

Learn the basics of scrapbooking, the art of arranging photos and journaling mounted onto decorative papers, adding memorabilia, embellishments and stickers to enhance the overall effect.

**Date:** Sat, 8 Feb '20

**Time:** 10am - 11.30am

**Fees:** Member \$40, Public Service Officer \$45, Guest \$48

**Venue:** CSC @ Bukit Batok

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

**Register by:** 3 Feb '20

## Pastel Nagomi Art

Japan Pastel Nagomi Art is a form of Japanese healing. It uses pastels and our fingers to create a gentle, soft and heart-warming art form through simple yet unique techniques. The therapeutic nature of this art is able to create a sense of harmony and hope from the heart of the painters, as well as to the people who admire the pastel art.

Participant will get to create one 15x15cm and another book mark size art pieces.



**Date:** Sat, 8 Feb '20 OR 14 Mar '20

**Time:** 10am - 12pm

**Fees:** Member \$35, Public Service Officer \$42, Guest \$48

**Venue:** CSC @ Tessensohn

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

**Register by:** 2 Feb OR 8 Mar '20

## Civil Service Club EVENTS

## MEMBERS' LOYALTY REWARDS



**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)



## Acrylic Pour Workshop

Come and learn tips, tricks and techniques of working with acrylic and experience the freedom of playing with paint while it's still fluid on the canvas.



Course outline:

- Preparing the acrylic paint mixture
- Basic paint recipes
- Paint additives for creating cells
- Different techniques of acrylic pour
- Types of canvas, paper and objects to use

Participants get to take home three artwork pieces each. No experience needed, beginners are welcome. All materials are provided.

**Date:** Sat, 15 Feb '20

**Time:** 10am - 12pm

**Fees:** Member \$50, Public Service Officer \$56, Guest \$62

**Venue:** CSC @ Tessensohn

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

**Register by:** 8 Feb '20

## Embroidery Workshop

This introductory workshop will introduce hand embroidery techniques that can be applied as embellishments onto clothes, bags, shoes or even your very own embroidery hoop art!

Course outline:

- Introduction to materials
- Basic introduction to embroidery
- Learn different embroidery techniques
- Bring home your very own floral embroidery!



No prior embroidery skills needed! All materials provided.

**Date:** Sat, 29 Feb '20

**Time:** 2pm - 5pm

**Fees:** Member \$50, Public Service Officer \$56, Guest \$62

**Venue:** CSC @ Tessensohn

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

**Register by:** 24 Feb '20

## Paint Your Ukulele

Customise your own Ukulele by using it as a canvas to paint your own unique design onto it. Apart from the painting, it will also include the attachment of tuning knobs and stringing of the instrument.

Each participant will get a DIY Ukulele kit that consists of the Ukulele, parts to assemble, strings, screwdriver and a Ukulele bag. All materials will be provided. Each participant will bring home 1 self-painted Ukulele.

**Date:** Sat, 7 Mar '20 OR 4 Apr '20

**Time:** 9.30am - 1pm

**Fees:** Member \$74, Public Service Officer \$80, Guest \$85

**Venue:** CSC @ Tessensohn

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

**Register by:** 27 Feb OR 26 Mar '20



## Marbling Workshop

If you love colours, patterns and handwork, this two-hour workshop is for you!

Learn how to prepare a marbling bath, mix paint/varnish, also selection of paper and material.

Get to bring home your own marbled items such as postcards, coasters, cups and bowls! All materials provided.



**Date:** Sat, 7 Mar '20

**Time:** 10am - 12pm

**Fees:** Member \$60, Public Service Officer \$70, Guest \$80

**Venue:** CSC @ Tessensohn

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

**Register by:** 1 Mar '20

## Introduction to Brush Lettering

Participants will learn basic lettering style and get to work on practice sheets before moving on to the actual watercolour paper with inks and brush. They will also learn more indepth brush letter writing such as different fonts and blending of colours.

They will take home their artwork in A4-sized paper.



**Date:** Sat, 14 Mar '20 OR 4 Apr '20

**Time:** 10am - 12pm

**Fees:** Member \$45, Public Service Officer \$52, Guest \$55

**Venue:** CSC @ Tessensohn

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

**Register by:** 6 Mar OR 27 Mar '20





## Make Your Own Signature Scent Based on Your Personality Conducted by Jetaime Perfumery

The Instructor specialises in orchid oils, particularly Native Orchids of Singapore. Besides these exotic oils, they own more than 400 top-quality ingredients, flown in from around the world, which are used in hi-end perfume making.

Workshop will start with 'Perfume Personality Test' and Explanation. You get to find out if you are Citrus, Floral, Fresh, Woody or Oriental! You will also be introduced to various aromas before you choose your favourites and assemble into your signature scent. Everyone gets to assess their perfume-personality and their nose. The perfume is based on your test results, hence your perfume will be a unique scent that reflects your personality. Each participant gets to take home a 75ml perfume in a hand-polished crystal bottle.



**Date:** Sat, 8 Feb '20

**Time:** 10am - 12pm

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

**Venue:** 90 Goodman Road

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

**Register by:** 1 Feb '20



## Create Your Own Skincare Product

The Natural Way to Beauty is for those who wish to avoid the harmful chemicals from off-the-shelf products and who are looking for better ways to meet their skincare needs without burning their pockets, and while keeping the earth green too!

Course outline:

- A brief introduction of essential oils and carrier oils in beauty care
- Natural ingredients from the home kitchen that are useful for the skin
- Different skin types (normal, oily, dry, combination skin and problem skin)
- Care for different skin types and during travel
- How to make the following tailor to your skin type: Cleaners, Toner, Face oils (moisturiser), Face masks and Scrub

**Date:** Sat, 15 Feb '20

**Time:** 2pm - 4pm

**Fees:** Member \$12, Public Service Officer \$18, Guest \$25

**Venue:** CSC @ Bukit Batok

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

**Register by:** 8 Feb '20

## Hands-on Anti-aging Skincare and Make up Workshop

A course where you will learn how to:

- Achieve good radiant skin
- Reduce dark eye circles and puffiness
- Choose the right skin tone foundation
- Draw eyebrows, eyeshadows, eyeliners, blushers and choose the right lipsticks.

**Date:** Sat, 21 Mar '20

**Time:** 10am - 12pm

**Fees:** Member \$50, Public Service Officer \$55, Guest \$62

**Venue:** CSC @ Tessensohn

**Contact:** Vanessa at 6391 5641 or

vanessachoo@csc.sg

**Register by:** 16 Mar '20







## Learn Nude Makeup with Chemical-free Cosmetics

This is a hands-on workshop which focus on teaching makeup skills.

In this workshop you will learn:

- The importance of non-toxic plant-based makeup
- To enhance your best features with use of colours
- Contouring and highlighting (high definition makeup)
- Long-lasting makeup that doesn't look mask-like or patchy even after the 12 hours

Date: Sat, 28 Mar '20

Time: 10am - 11.30am

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

Venue: CSC @ Tessensohn

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

Register by: 19 Mar '20

## Basic Hair Cutting Workshop

At this beginner's course, participants will work in groups to try out basic hair trimming and learn basic techniques of hair cutting. Participants can bring your own hair cutting scissors.

Date: Sat, 28 Mar '20

Time: 10am - 12pm

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

Venue: CSC @ Tessensohn

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

Register by: 20 Mar '20



## Image & Styling Workshop

Course outline:

- Creating positive first impressions
- Visual poise and posture
- Understanding your personality style
- Personal colour analysis

Date: Sat, 28 Mar '20

Time: 10am - 12pm

Fees: Member \$50, Public Service Officer \$55, Guest \$62

Venue: CSC @ Tessensohn

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

Register by: 20 Mar '20

## Blend Your Own Perfume with Essential Oil

Aromatherapy is a powerful tool to heal the emotional blocks that we carry through our lifetime. Many a time the diseases we are struggling with are actually because of our emotions being stuck in our body. Fragrances of pure herbs not only tantalise our senses but they also calm our emotions and heal our body from many diseases. In the current market, unfortunately, there are a lot of synthetic oils and oils extracted from pesticide-infested herbs are available or worse with toxic chemicals. Thus when you use them you only enjoy the smell and not the health benefit.

In this workshop you will learn:

- Learn the different grades of aromatherapy oils
- How to select aromatherapy oils
- Learn about distillation techniques
- Ways to use aromatherapy oils
- Support of respiratory, digestive disorders, common cold, sore throat, headache and skin



Date: Sat, 4 Apr '20

Time: 10am - 11.30am

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

Venue: CSC @ Tessensohn

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

Register by: 28 Mar '20





## 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.

**Date:** Sat, 15 Feb '20 OR 28 Mar '20

**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:** 7 Feb OR 20 Mar '20

## Planning For Your Retirement

Did you know that 1 in 2 Singaporeans will live beyond 85 years old? What if you live beyond 90? This workshop will cover:

- Different facets of retirement planning
- Core characteristics of an ideal retirement portfolio
- Creating a well-structured retirement plan
- Building a retirement portfolio that generates high stable passive lifetime income
- How to protect your retirement nest egg against longevity risk, inflation risk and market risk

**Date:** Thu, 12 Mar '20

**Time:** 7pm - 9pm

**Fees:** Member \$5, Public Service Officer \$8, Guest \$12

**Venue:** CSC @ Tessensohn

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

**Register by:** 6 Mar '20



## Pilates for Beginners

Pilates is a great way to improve strength, flexibility, posture and muscular balance. Let instructor Ms Mabeline guide you to work on different muscle groups.

**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:** 1 week before class

### Class Schedule

8 Saturdays, 28 Dec '19 - 22 Feb '20 (No class on 25 Jan '20)

8 Saturdays, 29 Feb - 25 Apr '20 (No class on 11 Apr '20)



## 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
Bukit Batok, 4 Wednesdays	15 Jan - 5 Feb '20, 12 Feb - 4 Mar '20 OR 11 Mar - 1 Apr '20
Tessensohn, 4 Thursdays	6 - 27 Feb '20, 5 - 26 Mar '20 OR 9 - 30 Apr '20

**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:** 1 week before class

Ripstix® will be provided for class use.







## 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.

**Dates:** 4 Thursdays, 6 – 27 Feb '20,  
5 – 26 Mar '20 OR 2 – 23 Apr '20

**Time:** 7pm – 8pm

**Fees:** 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,**  
29 Jan – 19 Feb '20  
26 Feb – 18 Mar '20  
25 Mar – 15 Apr '20

**4 Fridays,**  
14 Feb – 6 Mar '20  
13 Mar – 3 Apr '20  
17 Apr – 15 May '20 (No class on PH)

**CSC @ Bukit Batok**  
(8pm – 9pm)

**4 Mondays,**  
10 Feb – 2 Mar '20  
9 – 30 Mar '20  
6 – 27 Apr '20

**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

## K-Kardio Dance POPULAR ♥

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.

**Dates:** 4 Mondays, 3 – 24 Feb '20 OR 9 – 30 Mar '20  
(No class on PH)

**Time:** 8pm – 9pm

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

**Venue:** CSC @ Tessensohn

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

**Register by:** 1 week before class



## Zumba Fitness

This cardio dance programme incorporates basic Latin dance moves with resistance exercises and zumba to let you burn calories the fun way.

**Dates:** 4 Tuesdays, 4 – 25 Feb '20,  
10 – 31 Mar '20 OR 7 – 28 Apr '20

**Time:** 7pm – 8pm

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

**Venue:** CSC @ Bukit Batok and CSC @ Tessensohn

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

**Register by:** 1 week before class





## 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:** Time: 4 Tuesdays, 4 – 25 Feb '20,  
10 – 31 Mar '20 OR 7 – 28 Apr '20

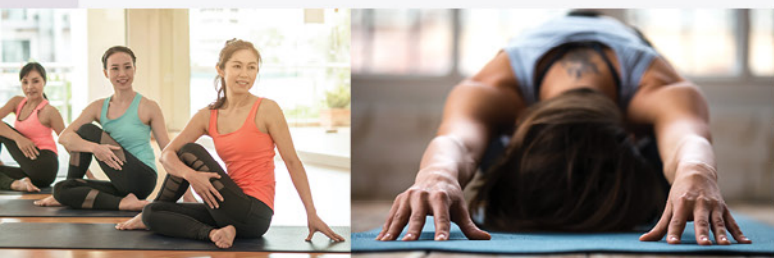
**Time:** 8pm – 9pm

**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:** 1 week before class



## Hatha Yoga by Anand

Hatha is a general category that includes most yoga styles: the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, while preparing the body for deeper spiritual practices such as meditation. It is gentle, slow and great for beginners.

**Date:** Sat, 4 Jan '20, 1 Feb '20 OR 8 Feb '20

**Time:** 11am – 12pm

**Fees (per class):** Member \$5, Public Service Officer \$10, Guest \$12

**Venue:** CSC @ Tessensohn

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

**Register by:** 1 week before class



## Keeping Fit the Muay Thai Way

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

**Dates:** 10 Saturdays, 15 Feb – 18 Apr '20

**Time:**

Adult Beginner: 11am – 12pm

Adult Intermediate: 10am – 11am

**Fees:** Member \$135, Public Service Officer \$145, Guest \$155

**Venue:** CSC @ Bukit Batok

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

**Register by:** 1 week before class



## 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.)

### WEEKEND GROUP CLASS

**Dates:** 4 Saturdays,

8 – 29 Feb '20, 7 – 28 Mar '20 OR 4 – 25 Apr '20

**Time:** 11.30am – 12.30pm, 3.30pm – 4.30pm OR 5pm – 6pm

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

### WEEKDAY GROUP CLASS

**Dates:** 4 Wednesdays,

12 Feb – 4 Mar '20, 11 Mar – 1 Apr '20 OR 8 – 29 Apr '20

**Time:** 6pm – 7pm OR 8pm – 9pm

**Venue:** Sengkang Basketball Court / Punggol

**Dates:** 4 Thursdays,

6 – 27 Feb '20, 5 – 26 Mar '20 OR 9 – 30 Apr '20

**Time:** 6.30pm – 7.30pm

**Venue:** Choa Chu Kang Park

**Dates:** 4 Fridays,

7 – 28 Feb '20, 6 – 27 Mar '20 OR 3 Apr – 8 May '20 (no class on PH)

**Time:** 6.30pm – 7.30pm OR 8pm – 9pm

**Venue:** Pinnacle @ Duxton

**Fees:** 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.



<b>Adult</b>	<b>4 Sundays, 9am – 10am</b>
<b>Cardio Tennis</b>	<b>4 Sundays, 10am – 11am</b>

**Fees:** 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

## Badminton NEW ★

Eager to pick up badminton as a sport or merely looking to sharpen your skills? Come and join us for weekly badminton classes designed for participants of different ages and abilities.

<b>Class Schedule</b> (Class size: Min 4 pax, Max 8 pax)	
<b>Feb / Mar</b>	<b>4 sessions</b> <b>Fees per month:</b> Member \$100, Public Service Officer \$112, Guest \$120
<b>Apr</b>	<b>5 sessions</b> <b>Fees per month:</b> Member \$125, Public Service Officer \$140, Guest \$150

**Dates:** Wed, Feb – Apr '20 (no class on PHs)

**Time:** 9am – 11am (Beginner)  
11am – 1pm (Intermediate)

**Venue:** CSC @ Tessensohn

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

**Register by:** 1 week before class



## Badminton Camp

Join us at this 3-day badminton camp to strengthen your foundation and hone your skills in the sport.

<b>Beginner</b>	<b>Dates:</b> 16 – 18 Mar '20 <b>Time:</b> 9am – 12pm
<b>Intermediate</b>	<b>Dates:</b> 18 – 20 Mar '20 <b>Time:</b> 1pm – 4pm

**Fees:** Member \$135, Public Service Officer \$145, Guest \$150

**Venue:** CSC @ Tessensohn

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

**Register by:** 1 week before class

## 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
- Bring own goggles, all other equipment provided.



**Venue:** CSC @ Tessensohn

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

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

**Register by:** 1 week before class

### Feb/Mar 2020 Monthly Class

<b>Class Format</b>	4 lessons in a month (Mon / Fri / Sat)
<b>Time (30-min per lesson)</b>	<b>Morning:</b> 8am – 11am <b>Afternoon:</b> 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

Visit [www.theswimsociety.com/schedule](http://www.theswimsociety.com/schedule) for more information on the schedule and terms and conditions.



## 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)

### CSC @ Bukit Batok (Beginners)

**Dates:** 10 Thursdays, 26 Mar – 28 May '20  
**Time:** 7.30pm – 8.30pm  
**Register by:** 20 Mar '20

### CSC @ Tessensohn (Beginners)

**Dates:** 10 Sundays, 22 Mar – 31 May '20  
**Time:** 10am – 11am  
**Register by:** 17 Mar '20

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

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



## Deep Aqua Aerobics

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

### Class Schedule

**8 Tuesdays, 14 Jan – 3 Mar '20**  
(No class on PH & eve of PH)  
7pm – 8pm

**8 Saturdays, 14 Mar – 2 May '20**  
(No class on PH & eve of PH)  
8.30am – 9.30am

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

**Venue:** CSC @ Bukit Batok

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

**Date:** Sat, 1 Feb '20 OR 11 Apr '20

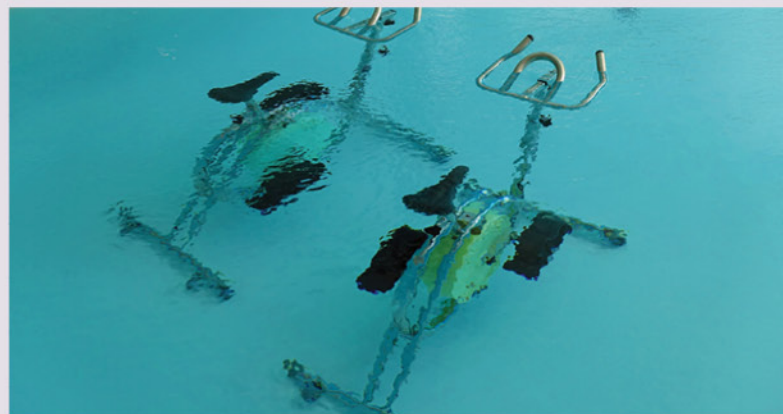
**Time:** 2pm – 5pm

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

**Venue:** Marina Country Club

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

**Register by:** 1 week before class



## Hydrowider AquaBike Fitness

An exercise 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. 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>4 sessions: 4 – 25 Feb '20 OR 10 – 31 Mar '20</b> <b>Time:</b> 6.30pm – 7.30pm OR 7.30pm – 8.30pm
<b>Thursdays</b>	<b>4 sessions: 6 – 27 Feb '20 OR 5 – 26 Mar '20</b> <b>Time:</b> 7.30pm – 8.30pm

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

**Venue:** CSC @ Tessensohn

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

**Register by:** 1 week before class



## Aqua Fitness for Ladies

Experience resistance training and aerobics movement in water to burn calories without sweating it out!

Movements are improvised according to individual fitness levels and to help facilitate fitness goals. Other benefits of aqua fitness include reduced blood pressure, improved well-being and reduced lactic acid buildup in your body. This is a safe form of exercise for people with arthritis, osteoporosis and weak joints. Pregnant ladies are welcome too.

**Date:** 4 Fridays, 7 – 28 Feb '20

**Time:** 8pm – 9pm

**Fees:** Member \$36, Public Service Officer \$42, Guest \$48

**Venue:** CSC @ Changi I

**Contact:** Firdaus at 6709 4713 or [ahmadfirdaus@csc.sg](mailto:ahmadfirdaus@csc.sg)

**Register by:** 1 Feb '20





## 新年菜单

### Food Solutions Workshops

- **Auspicious Bamboo Chicken** 翠竹报春
- **CNY Dinner Feast** 岁晚大团圆
- **Laoshu Suji Cookies**

Date: Fri, 17 Jan '20  
Time: 7pm - 9pm  
Register by: 12 Jan '20

- **Wang Tong Guo**
- **Laksa Assam**
- **Tung Hai Omni Puff** 冬海鱼腐

Date: Sun, 23 Feb '20  
Time: 2pm - 5pm  
Register by: 17 Feb '20

- **Radish Cake Special**
- **Din Xin Curry Yue Dan**
- **Peach Resin Dessert**

Date: Sat, 21 Mar '20  
Time: 2pm - 5pm  
Register by: 13 Mar '20

- **Gourmet Scotch Eggs** 苏格兰蛋
- **Crispy Char Siu Special**
- **Recipe of the Day** 今日特别食谱

Date: Fri, 24 Apr '20  
Time: 7pm - 9.30pm  
Register by: 17 Apr '20

**Fees Per Course:** Member \$18, Public Service Officer / Guest \$20

**Venue:** CSC @ Tessensohn

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

**Collaboration Partners:**



## 美食聚汇

### Culinary Workshops

(Chef's Menu)

- **Philippine Crispy Belly**
- **Rainbow CHEESE Cake**
- **SOUP Classic of the Day**

Date: Sat, 15 Feb '20  
Time: 2pm - 5pm  
Register by: 7 Feb '20

- **Pork Trotter Rolls**
- **Trio LAPIS Special**
- **Today's Rice Recipe**

Date: Fri, 5 Mar '20  
Time: 7pm - 9.30pm  
Register by: 25 Feb '20

(Funky Cook Menu)

- **Cincalok Special**
- **Army Sponge**
- **Sam Chan Kari Char**

Date: Sat, 11 Apr '20  
Time: 2pm - 5pm  
Register by: 3 Apr '20

**Fees Per Course:** Member \$18, Public Service Officer / Guest \$20

**Venue:** CSC @ Tessensohn

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

**Collaboration Partners:**



### CSC International Women's Day Luncheon Cooking Workshop

Win prizes for: Best Dress & Lucky Draw

- **Blissful Woman Velvet Cheesecake**
- **Tung Hai Fish Puffs** 冬海鱼腐
- **Assam Beehoon SING**

Date: Sun, 8 Mar '20  
Time: 12.30pm - 4.30pm  
Fees: Member \$35, Public Service Officer \$38, Guest \$40  
(Ladies Only. Fee include light lunch and welcome door gift pack)  
Venue: CSC @ Tessensohn  
Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg  
Register by: 28 Feb '20





## Baking by Harry

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



### Valentine Special - Pralines and Truffle Making

Make these interesting chocolates, pack them and give them as gifts or serve them at parties. As these are home-made, it expresses your heart delight to your loved ones during this Valentine. You can make them with several design moulds and 6 different fruits, nuts and liquor fillings.

**Date:** Sun, 2 Feb '20  
**Fees:** Member \$70, Public Service Officer \$80, Guest \$85  
**Register by:** 29 Jan '20

### Two Hearts Chocolate Delight

Celebrate Valentine Day with your love one by making this lovely cake together and enjoy it after a cozy dinner.

### Passionate Chocolate Tarts

A combination of chocolate and passionfruit gives this tart a delicious twist to enjoy.

**Date:** Sat, 8 Feb '20  
**Fees:** Member \$70, Public Service Officer \$80, Guest \$85  
**Register by:** 1 Feb '20

### Tim Sum Delights

Tim Sum never fails to delight guests. Learn to make them to serve your guests.

### Guo Tie, Porcupine Rice Balls, Xiao Loong Pau

**Date:** Sat, 29 Feb '20  
**Fees:** Member \$50, Public Service Officer \$55, Guest \$60  
**Register by:** 21 Feb '20

### Choux Pastry

Choux pastry has the reputation for being the most well loved pastry. It does not have as much fats as puff or Danish pastry. It is a light pastry that can be served with various fillings. It can be crafted into different designs too. In this lesson we will do the following:

**Eclairs, Profiterols, Paris-Brest, Cream puffs with Craquelin topping**

**Date:** Sat, 14 Mar '20  
**Fees:** Member \$60, Public Service Officer \$70, Guest \$75  
**Register by:** 7 Mar '20

### Cheesecake Galore Class Cottony Cheesecake

This cheesecake will simply melt in your mouth. Have it with some delicious Italian Strawberry Jam which we will provide. Having one piece will not be enough for your guests.

### Passionfruit Cheesecake

This cheesecake is a non-baked, cold-set cheesecake. It's yummy and pretty. A welcome contribution which you can bring along when invited to a afternoon tea party.

**Date:** Sun, 22 Mar '20  
**Fees:** Member \$70, Public Service Officer \$80, Guest \$85  
**Register by:** 16 Mar '20



## Baking by Stephanie

Learn to make a traditional carrot cake and cream cheese. Each student will go back with one 6" carrot cake.

**Date:** Sun, 1 Mar '20  
**Time:** 9am – 12pm  
**Fees:** Member \$60, Public Service Officer \$70, Guest \$75  
**Venue:** CSC @ Tessensohn  
**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg  
**Register by:** 24 Feb '20





## Cooking by 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.

### Demo class – Italian Meal

French valentines  
French onion soup  
Duck confit  
Orange scented soufflé



**Date:** Sat, 8 Feb '20  
**Time:** 2pm – 5pm  
**Fees:** Member \$45, Public Service Officer \$55, Guest \$60  
**Register by:** 1 Feb '20

### Hands-on Pasta Workshop

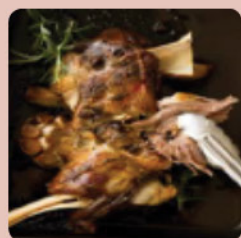
Handmade pasta with beef bolognese sauce  
Handmade squid ink pasta with seafood marinara



**Date:** Sat, 22 Feb '20  
**Time:** 2pm – 5pm  
**Fees:** Member \$60, Public Service Officer \$68, Guest \$72  
**Register by:** 14 Feb '20

### Demo class – Easter Roast Workshop

Caesar Salad, sauce from scratch  
Roasted Lamb shoulder with gravy  
Yorkshire pudding – side  
Potato gratin – side  
Hot cross buns



**Date:** Sat, 14 Mar '20  
**Time:** 2pm – 5pm  
**Fees:** Member \$45, Public Service Officer \$55, Guest \$60  
**Register by:** 7 Mar '20

### Hands-on Macarons Workshop

Macarons with chocolate ganache



**Date:** Sat, 28 Mar '20  
**Time:** 2pm – 5pm  
**Fees:** Member \$55, Public Service Officer \$60, Guest \$65  
**Register by:** 24 Mar '20

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

## Wine Appreciation and Food Pairing NEW ★

Join us for a workshop and guided tasting hosted by Mr Andreas Balemi DipWSET, a wine expert, consultant and founder of Wine & Philosophy.

The workshop will allow you to understand how wine is made and what are the main factors determining its style. You will learn to identify the main grape varieties, to name some of the key wine regions of the world, and to read a wine bottle label. You will also know how to serve wine like a connoisseur, and taste like an expert to assess quality and characteristics.

Five different wines will be tasted and paired with small bites of food representatives of a specific flavour category.

**Date:** Fri, 7 Feb '20  
**Time:** 7pm – 8.30pm  
**Fees:** Member \$45, Public Service Officer \$51, Guest \$57  
**Venue:** CSC @ Tessensohn  
**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg  
**Register by:** 1 week before class



## Tasting and Understanding Italian Wine NEW ★

Italy dazzles wine lovers with a number of quality wines across a wide spectrum of styles (and prices).

Discover Italian wine (and Italy!) through a workshop and guided tasting hosted by Mr Andreas Balemi DipWSET, a wine expert and consultant and founder of Wine & Philosophy.

Learn about the major wine regions, from Piemonte in the north of the Italian peninsula, to Tuscany in the center and Sicily in the south. Understand how grape varieties, winemaking techniques and traditions, as well as innovation and creativity determine the style of Italian wines.

You will also taste and compare five different wines from the major wine regions of Italy and learn how to appreciate them, how to serve and pair them with food. Cheese and/or other small bites will be provided throughout the tasting,

**Date:** Sat, 11 Apr '20  
**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:** 1 week before class





## Hands-On Copper Lamp Making Workshop

Learn to make your own industrial style copper table lamp with copper pipes and fittings. Experience the whole process of assembling and wiring up the lamp.

Each participant will work on one project and will get to bring home their proud creation. All tools and materials will be provided.

### Programme Outline

- Introduction about copper pipes and fittings
- Introduction on tools and equipment
- Assembling and electrical wiring
- Explanation about the types of bulb
- Light up session / photo taking

**Date:** Sat, 8 Feb '20 OR 18 Apr '20

**Time:** 2pm – 4pm

**Fees:** Member \$100, Public Service Officer \$106, Guest \$110

**Venue:** CSC @ Tessensohn

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

**Register by:** 31 Jan OR 8 Apr '20



## Couple Cosmic Bowl

Want to do something different in the month of love? What better way to spend it over a friendly bowling competition. Under a romantic lights-out ambience, come and experience an hour of cosmic bowling.

Fees indicated are inclusive of rental of shoes.

**Date:** Fri, 14 Feb '20

**Time:** 8pm

**Fees:** Member \$15, Public Service Officer \$22, Guest \$30

**Venue:** CSC @ Changi I

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

**Register by:** 15 Jan '20

## Couple Kayak/Stand-up Paddling with Dinner for 2

Step out of your comfort dating zone for an outdoor experience this Valentine. Share a kayak under the sun, then paddle for dear love, followed by a romantic dinner for two at our Beach Bar in Loyang.

**Date:** Sat, 15 Feb '20

**Time:** 4pm – 6pm

**Fees:** Member \$60, Public Service Officer \$64, Guest \$68

**Venue:** CSC @ Loyang

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

**Register by:** 15 Jan '20





## Grow Your Own Organic Herbs & Spices

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

### Topics Covered:

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

**Date:** Fri, 21 Feb '20

**Time:** 7pm – 9.30pm

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

**Venue:** CSC @ Tessensohn

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

**Register by:** 14 Feb '20



## Natural Remedies for Pets

For many, our fur babies are just as precious as our little ones. Empower ourselves to take control and say no to toxic ingredients in the food we eat and what we feed our fur babies.



At this hands-on workshop, you will:

- Know the toxic substance act
- Learn to identify toxic products in the home
- Learn to read labels on products
- Identify the top toxic ingredients to look out for
- Learn to use aromatherapy on our fur babies
- Learn what essential oil to avoid
- Learn what products you can make at home for our little fur ones

**Date:** Sat, 22 Feb '20

**Time:** 10am – 11.30am

**Fees:** Member \$30, Public Service Officer \$35, Guest \$38

**Venue:** CSC @ Tessensohn

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

**Register by:** 13 Feb '20



## Grow Your Own Microgreens

Microgreens – the shoots of salads and vegetables – are increasingly being incorporated into health diets of today. They come in a variety of flavours from sweet to savoury to earthy to spicy.

This course introduces you to their health benefits and includes a demo on how to grow your own. Participants each receives a starter kit worth \$19.90 comprising a planting tray, pesticide-free potting mix, seed pack & instructions.

**Date:** Sat, 22 Feb '20 OR 21 Mar '20

**Time:** 10am – 11.30am

**Fees:** Member \$45, Public Service Officer \$52, Guest \$55

**Venue:** CSC @ Tessensohn

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

**Register by:** 9 Feb OR 8 Mar '20

## Stand-Up Paddling with Doggie

Looking for an outdoor adventure with your furry friend? Join our two-hour Stand-Up Paddling session at Loyang with your dog and enjoy the beautiful scenery. You will be briefed on safety and be taught the basic of Stand-up paddling by a certified instructor.

**Date:** 14 Mar '20 AND/OR 21 Mar '20

**Time:** 2pm – 4pm OR 4pm – 6pm

**Fees:** Member \$60, Public Service Officer \$64, Guest \$66

**Venue:** CSC @ Loyang

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

**Register by:** 7 Mar '20





## Hydroponics Farm and Weekend Market Tour NEW ★

Join us on a half-day tour at a local farm to learn how our vegetables are grown and prepared from the soil right up to our doorsteps. In addition, participants may enjoy shopping at the local weekend market where freshly harvest greens are sold at affordable prices.

Highlights of the Tour:

- Tour both the traditional soil farm and the modern greenhouse and witness how technology has revolutionized farming methods
- Experiential learning which includes the tasting of freshly harvested greens, the sampling of fresh mint tea, and a demonstration on the extraction and preparation of an aloevera plant
- Stock up on freshly harvested produce at affordable prices at the weekend market



**Date:** Sat, 22 Feb '20

**Time:** 9am - 2pm

**Fees:** Member \$23, Public Service Officer \$28, Guest \$33

**Venue:** CSC @ Tessensohn

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

**Register by:** 13 Feb '20



## Kelong Tour & BBQ

Come enjoy a day in kelong with your family and friends. Get to know how kelong owners rear the fishes and observe their everyday lifestyle on kelong. Get to the kelong on a speedboat. For those who are up for kelong fishing, you can do so (additional fees apply).

**Date:** Wed, 15 Mar '20

**Time:** 5pm - 10pm

**Fees:** Member \$84, Public Service Officer \$90, Guest \$95 (Fees are inclusive of two-way bumboat transfer and BBQ items.)

**Venue:** CSC @ Changi I

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

**Register by:** 7 Mar '20



## Airforce Museum, Yakult and Gardenia Tour

Embark on a local tour around Singapore.

- Visit the Airforce Museum to witness the development of RSAF aircrafts.
- Visit the yakult factory for an educational tour of its state-of-the-art plant.
- Visit the Gardenia factory to witness the bread-making process from the baking of the bread to the packing of the loaf

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

**Time:** 9am - 4.30pm

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

**Venue:** CSC @ Tessensohn

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

**Register by:** 11 Mar '20

## Chek Jawa Boardwalk Adventure

An adventure to discover Chek Jawa's six ecosystems and its diverse array of unique habitats. Get up close to fiddler crabs, monitor lizards and other rare faunas and floras, including the mangroves. Suitable for children aged 3 and above.

**Adventure Dates (8am - 11.15am)**

**Sunday** 16 Feb '20, 15 Mar '20 OR 12 Apr '20

**Saturday** 29 Feb '20, 28 Mar '20 OR 25 Apr '20

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

**Meeting point:** 8am at Changi Point Ferry Terminal

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

**Register by:** 1 week before event date

(Pre-registration is required. Limited seats per departure)

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





## 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.

**Dates:** Sat, 8 Feb '20 OR 21 Mar '20

**Time:** 9am – 4pm

(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.

\* Please email to bryanlee@csc.sg to check for slots before making payment.



### What to bring:

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

### 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)



## 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!

## 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:** Sun, 23 Feb '20 OR Sat, 28 Mar '20

**Time:** 9am – 3pm

**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 an adult who is also taking the course.

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

\* Please contact Bryan to check for slots before making payment for the sessions.



### 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)

**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



## Father-Child Bonding

Looking for fun ways to bond with your child beyond sharing a meal at your regular fast food joint or a game jamming session?

How about getting both you out of your depths on this father-and-child camp and engage in activities that build bonds. Have fun at teambuilding, camp craft and end off with a BBQ star gazing night.

**Date:** Sat, 14 Mar '20

**Time:** 3pm - 10pm

**Fees (Father-child pair):** Member \$150, Public Service Officer \$155, Guest \$160

**Venue:** CSC @ Changi I

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

**Register by:** 6 Mar '20



## Horse Stable Management

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, 14 Mar '20

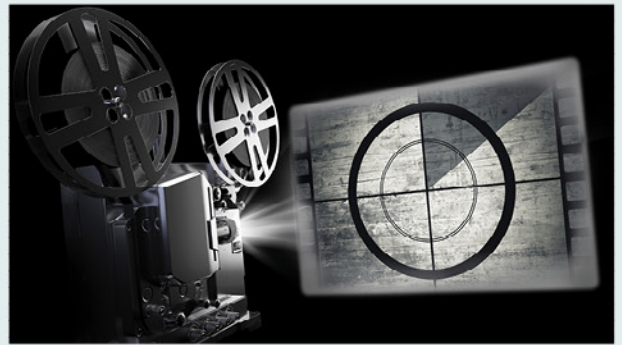
**Time:** 10am - 12pm

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

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

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

**Register by:** 5 Mar '20



## "Superhero Week" Free Movie Screening Marathon

It's the Term Break and our Student Superheroes are in for a great treat. "Superhero Week" is dedicated to Students who have survived 2020 till this term break. As a reward, Free Movie Screening of Marvel Superheroes will be screen throughout the week at our poolside cafe. You can order food and drinks from our in-house restaurant, Lots Gourmet or bring your own snacks to enjoy with the movie.

**Date:** Mon - Sun, 14 - 22 Mar '20

**Time:** 4pm - 7pm

**Fees:** Free

**Venue:** CSC @ Changi I

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

**Register by:** To register upon entry

## 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. Fees include rental of helmets.

**Date:** 5 Wednesdays, 18 Mar - 15 Apr '20

**Time:** 7.15pm - 8pm

**Fees:** 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:** 11 Mar '20







## Mastering the Erhu

If you appreciate oriental music, the erhu is a good option. This two-stringed instrument is easy to pick up and under Instructor Pang Chin Soon, who has more than 25 years of experience on the erhu, you will be able to play a tune within minutes!

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

**Dates:** 10 Wednesdays, 4 Mar – 6 May '20  
**Time:**

**Session 1:** 7.15pm – 8.15pm

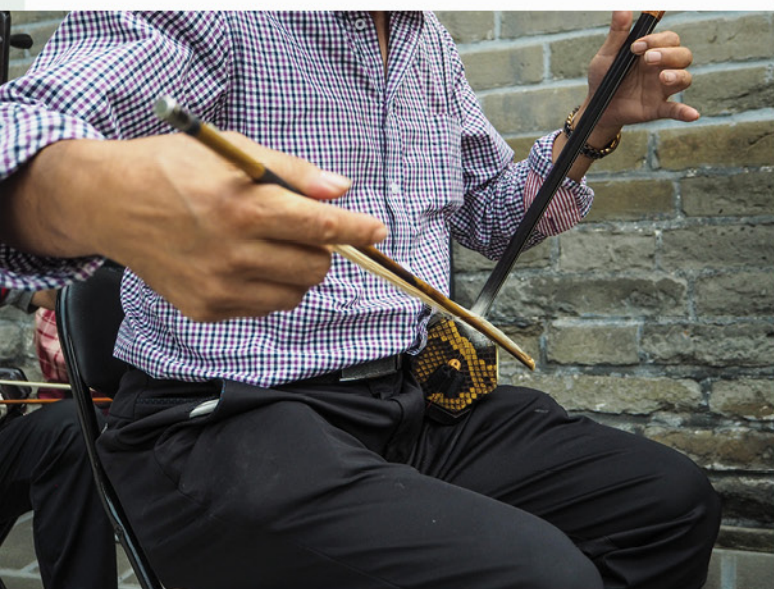
**Session 2:** 8.15pm – 9.15pm

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

**Venue:** CSC @ Tessensohn

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

**Register by:** 26 Feb '20



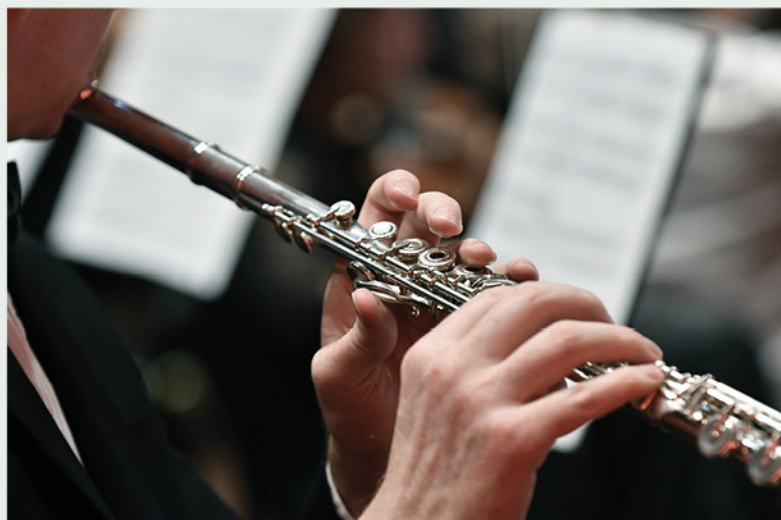
## Play the Violin

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.

Venue	CSC @ Bukit Batok	CSC @ Tessensohn
Dates & Time	8 Wednesdays, 12 Feb – 1 Apr '20, 7.15pm – 8.30pm Register by 5 Feb '20	8 Mondays, 9 Mar – 27 Apr '20, 7pm – 8.15pm Register by 2 Mar '20
Fees	<b>Beginner:</b> Member \$155, Public Service Officer \$165, Guest \$175	
	<b>Intermediate:</b> Member \$170, Public Service Officer \$180, Guest \$190	
	<b>Advance:</b> Member \$185, Public Service Officer \$195, Guest \$205	

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



## Learn to Play Flute

Learn the basics of notes and chords reading, plus play a range of songs from classical, pop and rock. Certified instructor Chye Yong Seng has taught since 1987 in many establishments and also held numerous concerts and events.

**Dates:** 6 Wednesdays, 12 Feb – 18 Mar '20

**Time:** 7pm – 8.30pm

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

(Due to hygiene purposes, participants must bring their own flute during lessons)

**Venue:** CSC @ Tessensohn

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

**Register by:** 5 Feb '20





## Play the Keyboard

Keyboard playing is like a one-man band! Come learn the basics of notes and chords reading, plus learn to play a range of songs from classical, pop and rock. Certified instructor Titus Chia has been teaching piano, keyboard and organ for the past 7 years.

**Dates:** 8 Wednesdays, 11 Mar – 29 Apr '20

**Time:** 7pm – 8.15pm

**Fees** (include materials and use of instrument in class):

**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:** 4 Mar '20

## 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离歌 (学员可自由选择歌曲)

**Dates:** 10 Wednesdays, 5 Feb – 8 Apr '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:** 2 Feb '20



吴美香老师

## 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, 18 Mar – 2 May '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 Mar '20



## 1D Zenxin, Kukup & 放天灯 (Sky Lantern) Special Tour

### Itinerary includes:

Head down to the Zenxin Organic Farm to visit the dragon fruit farm, herbs garden and mulberry farm, and to try DIY curry puffs and vegetable farming.

**Package includes:** One-day usage of 44-seater aircon bus • Experienced tour guide from Malaysia • Meal & entrance fee as per itinerary • Tipping • Group Insurance Medical S\$ 500, Accident Death & Disable S\$10,000

**Package excludes:** Personal expenses • Every expense not specified in the itinerary

**Dates:** Sat, 15 Feb '20

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

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

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

**Tour by:** Amazing Explorer



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

## 4D3N Cameron & Ipoh Tour

### Itinerary includes:

• Visit to Boh Tea Plantation and Factory • Bee Farm • Time Tunnel & Lavendar Farm • Strawberry Farm • Cactus Valley • Proceed to Ipoh town to visit mural art and Ipoh Railway Station

### Package includes:

4D usage of 30-seater aircon coach • 3N stays • 4 Lunch/4 Dinner • Entrance as per itinerary • Tipping for guide & driver • Group Insurance Medical \$500 • Accidental Death & Disability \$10,000

**Package excludes:** Personal expenses • Every expense not specified in the itinerary



Avillion Cameron & River Front Kinta Hotel Ipoh or Similar	Twin/Triple	Child w/out Bed (12 years & below)
Member	\$ 365	\$ 290
Public Service Officer	\$ 380	\$ 305
Guest	\$385	\$ 310

**Dates:** Sat to Tue, 14 – 17 Mar '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





## 3D2N Genting & Bentong Tour

### Itinerary includes

Lunch at local restaurant • Free & Easy in Genting • Arrive at Bentong to visit Peanut factory/Beancurd factory • Ginger Farm

**Package includes:** 3D usage of 30-seater air-con bus • 2N stay at Gloria Residence Hotel • 3 Lunch/1 Dinner • 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

Gloria Residence Genting Highland	Twin/ Triple	Child w/Bed (4 to 11 years)	Single
Member	\$ 248	\$ 218	\$348
Public Service Officer	\$ 268	\$ 228	\$360
Guest	\$ 278	\$ 238	\$370

**Dates:** Sat to Mon, 28 – 30 Mar '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

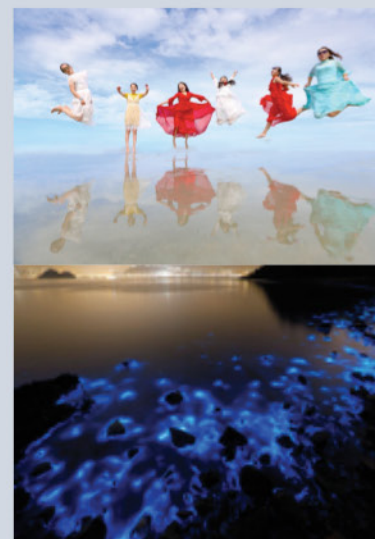
## 3D Sky Mirror, Kuala Selangor Tour

### Itinerary includes

Kuala Selangor • Village activities including visits to Fishball factory, Salted Fish factory, Cracker factory, Wishing Tree etc • Steamboat dinner with sunset view • Catch the Blue Tear • Boat ride to Mirror Sky – Come dressed in bright attire for beautiful selfies and wifies

**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:** Fri to Sun, 10 – 12 Apr '20

**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

## 1D Kulai Hakka Village Tour

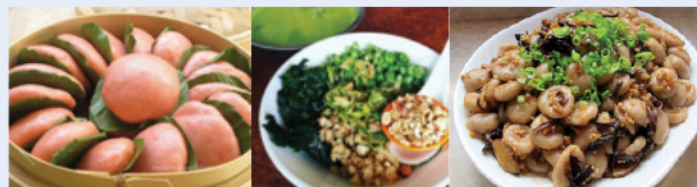
### Itinerary includes:

• Depart to the Hepo Museum Kulai • Continue with street art • Visit the Hakka Village, tasting famous Hakka desserts • Hakka lunch • Shopping • Dinner at local restaurant (Itinerary subject to change without prior notice)

### Package includes:

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

**Package excludes:** Personal expenses • Every expense not specified in the itinerary • Tipping



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

**Dates:** Sat, 11 Apr '20

**Meeting Time/Place:** 7.00am at CSC @ Tessensohn

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

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

**Tour by:** Amazing Explorer





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

## Kids Can Bake

### Parent & Child Pair

(Ages 3 to 11 yrs)

#### Sweetie Doll Cake

Date: Sat, 11 Jan '20 OR 22 Feb '20  
Time: 4pm - 6pm  
Register by: 3 Jan '20 OR 14 Feb '20



#### Candylicious Cake

Date: Sun, 19 Jan '20 OR 16 Feb '20  
Time: 4pm - 6pm OR 1.30pm - 3.30pm  
Register by: 13 Jan '20 OR 10 Feb '20



#### Fees Per Course Above:

(For each parent-child pair)

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

(For each additional child)

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

\*Fee inclusive of all workshop materials and ingredients



#### Mikki Pineapple Tarts

Date: Sun, 12 Jan '20  
Time: 1.30pm - 3.30pm  
Register by: 6 Jan '20



#### Groundhog Cupcakes

Date: Sun, 12 Jan '20 OR 23 Feb '20  
Time: 10.30am - 12.30pm OR  
1.30pm - 3.30pm  
Register by: 7 Jan '20 OR 17 Feb '20

#### Fees Per Course Above:

(For each parent-child pair)

Member \$68, Public Service Officer / Guest \$78

(For each additional child)

Member \$34, Public Service Officer / Guest \$39

\*Fee inclusive of all workshop materials and ingredients



## Stone Painting

(Ages 6 to 12 yrs)

The art of painting on stone dates back tens of thousands of years. Though the tools and methods have changed, the desire to communicate through art remains.

This stone painting workshop will help participants appreciate the value of daily objects around us like the ordinary stone, as well as bring out the creative side of you. Participants get to take home their own beautifully painted stone.

Date: Sat, 14 Mar '20

Time: 10am - 11.30pm

Fees: Supp Member \$39, Guest \$45

Venue: CSC @ Bukit Batok

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

Register by: 8 Mar '20

## Ceramic Tile Painting

(Ages 6 to 12 yrs)

This activity begins with learning how to transform your design to a ceramic tile and the technique to create a piece of artwork for decorating your house or as a gift. Each participant will take home a beautifully painted tile.

What you will learn:

- Transform your favourite design onto a ceramic tile
- Create a colourful memento

Date: Sat, 21 Mar '20

Time: 10am - 11.30pm

Fees: Supp Member \$39, Guest \$45

Venue: CSC @ Bukit Batok

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

Register by: 15 Mar '20







## Magic Tricks Workshop

### Parent and Child Bonding

(Ages 7 to 12 yrs)

Ideal for bonding, this workshop allows parent-and-child to learn four different types of magic tricks that will leave family and friends baffled and in awe.

Parent-and-child pair will also get the opportunity to hone their presentation skills as they practise and showcase their dazzling performance to the rest of the participants. Each pair of participants gets to bring back the magic tricks props.

**Date:** Sat, 7 Mar '20

**Time:** 9am - 10.30am

**Fees:** Member \$60, Public Service Officer \$65, Guest \$70

**Venue:** CSC @ Tessensohn

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

**Register by:** 2 Mar '20



## Kiddy's Bowl

(Ages 7 to 11 yrs)

Come bring the kids to this fun kiddy bowling. With the side bumper up, they will hit the pins with one throw without any chance for the bowl to go into the gutter.

Fees are for per lane per hour (with min signup of 3 pax, excluding shoes rental. All children must be accompanied or guided by adult.

**Date:** Wed, 21 Mar '20

**Time:** 2pm - 6pm

**Fees:** Member \$10, Public Service Officer \$16, Guest \$20

**Venue:** CSC @ Changi I

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

**Register by:** 14 Mar '20



POPULAR ♥

## Parent-Child Kayaking

Looking for an outdoor adventure with the children? Join our two-hour kayaking session at Loyang. A certified instructor will be on hand to brief on safety and the basics of kayaking. There is no better way to enjoy the wonders of nature.

**Date:** Sat, 14 Mar '20 AND/OR 21 Mar '20

**Time:** 10am - 12pm

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

**Venue:** CSC @ Loyang

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

**Register by:** 7 Mar '20

## Bowling for Kids

(Ages 8 to 12 yrs)

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

Clubhouse	Dates & Times
<b>Tessensohn (Planet Bowl)</b>	Tue & Wed, 17 & 18 Mar '20 10am - 12pm
<b>Bukit Batok (Westwood Bowl)</b>	Thu & Fri, 19 & 20 Mar '20 10am - 12pm

**Fees: (Each parent-child pair)**

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:** 10 Mar '20



## Hovercraft Workshop

(Ages 6 yrs and above)

Participants learn practical science concepts by assembling a hovercraft. They will also be guided in testing out the hovercraft they constructed, which they will get to bring home. At the end of the workshop, participants will apply science concepts to build and fly a hovercraft.



Learning Outcomes:

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

**Date:** Sat, 15 Feb '20

**Time:** 9am – 12pm

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

**Venue:** CSC @ Bukit Batok

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

**Register by:** 8 Feb '20

## 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. To engage participants and to add excitement, a mini race competition will be held at the end of workshop. Participants get to bring home the car!

Learning outcomes:

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



**Date:** Mon, 16 Mar '20

**Time:** 9am – 12pm

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

**Venue:** CSC @ Tessensohn

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

**Register by:** 9 Mar '20

## Micro: Bit Coding

(Ages 6 to 12 yrs)

Participants learn the fundamentals of programming using drag-and-drop command techniques, and coding for LED lights flashing, music buzzer and text display. Through this, they will appreciate further applications of programming in daily living.

Learning outcomes:

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



**Date:** Fri, 20 Mar '20

**Time:** 9am – 12pm

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

**Venue:** CSC @ Tessensohn

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

**Register by:** 13 Mar '20



## Robotics Computational Thinking Boot Camp

(Ages 7 to 10yrs)

Participants will be introduced to the basic fundamentals of programming and computing thinking through an interactive session that will require them to navigate a Bee Bot around the streets of Singapore.

In addition, participants will also be taught to use simple programming functions to programme a KIBO bot to replicate the functions of robots used in everyday life.

**Date:** Thu, 19 Mar '20

**Time:** 9am – 1pm

**Fees:** Supp Member \$110, Guest \$120

**Venue:** CSC @ Tessensohn

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

**Register by:** 12 Mar '20



## Game Design with Roblox for children

(Ages 7 to 12 yrs)

Roblox is one of the most popular sandbox games constructed of Lego-like blocks with more than 65 million active users per month. It is a massively popular multiplayer online game creation platform for users to design and develop their own games. Students will be able to play the games created by other developers too!

In this workshop, students will learn about game creation through the construction of their own obstacles (Obby) and terrains within Roblox platform. Through programming Roblox games, students will learn about the process of debugging, beta testing and feedback.

Students will also sharpen their presentation skills as they present their creations and let their friends try out their creations.

**Date:** Sat, 17 Mar '20

**Time:** 9am - 12pm

**Fees:** Supp Member \$50, Guest \$60

**Venue:** CSC @ Tessensohn

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

**Register by:** 10 Mar '20



## Virtual Reality for children

(Ages 7 to 12 yrs)

This class introduces participants to Virtual Reality (VR) and 3D spaces through the use of a platform called CoSpaces. CoSpaces Edu is an intuitive educational technology enabling participants to easily build their own 3D games/animations, animate them with simple drag-and-drop codes and explore them in VR. It will prepare participants with important concepts such as visualisation and inferencing in a fun and immersive environment.

In addition, participants will acquire hands-on experience with designing a world in 3D format, model objects and characters. Spatial thinking, 3D design and digital storytelling are just some key concepts that students will grasp through this creative course.

**Date:** Sat, 17 Mar '20

**Time:** 1pm - 4pm

**Fees:** Supp Member \$50, Guest \$60

**Venue:** CSC @ Tessensohn

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

**Register by:** 10 Mar '20

## Easter Sunday Egg Hunt Party

(Ages 6 to 12 yrs)

Come and have fun celebrating Easter Sunday with your family at Civil Service Club, Changi. Besides having the traditional egg hunting, there will be fun activities such as egg decoration, fun games and activities. Free Goodie Bags for all who pre-register. Programme Highlights:

- Egg Decoration
- Top 3 nicest decoration of the eggs will receive an attractive prize!
- Traditional Egg Hunting

Easter Eggs are hidden around the Clubhouse. Children are to hunt the eggs within the specific time given.

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

**Time:** 5pm - 8pm

**Fees:** Member \$12, Public Service Officer \$16, Guest \$20

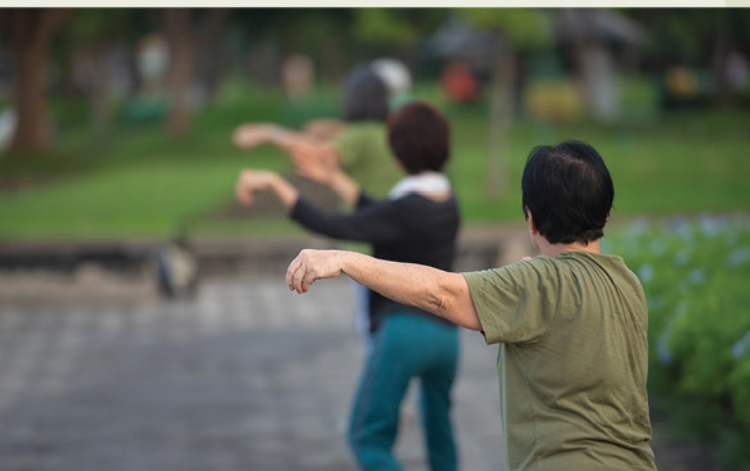
**Venue:** CSC @ Changi I

**Contact:** Firdaus at 6709 4713 or [ahmadfirdaus@csc.sg](mailto:ahmadfirdaus@csc.sg)

**Register by:** 1 Apr '20







## 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.



**Date:** Sat, 1 Feb '20  
**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:** 28 Jan '20

## 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.

**Date:** 3 Fridays, 21 Feb - 6 Mar '20  
**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:** 14 Feb '20



NEW ★

## Tai Chi for better health

Taichi, short for Taiji Quan is a Chinese martial art practised by many all over the world for both its defense training as well as its health benefits. Known for its ability to reduce stress and anxiety as well as increase flexibility and balance, the martial art is practised by both young and old practitioners who seek to improve their overall health.

Come down for this workshop conducted by Master Rennie Chong, a seasoned veteran with over 60 years of experience in Tai Chi and expect to learn:

- What Tai Chi is
- Its relationship to one's joints
- Inner strength and how to build it
- Overall health benefit of the Martial Art



**Dates/Time:** Thu, 20 Feb '20, 7pm - 8.30pm  
 OR Sat, 28 Mar '20, 1pm - 2.30pm  
**Fees:** Member \$5, Public Service Officer \$8, Guest \$10  
**Venue:** CSC @ Tessensohn  
**Contact:** Bryan at 6391 5607 or bryanlee@csc.sg  
**Register by:** 1 week before class





## Essence of Traditional Chinese Medicine

Traditional Chinese medicine (TCM) has evolved over thousands of years.

In this workshop, Dr Jeff Lou will share with you on TCM diagnosis and treatments, five elements, Ren and Du meridians and many more. Dr Jeff holds a PHD in TCM from China Academy of Chinese Medicines Sciences. He is also a principal lecturer at International Federation of Aroma therapists (IFA).

**Date:** Fri, 27 Mar '20

**Time:** 7pm – 9pm

**Fees:** Member \$42, Public Service Officer \$48, Guest \$49

**Venue:** CSC @ Tessensohn

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

**Register by:** 20 Mar '20

## Tea for Strengthening Health

The natural compound in tea has been scientifically documented to support human health and well-being. The plentiful antioxidants, amino acid, mild caffeine, vitamins and minerals present in tea infusion are highly beneficial not just for human health, but also a holistic medicine for healthy lifestyle. In particular, antioxidants play a major role in stopping the accumulation of free radicals that leads to cancer and neurodegenerative diseases.

There are so many benefits to be gained from learning about the different types of teas and the correct ways to drink this wonderful beverage. Every participant brings home a goodie bag.

**Date:** Sat, 7 Mar '20

**Time:** 2pm – 5pm

**Fees:** Member \$35, Public Service Officer \$40, Guest \$45

**Venue:** CSC @ Tessensohn

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

**Register by:** 1 Mar '20



## Yoga for Diabetes

Diabetes is a growing problem in Singapore today, with 1 in 3 diabetics unaware of having the illness. If not properly controlled, diabetes can lead to serious complications such as heart disease, stroke, kidney failure, blindness, and lower limb amputations. This class aims to create awareness about diabetes and empowering individuals to take control of their health.

**Highlights:**

- Sharing by experts on Yoga for Diabetes
- Practice session on Yoga for Diabetes

**Date:** Sat, 4 Jan '20, 1 Feb '20 OR 8 Feb '20

**Time:** 10am – 11am

**Fees (per class):** Member \$5, Public Service Officer \$10, Guest \$12

**Venue:** CSC @ Tessensohn

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

**Register by:** 1 week before class





## 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:

- Introduce 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, 18 Jan '20, 29 Feb '20 OR 4 Apr '20

**Time:** 10am – 11am

**Fees (per session):** Member \$3, Public Service Officer \$6, Guest \$10

**Venue:** CSC @ Tessensohn

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

**Register by:** 1 week before class



## Improve Well-being and Reduce Stress with Mindfulness

This course will enable you to:

- Understand mindfulness and its benefits
- Learn mindfulness practices and how to apply it to daily living
- Know the scientific studies behind mindfulness training
- Explore stress triggers and learn appropriate responses

**Dates:** 4 Saturdays, 1 – 22 Feb '20, 7 – 28 Mar '20 OR 11 Apr – 2 May '20

**Time:** 10am – 12pm

**Fees (per session):** Member \$88, Public Service Officer \$95, Guest \$100

**Venue:** CSC @ Tessensohn

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

**Register by:** 1 week before class



## Chinese Conversational Course

Our Basic Conversational Mandarin classes are designed for participants with zero background in the language. Join this workshop and expect to learn the core fundamentals of understanding and conversing in Chinese.

**Dates:** 8 Tuesdays, 4 Feb – 24 Mar '20

**Time:** 7pm – 9pm

**Fees:** Member \$130, Public Service Officer \$160, Guest \$180

**Venue:** CSC @ Tessensohn

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

**Register by:** 1 week before class

## Help! My Child is not listening! NEW ★

Children who are stubborn are highly sensitive and need to be engaged appropriately if they were to be nurtured to greatness and their full potential.

MOE Registered and ACTA trained speaker, Mdm Josey Koh, will share some tips on how to communicate effectively with your children to support their growth productively.

**Dates:** Sat, 8 Feb '20

**Time:** 10am – 12pm

**Fees (per month):** Member \$45, Public Service Officer \$48, Guest \$50

**Venue:** CSC @ Tessensohn

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

**Register by:** 1 Feb '20







## Raising Self-Disciplined Child NEW ★

Self-reliance is one of the greatest skills a parent can teach their little ones. Join us at this workshop and learn how you can instill habits and practices to help your child from being overly-reliant on others, and instead learn to face challenges by themselves.

**Dates:** Sat, 29 Feb '20

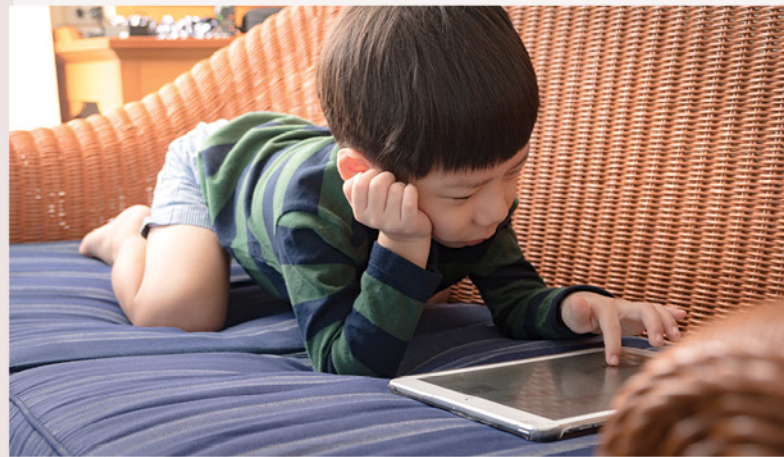
**Time:** 10am - 12pm

**Fees (per month):** Member \$45, Public Service Officer \$48, Guest \$50

**Venue:** CSC @ Tessensohn

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

**Register by:** 22 Feb '20



**NEW ★**

## Managing Screen time addiction of your child

Is your child always glued to the screen regardless? Are they always requesting for time extensions when you ask them to perform a simple task or run an errand? Join this workshop and learn how to curb your child's screen time addiction so that he/she can learn to spend their time more wisely on productive activities.

**Dates:** Sat, 21 Mar '20

**Time:** 10am - 12pm

**Fees (per month):** Member \$45, Public Service Officer \$48, Guest \$50

**Venue:** CSC @ Tessensohn

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

**Register by:** 14 Mar '20



## Deaf Awareness and Basic Sign Language Introduction

At this three-hour sharing session, participants will gain hands-on experiences through various activities.

This workshop will be conducted by a facilitator with years of experience in using the sign language and who is actively involvement in the deaf community.

Participants can expect to be equipped with basic signing skills, while enjoy some classroom fun.

**Date:** Sat, 21 Mar '20

**Time:** 10am - 1pm

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

**Venue:** CSC @ Tessensohn

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

**Register by:** 12 Mar '20



## Hit It Right With IT!

Introducing our latest line-up of IT Courses to cater to various interest and literacy level in IT matters.



### Microsoft Excel 2019 Advanced

#### Course outline:

- Create and use your own workbook template
- Consolidating data from different worksheets as well as different layout
- Using form for faster and safer data entry
- Applying basic and advanced sorting techniques
- Applying subtotals to your data for summary report
- Applying basic and advanced filtering techniques
- Using Table features to enhance your data
- Using Power View to customize the view of a huge database
- Creating drop list to speed-up data entry and improve accuracy
- Apply validation and create drop list to speed-up data entry and improve accuracy
- Using Excel auditing tools to audit worksheet formula
- Using What-If analysis tools to analysis the data
- Using Sparkline to visualize the data
- Recording and using macro
- Applying advanced functions to solve problems, search for data and making decision
- Using Pivot Table to easily generate reports and visualize the report using Pivot Chart

**Date:** Wed & Thu, 22 & 23 Jan '20,

Thu & Fri, 20 & 21 Feb '20 OR Mon & Tue, 16 & 17 Mar '20

**Time:** 9am – 5pm

**Fees:** Member \$310, Public Service Officer \$320, Guest \$330

**Venue:** The Adelphi Singapore

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

**Register by:** 1 week before class

### Microsoft Excel 2016 VBA Programming

#### Course outline:

- Introduction to Macro
- VBA Editor
- Working with Objects and Built-in Functions
- VBA Variables
- Working with Sub Procedures and Functions
- Conditions, Branches and Looping Control
- Debugging and Error Handling
- ActiveX Controls in Worksheet
- Userforms and Event Procedures

**Date:** Wed – Fri, 5 – 7 Feb '20 OR 11 – 13 Mar '20

**Time:** 9am – 5pm

**Fees:** Member \$630, Public Service Officer \$640, Guest \$650

**Venue:** The Adelphi Singapore

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

**Register by:** 1 week before class

### Microsoft Excel 2016 Pivot Table Proficiency

#### Course outline:

- Introduction to Pivot Table
- Creating a Pivot Table
- Editing/Updating a Pivot Table
- Filtering Data by Creating a Page Field
- Creating a Chart from Pivot Table
- Customize a Pivot Table
- Creating a Formula in a Pivot Table Report
- Printing Pivot Table and Pivot Chart
- Import Text File
- Data Slicer
- Consolidate Multiple Worksheets in a Pivot Table Report
- Pivot Table Keyboard Shortcuts

**Date:** Tue, 28 Jan '20 OR Fri, 14 Feb '20

**Time:** 9am – 5pm

**Fees:** Member \$230, Public Service Officer \$240, Guest \$250

**Venue:** The Adelphi Singapore

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

**Register by:** 1 week before class

### Microsoft Access 2019 Advanced

#### Do more with Advanced Features of Access 2019

This 3-day hands-on course is designed to equip user with the ability to construct different types of actions queries and its SQL. Adding controls and events on the form design to enable data retrieval and handling records from the tables. Design and customise report to produce result and layout of your preference.

Learn how to automate your tasks in Access with macros coding and connecting macros to your forms and tables. Jump into screens and panels quickly with Access' navigation features to save time. Receive valuable insights and tips to data handling and get the most out from Access.

This course is designed with appropriate hands-on exercises to allow you to practice key lessons taught to help you understand and become familiar with the components and features in Access.

**Date:** Wed – Fri, 19 – 21 Feb '20

**Time:** 9am – 5pm

**Fees:** Member \$420, Public Service Officer \$440, Guest \$450

**Venue:** The Adelphi Singapore

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

**Register by:** 10 Feb '20



## Microsoft PowerPoint 2016 Basic to Intermediate

### Course outline:

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

**Date:** Thu & Fri, 20 & 21 Feb '20 OR 19 & 20 Mar '20

**Time:** 9am – 5pm

**Fees:** Member \$300, Public Service Officer \$310, Guest \$320

**Venue:** The Adelphi Singapore

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

**Register by:** 1 week before class

## Microsoft Word 2019 Basic to Intermediate

Microsoft Word is used in daily activities and work, it has evolved to become the most common medium for written communication. These days knowing how to use Microsoft Word is not sufficient, you need to use it efficiently to stand out.

In this 2 day introductory course, you will learn the ins and outs of electronic word processing in an easy, relaxing and enjoyable way. Microsoft Word 2019 is designed to increased productivity through the task of creating professional looking documents. Its rich features and powerful tools can make your work easy and showcase your professionalism when done correctly.

**Date:** Mon & Tue, 2 & 3 Mar '20

**Time:** 9am – 5pm

**Fees:** Member \$300, Public Service Officer \$310, Guest \$320

**Venue:** The Adelphi Singapore

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

**Register by:** 25 Feb '20

## Microsoft PowerPoint 2016 Illustrating

### Create your very own unique Illustrations easily

We use visuals such as illustrations as key elements in visual communication for e-learning and infographics. They help attract the viewer's attention and reinforce key messages. A picture speaks a thousand words.

There are many apps in the market that help to produce illustrations and they are usually expensive. Did you know **Microsoft PowerPoint can create unique and impactful illustrations** (Your alternative to Adobe Illustrator) such as human characters and objects/shapes (all drawn in PowerPoint) and more as seen below at no extra cost if you already have PowerPoint in your Microsoft Office?

MS PowerPoint offers incredibly useful drawing tools that comes with fully customizable options to let you create your own illustrations even if you have zero artistic ability. This 1-day course will help you to explore many unrealised features that will enable you to create your own **unique and impactful illustrations**, and there are many ready premade customizable objects in PowerPoint that you can leverage and start on. Have your audience wonder where did you get those illustrations from? Sign up for this course today and we will show you how.

**Date:** Thu, 26 Mar '20

**Time:** 9am – 5pm

**Fees:** Member \$260, Public Service Officer \$270, Guest \$280

**Venue:** The Adelphi Singapore

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

**Register by:** 20 Mar '20

## Microsoft Access 2019 Basic to Intermediate

### Key Steps to Design a Database and Handle Data the Proper Way

If you have noticed how slow and ineffective it is to manage your bulky data in Excel, then it is time to build your database in Microsoft Access to improve your productivity and accuracy.

In this 2-days hand-on course, you will learn how to migrate your existing data and manage them in Microsoft Access 2019. This course is also designed for new and inexperienced users to appreciate the concept of database design through the process of normalisation. An essential approach which is a step that is often not taught to help you to build an effective and suitable database.

**Date:** Mon & Tue, 23 & 24 Mar '20

**Time:** 9am – 5pm

**Fees:** Member \$350, Public Service Officer \$370, Guest \$380

**Venue:** The Adelphi Singapore

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

**Register by:** 15 Mar '20



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

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

Deep Aqua Aerobics	8 Tuesdays, 18 Feb – 7 Apr '20	8am – 9am	Vikki	\$80	\$90	\$100	18 Pax (Max)	1 week before class
	8 Wednesdays, 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
	8 Thursdays, 13 Feb – 2 Apr '20	6.30pm – 7.30pm	Anthea	\$80	\$90	\$100	18 Pax (Max)	1 week before class
	8 Fridays, 13 Mar – 15 May '20*	6.45pm – 7.45pm	Renuka	\$80	\$90	\$100	18 Pax (Max)	1 week before class
	8 Saturdays, 15 Feb – 18 Apr '20	8am – 9am 9am – 10am	Anthea	\$80	\$90	\$100	18 Pax (Max)	1 week before class
Aqua Aerobics	8 Sundays, 9 Feb – 29 Mar '20	9am – 10am	Vikki	\$75	\$85	\$95	18 Pax (Max)	1 week before class

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

Children	4 Lessons, Jan/Feb/Mar '20 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
Ladies (Beginner)	10 Sundays, 12 Jan – 15 Mar '20*	10am – 11am	Thipa	\$210	\$220	\$230	12 Pax	3 Jan '20

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

Technique Ballroom Tango	10 Sundays, 23 Feb – 26 Apr '20	2pm – 3pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	17 Feb '20
Beginners Disco Rock & Latin Samba	10 Sundays, 23 Feb – 26 Apr '20	3pm – 4pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	17 Feb '20
Waltz – Slow Foxtrot	10 Sundays, 23 Feb – 26 Apr '20	4pm – 5pm	Jacie	\$70	\$75	\$80	12 Pax (Min)	17 Feb '20

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

Pilates	8 Mondays, 17 Feb – 6 Apr '20	7pm – 8pm	Mabeline	\$80	\$90	\$100	12 Pax (Min)	10 Feb '20
Yoga	8 Fridays, 7 Feb – 27 Mar '20	7pm – 8pm (Beginner, max 8 pax) or 8pm – 9pm (Intermediate)	Huay Lin	\$80	\$90	\$100	12 Pax (Min)	31 Jan '19



\*No lessons on PH &amp; eve of PH

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, 6 – 27 Feb '20	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	30 Jan '20
	4 Thursdays, 5 – 26 Mar '20	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	27 Feb '20
	5 Thursdays, 2 – 30 Apr '20	8pm – 10pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	26 Mar '20
Wing Chun Kung Fu, "Chi Sau" (Children 6 – 12 yrs)	5 Saturdays, 1 – 29 Feb '20	10.30am – 11.30am	Sifu Ken Lau	\$90	95	\$100	10 Pax	25 Jan '20
	4 Saturdays, 7 – 28 Mar '20	10.30am – 11.30am	Sifu Ken Lau	\$90	95	\$100	10 Pax	29 Feb '20
	4 Saturdays, 4 – 25 Apr '20	10.30am – 11.30am	Sifu Ken Lau	\$90	95	\$100	10 Pax	28 Mar '20
Wing Chun Kung Fu, "Chi Sau" (Adult Beginner)	5 Saturdays, 1 – 29 Feb '20	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	25 Jan '20
	4 Saturdays, 7 – 28 Mar '20	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	29 Feb '20
	4 Saturdays, 4 – 25 Apr '20	9am – 10.30am	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	28 Mar '20
Wing Chun Kung Fu, "Chi Sau" (Adult Intermediate)	5 Saturdays, 1 – 29 Feb '20	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	25 Jan '20
	4 Saturdays, 7 – 28 Mar '20	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	29 Feb '20
	4 Saturdays, 4 – 25 Apr '20	11.30am – 1pm	Sifu Ken Lau	\$90	\$95	\$100	10 Pax	28 Mar '20
Traditional Taekwon-Do	5 Saturdays, 1 – 29 Feb '20	3pm – 4.30pm (Beginner & Coloured Belt)	Singapore Taekwon-Do Academy	\$25	\$30	\$35	15 Pax	25 Jan '20
	4 Saturdays, 7 – 28 Mar '20	or 4.30pm – 6pm (Red & Black Belt Only)		\$40 parent & child pair \$55 parent & 2 children (Both parent and child have to be CSC members.)			15 Pax	29 Feb '20
	4 Saturdays, 4 – 25 Apr '20						15 Pax	28 Mar '20

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 | 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> 14 Jan – 3 Mar '20	7pm – 8pm	Vicsland	\$80	\$90	\$100	18 Pax (max)	9 Jan '20
	<b>8 Saturdays,</b> 14 Mar – 2 May '20	8.30am – 9.30am	Kelvin	\$80	\$90	\$100	18 Pax (max)	9 Mar '20

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

<b>Aikido (Adult)</b>	<b>4 Sundays,</b> 2 – 23 Feb '20	11am – 12.30pm	Steven Goh	\$48	\$52	\$54	20 Pax	26 Jan '20
	<b>5 Sundays,</b> 1 – 29 Mar '20	11am – 12.30pm	Steven Goh	\$60	\$65	\$67.50	20 Pax	23 Feb '20
	<b>4 Sundays,</b> 5 – 26 Apr '20	11am – 12.30pm	Steven Goh	\$48	\$52	\$54	20 Pax	29 Mar '20
<b>Aikido (Children)</b>	<b>4 Sundays,</b> 2 – 23 Feb '20	10am – 11am	Steven Goh	\$48	-	\$54	30 Pax	26 Jan '20
	<b>5 Sundays,</b> 1 – 29 Mar '20	10am – 11am	Steven Goh	\$60	-	\$67.50	30 Pax	23 Feb '20
	<b>4 Sundays,</b> 5 – 26 Apr '20	10am – 11am	Steven Goh	\$48	-	\$54	30 Pax	29 Mar '20
<b>Traditional Taekwon-Do</b>	<b>5 Saturdays,</b> 1 – 29 Feb '20	4pm – 5.30pm	Singapore Taekwon-Do Academy	\$25	\$30	\$35	15 Pax	25 Jan '20
	<b>4 Saturdays,</b> 7 – 28 Mar '20	4pm – 5.30pm		<b>\$40 parent &amp; child pair \$55 parent &amp; 2 children (Both parent and child have to be CSC members.)</b>			15 Pax	29 Feb '20
	<b>4 Saturdays,</b> 4 – 25 Apr '20	4pm – 5.30pm					15 Pax	28 Mar '20

### 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> 8 Feb '19 – 28 Mar '20	11am – 12pm	Agnes	\$80	\$90	\$100	12 Pax (min)	1 Feb '20
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## REGULAR ACTIVITIES | 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> Jan/Feb/Mar '20 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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# ASSOCIATE MEMBERSHIP

## Promotion

(FOR NON-PUBLIC SERVICE OFFICERS)

PROMOTION ENDS 31 MARCH 2020



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

**3 Year**  
 Membership  
**\$900**

**\$200**  
 CHALET E-VOUCHER\*

Promo Code:  
 V200



CSC @ LOYANG



CSC @ CHANGI II



CSC @ CHANGI I



**2 Year**  
 Membership  
**\$600**

GRUNN I2-ECOBOT  
 RRP \$269

Promo Code:  
 ROBOT



**1 Year**  
 Membership  
**\$300**

GRUNN  
 GARMENT  
 STEAMER  
 RRP \$169

Promo Code:  
 G Steamer



<https://www.csc.sg>  
 6391 5604 / 6514 6396  
[membership@csc.sg](mailto:membership@csc.sg)

Terms and conditions apply.

All promotion gifts are valid for Associate Membership only and subject to while stocks last.

\*Chalet E-Voucher can be used for all chalet types, at all 3 locations and for all periods.

**Bicentennial Associate Membership**  
 Promotion 1 Jan 2020 - 31 Mar 2020

**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!

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)



GRUNN I2-ECOBOT

RRP \$269

Promo Code: ROBOT



PROMOTION EXTENDED

CSC COMMEMORATES  
**Singapore**  
 BICENTENNIAL 2019





#### CHANGI I

	Fri, 24 Jan Eve of CNY	Sat, 25 Jan 1 <sup>st</sup> day of CNY	Sun, 26 Jan 2 <sup>nd</sup> day of CNY
Front Office	8.30am – 4pm	Closed	Open as usual
Check In Office	8.30am – 10.30pm	8.30am – 10.30pm	Open as usual
Chalets & Villas	Open as usual	Open as usual	Open as usual
Resort Bowl	8.30am – 3am	8.30am – 3am	8.30am – 3am
Club Facilities: Swimming Pool, Tennis	Open as usual	Open as usual	Open as usual
8 Degree KTV	7pm – 1am	7pm – 1am	7pm – 1am
Bistro Bowl	Open as usual	Open as usual	Open as usual
Absolute Fitness	9am – 6pm	Closed	Closed
LOTS Gourmet	Closed	Closed	Closed
Muslim Delights - Seaview Restaurant	Open as usual	Open as usual	Open as usual
Trinity Pro Shop and Academy	2pm – 5pm	Closed	Closed

#### CHANGI II

Check In Office	Open as usual	Open as usual	Open as usual
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	Fri, 24 Jan Eve of CNY	Sat, 25 Jan 1 <sup>st</sup> day of CNY	Sun, 26 Jan 2 <sup>nd</sup> day of CNY
Check In Office	Open as usual	Open as usual	Open as usual
Aloha Café (Convenience Store)	11am – 6pm	Closed	12pm – 6pm
Ohana Beach House	3pm – 12am	10am – 12am	10am – 12am



	Fri, 24 Jan Eve of CNY	Sat, 25 Jan 1 <sup>st</sup> day of CNY	Sun, 26 Jan 2 <sup>nd</sup> day of CNY
Corporate Office	Open until 1pm	Closed	Closed
Front Office & Clubhouse Office	Open until 4pm	Closed	Open as usual
Badminton, Swimming Pool, Tennis & Table Tennis	Open until 4pm	Closed	Open as usual
Goldmine (Jackpot Room)	Open until 4pm	Closed	Open as usual
Planet Bowl	9am – 3am	9am – 3am	9am – 3am
Alpha Bowling Pro-Shop	Closed	Closed	Closed
Biscotti Bakery	Closed	Closed	Closed
Café @ Poolside	9am – 2pm	Closed till 27 Jan	Closed till 27 Jan
Café @ Planet Bowl	10am – 4pm, 8pm – 2am	12pm – 2am	Open as usual
Futsal Court	Open as usual	Open as usual	Open as usual
Ground Up Rock Climbing	10am – 5pm	Closed	10am – 6pm
Gymnasium	7am – 12pm	Closed	Closed
Pisces KTV	Closed	5pm – 1am	2pm – 1am
Qian Xi Restaurant	Open as usual	Open as usual	Open as usual
The Rehab Lab (Physio Clinic)	By appointment	By appointment	By appointment
Shitoryu Karate	Closed	Closed	Closed
Vyasa Yoga	Open until 4pm	Closed	Open as usual



	Fri, 24 Jan Eve of CNY	Sat, 25 Jan 1 <sup>st</sup> day of CNY	Sun, 26 Jan 2 <sup>nd</sup> day of CNY
Club Facilities and Front Office	Open until 4pm	Closed	Open as usual
Treasure Cove (Jackpot Room)	Open until 4pm	Closed	Open as usual
Westwood Bowl	9am – 3am	9am – 3am	9am – 3am
8 Degree KTV	7pm – 1am	7pm – 1am	7pm – 1am
Anytime Fitness	Open 24hrs	Open 24hrs	Open 24hrs
Appetizer	10am – 1am	9am – 1am	9am – 1am
Artzone	Closed	Closed	Closed
Brilliant Kids Learning Cove	7am – 2pm	Closed	Closed
Dad's Corner	Closed	2pm – 10pm	2pm – 10pm
Glow Hairspa	10am – 5pm	Closed	Closed
Hilltop Garden Restaurant	Open as usual	Open as usual	Open as usual
Strikeline Pro Shop (Bowling)	11am – 5pm	Closed	Closed
Thinkel	Closed	Closed	Closed
The Ultimate	Closed	Closed	Closed