

# FUSION

MARCH-APRIL 2010  
MICA (P) 035/11/2009

Bringing Everyone Together at the Civil Service Club

Join us for a splashing  
fun time @ CSC!



## IN THIS ISSUE

SING WITH ANTHONY  
ACRYLIC NAILS & 3D NAIL ART

WINE TASTING AND PAIRING  
HORSEBACK RIDING

KICKBOXING BY GHANI  
WELLNESS FOR WOMEN

# HAPPENINGS

## Past And Coming Social Events



■ Celebrating the start of the new year with a toast.



■ Guests enjoying the pre-event festivities.



■ The comical Charlie Chaplin sent guests into peals of laughter.



■ Happy New Year!



■ The guests gearing up for the countdown to 2010!



■ The casino theme of the event was a big hit!



■ Amazing feats of awe by the Dou Dazzlin Novelty Show.



■ The emcee, Alfred George, entertaining guests with his lively antics.

LAST year, our Dinner & Dance attracted a big turnout of more than 670 members and guests at the Meritus Mandarin Singapore, ushering a better 2010. Much to their delight, the guests each received a special white wine as door gift and were all well fed by the sumptuous 8-course dinner. The witty Master of Ceremony, Alfred George went all out to win the hearts of the audience with mass participation games. The Comical Charlie Chaplin Show and the Dou Dazzlin Novelty show teased the guests with unforgettable performances. The grand lucky draw conducted right after the countdown never failed to be the most exciting highlight of the evening. If you missed the 2009 party, join us this year at the Integrated Resort at Marina Bay Sand for an even grander and more memorable celebration!

Our Chinese New Year Bazaar cum Festive Draw on 24 Jan 10 was well supported with many members, their families and friends. They had a great time picking up attractive bargains and sampling tasty snacks. The children were rewarded with delicious ice cream. Our Under One roof female star, Dolly (Ms Koh Chieng Mun) was at hand to demonstrate the fine art of dishing out a plate of healthy Yu Sheng and sharing tips on how to eat healthily. Members and their guests really having a good time immersing themselves in the cooking demonstrations and lucky draw prizes.

We continue to present vibrant, fresh and varied activities to you and your family from March to May. In May, the Club will be celebrating Mother's Day. This is an occasion for you and your children to bring love and joy to the mothers. Other children activities include rubik's cube workshop and financial life skills and a CSC Children Swimming Competition which are specially organized to give your children loads of fun and accomplishment.

Another piece of good news is that we are organizing for the 1st time Mahjong League on 8 May 10. Mahjong King/Queen from each clubhouse will compete against each other in the finals.

Another hot item is the Wine & Dine event on 12 Mar 10 where you will enjoy good food, lots of wine, entertainment, fun and games and lucky draw. It is also the time to buy wines at discounted prices.

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## From The GM's Desk

**Dear Members,**

AFTER the past few months of festivities and holidays, it is now time to step up the pace of work and hit the gym to burn those excess calories. As for the Club, some highlights over the past months were the year end countdown party on 31 Dec, the Chinese New Year Bazaar and Festive Draw on 24 Jan and the Festive Marathons held from 15 to 16 Feb. We thank our members for the tremendous support to make these events a huge success.

In this issue, I have included write-ups by the three Clubhouse Managers, to enable members to know more about who they are. They also share what they are doing to make their respective Clubhouse, a better place for members and their guests.

Over the next few years, the Club is committed to ploughing back more revenue to enhance the value of membership and to upgrade the quality of services and facilities offered to members and their families. We plan to provide more family centered facilities and activities for families to spend quality time together at the Club.

This year alone, the Club is investing about \$4 million to add-on new facilities and upgrade existing facilities at Tessensohn Clubhouse. As Bukit Batok Clubhouse is fairly new, the focus will be on providing more amenities for children and to anchor another F & B outlet. A Thai restaurant, Southbank Authentic Thai Restaurant will be operating by end April. Changi Clubhouse will be upgraded to feature a modernised gym, children's outdoor playground and alfresco dining area fronting the sea. These are the first steps towards achieving our vision of Changi Clubhouse as a modern seaside family resort and sports club. This is to complement the development of Changi point. We hope these upgrading will enhance the experience of our members.

Finally, I would like to appeal to members for your support and understanding for any inconvenience caused when Tessensohn Clubhouse is undergoing renovation from Mar to Nov 2010. ©

## CSC MAHJONG LEAGUE

ARE you a veteran mahjong player and relish the prospect of going head-to-head against the best mahjong players in the Club? If you are, sign up for the CSC Mahjong League. Preliminary rounds will be organized at each Clubhouse and the winners from each Clubhouse will be automatically entered into the semi-final rounds to compete against each other. All finalists will go home with a prize, and the top 4 winners from the semi-final round will challenge each other to be the CSC Mahjong King/Queen! ©

Rules and regulations can be found at <https://www.csc.gov.sg/html/Newsletter/Mar-Apr2010/mahjong.doc>

### Preliminaries

**Date:** Saturday, 8 May 10

**Place:** Club CSC @ Tessensohn

**Date:** Saturday, 15 May 10

**Place:** Club CSC @ Bukit Batok

**Date:** Saturday, 22 May 10

**Place:** Club CSC @ Changi

### Semi Final/Final Rounds

**Date:** Saturday, 5 Jun 10

**Place:** Club CSC@Tessensohn

### For the above:

Time: 9am to 5pm

Fee: Member \$15\*, Public Officer/Guest \$20

Contact: Gek Cheng at 63915624 or [kua\\_gek\\_cheng@csc.gov.sg](mailto:kua_gek_cheng@csc.gov.sg)

# SPOTLIGHT

## CSC Swimming Meet 2010: Splash Your Way to Victory!

IS your child a budding Tao Li or Michael Phelps? If your child is between 7 and 14 years old, let your child test their mettle against their peers in the CSC Swimming Meet 2010! Take off from the starting blocks and go for gold! ☺

### Rules and Regulations:

- Participants must report at 9am at Tessensohn Clubhouse Pool on 17 April 10.
- Participants are to bring along their Student EZ-Link card for identification purposes.
- Trophies 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.

**Date:** Saturday, 17 Apr 10

**Time:** 9am – 3pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member's Child \$8, Public Officer's/Guest's Child \$12 ( To register fill in and submit the application form )

**Contact:** Kenny at 63915607 or kenny\_chua@csc.gov.sg

**Register By:** 03 April 10

No	Event	Categories	Breast Stroke
B1	100m	Girls	7 - 9 Years Old
B2	100m	Girls	10 - 12 Years Old
B3	100m	Girls	13 - 14 Years Old
B4	100m	Boys	7 - 9 Years Old
B5	100m	Boys	10 - 12 Years Old
B6	100m	Boys	13 - 14 Years Old

No	Event	Categories	Freestyle
F1	100m	Girls	7 - 9 Years Old
F2	100m	Girls	10 - 12 Years Old
F3	100m	Girls	13 - 14 Years Old
F4	100m	Boys	7 - 9 Years Old
F5	100m	Boys	10 - 12 Years Old
F6	100m	Boys	13 - 14 Years Old

### Application Form

**I wish to register my child for the following swimming event/s:**

Breaststroke Events : B1 / B2 / B3 / B4 / B5 / B6 (Please Circle only one event for Breaststroke Events)

Free Style Events : F1 / F2 / F3 / F4 / F5 / F6 (Please Circle only one event for Freestyle Events)

Name of Child : \_\_\_\_\_ Age: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Gender: \*Male/Female  
 Name of Parent : \_\_\_\_\_ (\*Member/Public Officer/Guest)  
 NRIC/Membership No: \_\_\_\_\_  
 Address \_\_\_\_\_ S ( \_\_\_\_\_ )  
 Telephone \_\_\_\_\_ (O) \_\_\_\_\_ (H) \_\_\_\_\_ (HP)  
 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 activity.

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

\_\_\_\_\_  
 Date

\*Delete as appropriate.

## CSC Swimming Meet Bazaar!

CELEBRATE your child's victory at this exciting bazaar hosted in conjunction with the Swimming Meet 2010! At this bazaar, there will be 15 stalls selling a wide variety of items such as sports and health products, trinkets, fashion, delicious snacks, beverages and many more! Bring your family down and enjoy a day of thrilling competition and shopping! ☺

**Date:** Saturday, 17 Apr 10

**Time:** 9am – 4pm

**Place:** Club CSC @ Tessensohn

# CLUB NEWS



Andrew Wong,  
Manager,  
Club CSC @  
Tessensohn

## CLUB CSC @ TESSENSOHN

**Dear Members,**

I am Andrew Wong, Manager for Tessensohn Clubhouse. Together with my team, from the technicians to the service staff, we are committed to create a positive experience for you, your family and guests through quality facilities & services at Tessensohn.

We will continuously "Strive for Total Members Satisfaction".

Now, that leaves us to look forward to welcoming your visit to Tessensohn together with your family or guests for a day of fun and recreation.

### Coming Up In March / April 2010



#### Children's Playground @ 3rd Floor

When this is ready by April 2010, there will be more reasons for members to bring their children to Tessensohn. With the children occupied, members can also enjoy other facilities or attend classes/courses.



#### Improvements To Facade Lightings

Soon, when you visit the Club at night, you will see the facade entrance lighted with improvements made to the surrounding lightings using energy saving bulbs.

Likewise, come March 2010, moving around the Clubhouse will be made easier with our new directional signages.

Simple, clear illustrated signages for day and night will be installed at strategic areas of the Clubhouse.



Light box



wall signs.

#### Tombola At Tessensohn

Watch out for Thursday 15 April 2010 @ 7.30pm. TOMBOLA makes a come back to Tessensohn on every 3rd Thursday of the month, starting at 7.30pm at our Ballroom on the 4th floor.

#### New Machines & Better Chances At Jackpot Room

6 new machines, Lucky 88, Super Bucks, Magic Monkey, Pirate Bay, Sorceress Book and Fortune Gallop were recently installed to enhance members with an interesting and enjoyable playing experience. Members can also expect to benefit from attractive loyalty rewards.

### Public Service Swimming Meet 2010

The Swimming Pool will be closed on Sat 17 April 2010 from 8.00am to 3.00pm for the event.

### Public Service Badminton Tournament 2010

The Badminton Courts at the Multi-Purpose Hall will be closed from 6.00pm to 10.00pm on the following dates for the event:

- |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|
| * 3 to 5 March 2010   | * 8 to 12 March 2010  | * 15 to 19 March 2010 |
| * 22 to 26 March 2010 | * 29 to 31 March 2010 |                       |
| * 1 April 2010        | * 5 to 9 April 2010   |                       |

## What's New Coming Your Way This Christmas

### New Lift & Toilets Renovations

Good News! Commencing March 2010, the construction of a new lift (next to the Bowling Centre) serving all floors from the Basement 3 carpark to the rooftop will be built. All our toilets in the old block and swimming pool changing rooms will also be renovated.

The improvements will take about 8 months to complete and come Christmas, members will have a jolly good reason to celebrate and cheer. With the new lift, getting around to all the facilities will be more convenient. Nursing rooms will also be built for the convenience of mothers.

### Business Continuity Plan During Renovations

A Business Continuity Plan is in place to ensure that the inconvenience caused to members using the Club facilities will be minimized.

#### Outdoor Rock Climbing Wall

This will be closed and the surrounding premises will be boarded up.

#### Alternate Access to Bowling Centre

The Bowling Centre will operate as usual.

The present accesses to the Bowling Centre will be closed and the surrounding area boarded up.

Two temporary covered walkways leading to the Bowling Centre will be erected:

Access 1: From staircase 6 (near the locker area) leading through Tennis Court 1

Access 2: From bicycle park area (near carpark entrance) leading through Tennis Court 2

#### Relocation of Bowling Pro-Shop

This will be relocated to the former Squash Court near Tennis Court 1 and the Jackpot Room.

#### Bowling Café

The café will be closed and drinks and snacks vending machines installed. For Corporate Functions and Tournaments, the usual buffet catering will still be available.

#### Toilets & Swimming Pool Changing Room Renovations

Toilets & changing rooms will be renovated in phases. When the female changing room is being renovated, the ladies will use the male changing rooms and switch back when completed. Male members will be diverted to use the toilets located at the filtration plant room throughout the renovation period.

All other facilities at the Club, i.e. the Swimming Pool, Bowling Centre, Jackpot Room, Restaurant, Badminton/Tennis Courts, Gymnasium, Auditorium and Function Rooms will operate as usual during the period of the renovations.

With these improvements coming your way, we seek your understanding and patience on the expected inconvenience and disruption of services.

## Information & Enquiries

Visit our website at [www.csc.gov.sg](http://www.csc.gov.sg) for more details or call 6391 5600 and our staff will be glad to assist you. ©



Penny Chan,  
Manager,  
Club CSC @  
Bukit Batok

## CLUB CSC @ BUKIT BATOK

### Greetings to All Members

It was once said, "Life is not about waiting for the storms to pass. It's about learning how to dance in the rain". Bukit Batok Clubhouse will be 4 years old this March and it is a good time to take stock and look at how it will move forward. I am Penny Chan, Manager for the Bukit Batok Clubhouse and my staff and I would like to take this opportunity to apprise you on what is coming up and going on in our clubhouse. At the same time, we would also like to reaffirm our commitment to provide an enjoyable and great experience for you at our clubhouse.

### What's New



#### ArtZone

Our membership profiles show an increasing number of young families which resonates with our plans to introduce more family-oriented activities in the clubhouse. To this end, we are proud to introduce ArtZone, our latest tenant located at Block C. ArtZone provides a wide range of arts and craft workshop for children of all ages. ArtZone also has a child drop-off facility which assures parents that their children are in good hands while they are at another facility in the club. Look out for the workshops by ArtZone during the March school holidays.



#### Valibel Video Games

Nothing to do while waiting for a lane at Westwood Bowl? Valibel Machines, with its wide range of video games, is located at Westwood Bowl. This increasingly popular spot provides a respite from the waiting time. Check out the range of games and take a shot whilst waiting.



#### 7-Eleven

7-Eleven brings a convenience to our users through its wide range of diverse products and options for quick or light snacks. Members and their families have a wide range of ala minute items to choose from, and can even dine in the store itself. Situated at the poolside, members can enjoy their quick snacks al fresco style.

With all these new tenants, we will be working with them to introduce promotions and discounts, adding on to your privileges as a member.



■ Seminar rooms



■ Poolside



■ Treehouses

And with that, let's take this opportunity to introduce our function facilities. We have a wide range of function venues, such as treehouses, the poolside, ballrooms and function rooms. All our function facilities are fully equipped with the latest in AV technology, a wide range of cuisines available, and these packages can be tailored made to the clients' needs and requirements. Be it a private gathering, an ROM, an anniversary celebration or a company family day, we will be on hand to provide a comprehensive service at attractive prices. Be sure to check out the newly refurbished seminar room. For booking details, please contact our staff at 65137481.

Enjoy greater savings when you patronize our food and beverage outlets – the Chinese Restaurant, Hilltop Garden Restaurant, the Tapestry Wine Bar and the Shining Star Karaoke outlets. Also do drop by the spa and gym and check out the promotion packages offered.



## A Peek into What's Coming

Looking ahead, you and your family can look forward to a whole range of activities and improvements to the facilities:

### Indoor Children's Playroom

The club is in the midst of fitting out a children's playroom in Block C to complement the family hub of activities in the C Block. When completed, the children's playroom will offer a mix of fun and learning activities.

### New Lockers at Westwood Bowl

To cater to the increasing number of bowlers, we will be putting in additional and new lockers at the bowling centre. This will lease the demand for the current shortfall and we appeal members to bear with us pending the arrival of the new lockers.



### New Pool Floats

With the increase in crowds over the weekends and school holidays, our pool will be bringing in more floats to cope with the demand.



### New Activities at the Jackpot Room

We have recently added 6 new machines to the jackpot room. Members can look forward to more new machines introduced in the course of the year.

Aside from loyalty rewards coming your way, we will also enrich your experience in our jackpot room by offering a 2-tier reward system: a daily and monthly mysterious jackpot bonanza by mid to end March. We are also planning a series of Members Night at the jackpot room in the coming months in appreciation of your loyalty and support to us. Do look out

for our announcements for these events.

### New F & B Tenant

Members can look forward to our new F & B tenant, Southbank Authentic Thai Restaurant, located on the 3rd Floor at Block B. Southbank Authentic Thai Restaurant currently operating a restaurant at Boat Quay will offer members and their guests attractive and value for money set lunches for 2 persons from \$9 onwards. Its menu comprise sets meals, a la carte and snacks at affordable prices, The restaurant will open its doors from 1 April 2010 so do drop by and sample our latest tenant with its new menus priced especially for you.

This year promises to be a challenging year for us at the Clubhouse as we strive to meet your expectations of excellence befitting a great clubhouse. It is also exciting as we move forward and stay the course with our plans to not only improve our facilities, but also the range of activities and programs for you and your families. We look forward to seeing you at the Club soon. ☺

# CLUB CSC @ CHANGI



William Yuen  
Manager,  
Club CSC @ Changi

**Dear Members,**

When was the last time you visited our Changi Clubhouse? Perhaps it's time to mark your calendar and bring your family along for an inexpensive day of fun over the next six months. Steps away from the soft sands and pristine water of Changi Beach, a series of exciting changes are slowly unfolding at our Changi Clubhouse. With every visit, you will probably experience something new, different and exciting.

### Children Outdoor Playground

The playground is a fun and safe haven for kids to play and explore outdoors. Soon, it will not just be the play pool where your kids can have a splashing good time. Coming up at the end of April 2010 at Changi Clubhouse, is a colourful and well-equipped playground combining different playing structures, allowing kids to have a fun time.

### Gym

The Gym has been relocated to overlook the pool and the stretch of sea beyond. Come and experience the fresh look and feel of our new gym. New strength and cardio equipment have been added, along with mirrored walls, to let you watch yourself as you work out those biceps and washboard tummies. The gym caters adequately to those who are new to the world of fitness, as well as the regular fitness gurus. So take charge of your health and shape up your body at the Gym now. And the best part about it? It's free for members.



### Alfresco Dining

Imagine yourself downing a cold mug of beer, sipping a glass of wine or a cocktail, under a rustic and nature-inspired setting. All with a live band softly playing in the background and a stunning sea view as you indulge in the wide array of food on the menu. All this will soon become reality as they are now on our drawing board, waiting to be revealed within the next few months.



### Reading Room

Desire a quiet moment with your favourite novel or perhaps while some time surfing the Net? All these are possible at the Reading Room, where free WiFi is available. As for the sports enthusiasts, rejoice! Soon you will be able to watch your favourite cable sports programmes as you lounge in the room. We are looking at bringing all these cable programmes to you soon.



### New Machines and Cascade

For those who love to experience the thrill of tinkling coins, new machines and game features are constantly being introduced. Be rewarded with even more and higher payouts from the 2-tiered mystery bonus payout, which will be installed by the end of Mar 2010.



### Interest groups

For those interested in outdoor sports like cycling, archery, running, or fishing, interest groups of like-minded members are gradually being formed with Changi Clubhouse as their base.

More exciting enhancements and developments, like upgrading of façade lightings, and improvement of signage, upgrading of barbeque area, etc are shaping up. With all these actions right here at our doorstep, there's more reason for you to visit the Changi Clubhouse soon! Call or drop me and my team an email. Better still, visit us! We will be most delighted to be of service to you. ☺



# PROMO

## ART ZONE ACTIVITIES FOR MARCH



### Art Zone Explorer Art Camp – 18 Mar 10 (Full Day)

**Time:** 9.30am - 6pm

**Place:** Club CSC @ Bukit Batok

**Fee:** \$70



### Kids' Nite Out – 13 Mar 10 (Night Activity)

**Time:** 7.30am - 9.30pm

**Place:** Club CSC @ Bukit Batok

**Fee:** \$20

**Register by:** 10 Mar 10

Other one-off workshops at special member's rate at Artzone, Club CSC @ Bukit Batok.

*Dancing Puppet Workshop (19/3), Canvas Painting for Kids (17/3), Trophy Making Workshop (19/3), Create your own Fun Clock (26/3)*

**Contact:** Artzone at 63163631, 64720963 or [info@artzone.com.sg](mailto:info@artzone.com.sg)

## MEMBERSHIP PROMOTION: DISNEY ON ICE

CATCH the next ride to fun with Mickey, Minnie, Donald, Daisy, Goofy and Pluto as they embark on an adventure through the park in Disney On Ice presents a Disneyland® Adventure. Swing to the beat on the Jungle Cruise™ with Baloo, Rock-n-roll with Stitch in the Tiki Room; have a blast with Buzz Lightyear on Space Mountain™; and take a wild spin on the Mad Tea Party™ with Alice and the Mad Hatter! Be prepared for the mischief that lurks around the corner when the maniacal Maleficent turns Minnie and Donald into her two sleeping beauties and takes over the ice. Thrill to edge-of-your-seat excitement when everyone's favorite superhero family, The Incredibles, shows up to help Mickey save the day! Catch this fun-filled adventure fit for the entire family coming to a city near you!

**Date:** Thursday to Sunday, 18 Mar to 21 Mar 10

**Time:** Thu 3:30pm & 7:00pm,

Fri 3:30pm & 7:00pm, Sun 7:00pm

**Place:** Singapore Indoor Stadium

**Fee:** \$55.50, \$40.50, \$30.50, \$15.50 (Members enjoy 15% off)

**Contact:** Doris Ong at 65143630 or email [doris\\_ong@csc.gov.sg](mailto:doris_ong@csc.gov.sg) for password to purchase the abovesaid tickets





## Sparty At CSC!

CSC members gather your friends for a spa party and pamper yourselves with this special package at the Ultimate Wellness Haven. Indulge in their signature Aromasoul Massage Scrub or Aroma Radiance Face Spa, hand paraffin, foot reflexology massages and a wholesome spa meal. Journey together into a sanctuary of tranquillity with your friends at this sparty!

**Venue:** The Ultimate Wellness Haven, Club CSC @ Bukit Batok

**Price:** \$88 per pax (min 4) UP. \$ 315

**Package includes:** Aromasoul massage scrub OR aroma radiance face spa, hand paraffin, foot massage and a spa meal.

### Extra details:

- Aromasoul massage scrub (45 mins) or aroma radiance face spa (60 mins)
- Hand paraffin (20 mins)
- Foot reflex (45 mins)
- Spa meal comprises of ginger tea or fruit juice, tuna and egg wholemeal sandwich and traditional dessert

### The Ultimate Wellness Haven

Civil Service Club (Resort Spa)

91 Bukit Batok West, Ave 2, Blk D, Level 5 S(659206) Tel: 6316 6451

# ARTS

## Water Colouring Level 1

LEARN watercolour painting in this beginner course designed to introduce students to the fundamentals of watercolour painting. Students will become familiar with basic techniques and materials through a series of painting exercises and projects. Initial classes will focus on developing confident brushwork and accurate colour mixing skills while others will be devoted to creating landscape and floral paintings. @

**Date:** 6 Saturdays, 10 April 10 to 22 May 10 (Excluding 1 May 10)

**Time:** 10am – 12pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$150\*, Public Officer/Guest \$160\*

(\*Fees exclude drawing materials)

**Contact:** Kenny at 63915607 or kenny\_chua@csc.gov.sg

**Register By:** 03 April 10



## Coin Purse Crochet Workshop



EXPLORE your creative side in this crocheting workshop! Crochet is a technique for creating fabric from yarn or thread by using a crochet hook. Participants will learn to make 2 coin purses of different designs and an additional purse frame will be given after the workshop. ©

**Date:** Saturday, 10 Apr 2010

**Time:** 2pm - 5pm

**Place:** Orchard Hotel Shopping Arcade

**Fee:** Member \$\$48, Public Officer/Guest \$52  
(Fee includes materials )

**Contact:** Gek Cheng at 63915624 or kua\_gek\_cheng@csc.gov.sg

**Register By:** 5 Apr 10

## Arts & Crafts With Eileen!

BE inspired by art! Tap on your creative side and make your own arts & crafts item through these workshops by Happy Thots Cottage's Eileen Woon, who has several years of art teaching experience. ©



### Fun With Clay Miniature Fruits

IF you love miniatures, you will enjoy learning how to make miniature fruits using clay. Charm your kids and friends with these tiny masterpieces of artwork! ©

**Date:** 2 Sundays, 11 & 18 Apr 2010

**Time:** 11am - 1pm

**Fee:** Member \$60, Public Officer/Guest \$65



### Canvas Shoe, Bag or T-shirt Painting

BE a fashion designer! Try your hand at fashioning your own unique canvas shoes, bag, cap or T-shirt Painting. In this design workshop, you will learn to apply design and text outline, colour mixing, the use of stencils or freehand drawing and more. The workshop lets adults and children 7 years old and above have fun together. Participant needs to indicate whether they want to paint a canvas shoe, cap, canvas bag or cotton T-shirt. ©

**Date:** Saturday, 17 Apr 2010

**Time:** 2pm - 4pm

**Fee:** Member \$38, Public Officer/Guest \$43



### Giving New Life To Dolls!

DO you love babies? Do you collect dolls? A new hobby is in town - making baby dolls! This workshop will show you how to transform vinyl parts into a doll that looks like a real baby. ©

**Date:** 2 Sundays, 11 & 18 Apr 2010

**Time:** 2pm - 4pm

**Fee:** Member \$88, Public Officer/Guest \$93

## Art & Crafts With Eileen!



### Basic Art Clay Silver

CLAY is a versatile medium that can be moulded into different shapes and designs. In this workshop, create unique 99.9% pure silver jewellery pieces! You will have the chance to learn to dry, fire and fuse

your very own silver clay art pieces together. ©

**Date:** Saturday, 27 Mar 2010

**Time:** 11 am – 1pm

**Fee:** Member \$68, Public Officer/Guest \$73



### Make Your Own Jewellery

A unique piece of jewellery can spice up a plain outfit instantly. Why not make your own? Learn the

techniques behind making DIY jewellery such as earrings, necklaces and bag pendants. ©

**Date:** Sunday, 28 Mar 2010

**Time:** 2pm – 4pm

**Fee:** Member \$42, Public Officer/Guest \$47

#### For the above courses:

Fee includes all course materials and use of tools. Maximum group size is 10 persons.

**Place:** Happy Thots Cottage, No 213 Jalan Besar, #03-01, Singapore 208897  
(Opposite Jalan Besar Plaza)

**Contact:** Samantha at 63915613 or samantha\_chin@csc.gov.sg

# BEAUTY



## Secret to Tummy Trimming

WANT to achieve your 'dream look'? Ever wondered on how to get started on getting that washboard stomach? Join Atos Wellness on a Tummy Trimming session which gives you guidelines and advice on how to have contoured waist curves, tightened midriiffs and flat belly! ©

**Date:** Saturday, 24 Apr 10

**Time:** 2pm to 4pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$25\*, Public Officer/Guest \$30\* (\*A goodie bag will be given to each participant. Attractive prizes for lucky draws)

**Contact:** Samantha at 63915613 or samantha\_chin@csc.gov.sg

**Register By:** 15 Apr 10



## Basic Henna Workshop

EVER wondered how intricate henna designs are applied and created? Pick up the basics as you learn how to create and draw your own henna designs to decorate your body in this workshop. Also covered is the entire henna process, from application to aftercare, with hands-on practice as well. ©

**Date:** Saturday, 17 April 10

**Time:** 3pm – 5pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$25, Public Officer/Guest \$30 (Fee includes basic materials.)

**Contact:** Kenny at 63915607 or kenny\_chua@csc.gov.sg

**Register By:** 10 April 10

## Personalised Makeup Workshop

LEARN how to create different looks for yourself in this hands-on, interactive session full of practical makeup tips. Find out how to read your facial structure and skin tone to bring out the best looks that suit your features and style. Tips such as longer-lasting makeup and mascara application will be covered, as well as day and glamorous evening looks to make you glow and many more! @

**Date:** Saturday, 24 Apr 10

**Time:** 2pm - 6pm

**Place:** Club CSC @ Tessensohn

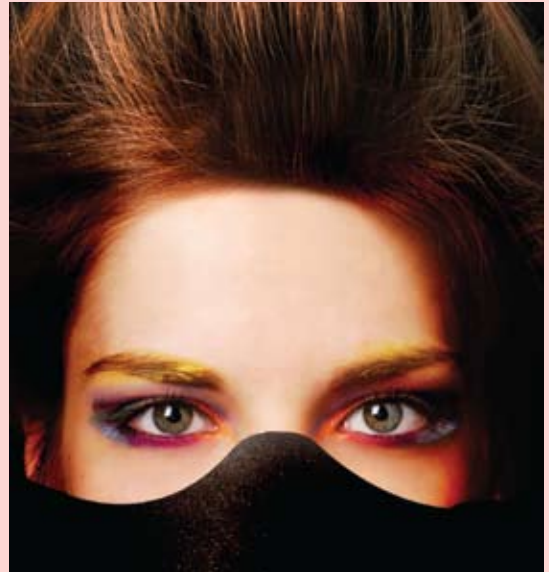
**Fee:** Member \$138, Public Officer/Guest \$148

(includes a professional multi colours full makeup palette kit)

(max 10 pax)

**Contact:** Gina at 63915641 or gina\_lim@csc.gov.sg

**Register By:** 12 Apr 10



## Dress Sense & Inner Beauty

FIRST impressions matter. That's why the way you dress can speak volumes about you as a person, with people forming perceptions about your sophistication, intelligence and credibility just by your outward appearance. Learn how to express your inner beauty through your dress sense with a figure and wardrobe analysis, as this talk walks you through colour coordination, choosing clothes and footwear that suits your body shape, hairstyle and accessory guidelines and the importance of great-fitting foundation garments. Make a great impression today! @

**Date:** Saturday, 8 May 10

**Time:** 2pm to 5pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$25\*, Public Officer/Guest \$30\* (\*A goodie bag will be given to each participant. Attractive prizes for lucky draws)

**Contact:** Samantha at 63915613 or samantha\_chin@csc.gov.sg

**Register By:** 1 May 10

## Acrylic Nails & 3D Nail Art

A professional certification course in acrylic nails and 3D designs, learn how to professionally apply acrylic nails and design eye-catching 3D floral designs on nails. Acrylic nails, one of the most popular types of artificial nails, are used as nail tips or whole nail overlays, and involve combining powdered and liquid acrylic products. In this course, you will also learn how to create 3D designs on nails to wow your friends! @

**Date:** Saturday, 10 Apr 10

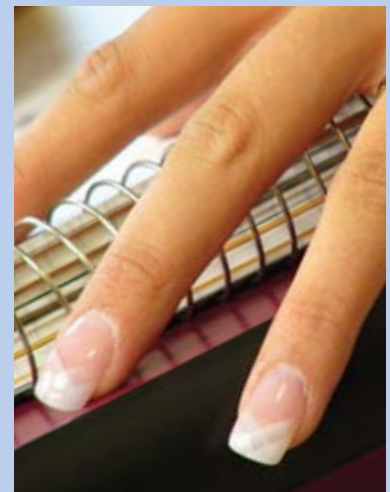
**Time:** 2.00pm - 6.00pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$120, Public Officer/ Guest \$30 (includes materials, goodie bag worth \$60 and a certificate)

**Contact:** Gina at 63915641 or gina\_lim@csc.gov.sg

**Register By:** 1 Apr 10



# FOOD

## Cooking With Asian Home Gourmet-cum-Mid-Autumn Festive Lucky Draw



**SUPOR**

### Take part in the Mid-Autumn Festive Lucky Draw

To take part in our Mid-Autumn Festive Lucky Draw, simply sign up at least 3 workshops between Apr to Sep 10 conducted by Asian Home Gourmet and Supor. Do look out for more upcoming workshops in the next issue of Fusion!

#### Mid-Autumn Festive Lucky Draw Prizes:

Grand Prize: Supor Diamond Lady Wok Pan (worth \$100)  
2 Consolation Prizes: Asian Home Gourmet Hamper worth \$50 each

Draw Date: Workshop on 17 Sep 2010

#### Workshop 1

TANTALISE your taste buds by learning to make three signature Asian recipes in this workshop: Thod Mun Pla, or spicy Thai fish cakes, a popular hawker snack; Nanas Nasi Ulam Special, a Nyonya style of fried rice with herbs; and Gunpowder Walnut Muffins, a unique blend of flavours using gunpowder tea in this breakfast and teatime confection. ☺

**Date:** Saturday, 24 Apr 10

**Time:** 2pm – 4.30pm

**Register By:** 17 Apr 10

#### Workshop 2

WHIP up more Asian culinary delights in this workshop: Emerald Canton Chicken, a grilled lemongrass marinated dish; Japanese Curry Croquette, the snack favourite in a panko jacket; and Javanese Ongol-Ongol, a popular Indonesian sweet made from cornstarch and palm sugar. ☺

**Date:** Friday, 14 May 10

**Time:** 7pm – 9.30pm

**Register By:** 7 May 10

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$18, Public Officer/ Guest \$20 (include goodie bag with \$5 each)

**Contact:** Gina at 63915641 or gina\_lim@csc.gov.sg

## Japanese Cooking Workshop



INCREASING in popularity worldwide, Japanese cuisine is renowned for its healthiness and beautiful presentation of dishes. In this workshop, Ueno JP Dining will teach you how to whip up delicious and healthy Japanese dishes, such as donburi, teriyaki chicken, Japanese salad and miso soup, for your entire family! ☺

**Date:** Sunday, 11 April 10

**Time:** 11.30am – 2pm

**Place:** Ueno JP Dining, 22 Cavenagh Road, #01-12 Hotel Grand Central, Singapore 229617

**Fee:** Member \$50, Public Officer/ Guest \$60

**Contact:** Kenny at 63915607 or kenny\_chua@csc.gov.sg

**Register By:** 04 April 10



## Enjoy Baking With Irene Toh

HAVE a sweet tooth for cakes, pastries and cookies? Ever wondered how you could make them in your own kitchen? If the answer is yes, Irene Toh, an experienced teacher in baking and cooking classes will show you how you can whip up scrumptious treats like pineapple tarts, chocolate chip cookies and orange cake! ☺

**Date:** Saturday, 17 Apr 10

**Time:** 11.00am - 1.00pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$10, Public Officer/ Guest \$15

**Contact:** Gina at 63915641 or gina\_lim@csc.gov.sg

**Register By:** 10 Apr 10



## The Art of Chinese Tea



THE art of Chinese tea appreciation dates back more than 2000 years, and avid Chinese tea drinkers are known to pursue the perfect tea leaf as fervently as connoisseurs of fine wines. Savour some of the world's finest Chinese teas at Yixing Xuan Teahouse and drink in the knowledge of tea and its health benefits. In this workshop, you will learn about the various kinds of tea leaves, equipment and how to tea is prepared traditionally. You will also get to indulge your senses by pairing a selection of teas with delectable *tim sum* prepared by a five-star hotel *tim sum* chef. ☺

**Date:** Saturday, 10 Apr 10

**Time:** 11am - 1pm

**Place:** Yixing Xuan Teahouse, 30/32 Tanjong Pagar Road

**Fee:** Member \$25\*, Public Officer/Guest \$28\* (\*include *tim sum* meal)

**Contact:** Samantha at 63915613 or samantha\_chin@csc.gov.sg

**Register by:** 2 Apr 10

## Mother's Day Dinner

ALL mothers deserve to be celebrated on Mother's Day. Appreciate mothers with a sumptuous meal in this Mother's Day Special. Enjoy a 8-course meal with exclusive door gifts and lucky draws for all mothers! ☺

### Menu

- Cold dish
- Shark fin soup with crab meat
- Sesame seed roasted chicken
- Fried prawns with salted egg yolk
- Steamed sea bass
- Spinach with braised mushroom and fish maw
- Ee fu noodles
- Sea coconut & longan beancurd

**Date:** Friday, 7 May 10

**Time:** 7.30am - 9.30pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$33, Public Officer/ Guest \$36

Member \$330 per table, Public Officer/Guest \$360 per table (includes door gift for all mothers, lucky draws and 8-course dinner)

**Contact:** Gina at 63915641 or gina\_lim@csc.gov.sg

**Register By:** 27 Apr 10





## Wine Tasting & Pairing Sessions

ENJOY savouring the taste of an exquisite wine? Or find wine as the perfect complement and companion to food? If so, this series of wine tasting and pairing sessions are for you. Tantalise your palate with fine-bodied wines and accompanying foods, or taste a delicate array of different wines! ☺

### Laksa & Wine Pairing

LAKSA, a hot and spicy dish, can be tough on wine as chilli-infused dishes tend to dampen the apparent fruitiness and sharpen the tannic edge in red wines. However, some wines can withstand the spiciness, such as Gewurztraminer. Its perfumed, spice and lychee character stays vibrantly refreshing with spicy food. In this session, taste 4 different wines (1 sparkling, 2 whites and 1 red) with laksa and learn about wine and spicy food pairing from Mr Jeffrey Soh of Tapestry Room. ☺

**Date:** Friday, 19 Mar 10

**Place:** Club CSC @ Bukit Batok, Tapestry Room

**Time:** 7.30pm - 9.00pm

**Fee:** Member \$20, Public Officer's/Guest \$24

**Register By:** 12 Mar 10

### All About Red Wines

IF you enjoy or want to try red wines, join this session to taste 7 varieties of red wines: Pinot Noir, Merlot, Cabernet Sauvignon, Malbec, Sangiovese, Tempranillo and Shiraz. Learn about each varietal's typical aromas and flavour to enhance your appreciation of the wines, improve your palate and enjoy the wines' true quality. ☺

**Date:** Friday, 26 Mar 10

**Place:** CSC @ Tessensohn

**Time:** 7.30pm - 9.00pm

**Fee:** Member \$20, Public Officer's/Guest \$24

**Register By:** 20 Mar 10

### Wine & Barbeque Party

BARBEQUING is the quintessential outdoor activity at Changi Clubhouse, and best matched with fine wine to top off a pleasurable evening. Enjoy grilled seafood, chicken wings, hot dogs and a host of other food paired with carefully selected wines (sparkling, white and red) by the sea! ☺

**Date:** Friday, 9 Apr 10

**Place:** CSC @ Changi Clubhouse

**Time:** 7.30pm - 9.00pm

**Fee:** Member \$32, Public Officer's/Guest \$35

**Register By:** 2 Apr 10

### Chocolate & Sparkling Wine Pairing

WHILE the combination of chocolates and champagne is believed to exhilarate the taste buds and thrill the senses, is the pairing really a good match? Experience it yourself at session as you savour a variety of chocolates (dark, sweet, bitter, creamy and white) paired with 5 sparkling wines (including champagne). Also, learn more about chocolate and sparkling wine pairing from Mr Jeffrey Soh of Tapestry Room! ☺

**Date:** Friday, 23 Apr 10

**Place:** Club CSC @ Bukit Batok, Tapestry Room

**Time:** 7.30pm - 9.00pm

**Fee:** Member \$22, Public Officer's/Guest \$26

**Register By:** 17 Apr 10

### Dining Etiquette With 3-Course Western Meal

DINING etiquette can be essential in making an impression in all sorts of situations. In this workshop, learn all about the rules of table manners along with the etiquette of enjoying wines in formal and casual gatherings. Also covered are buffet etiquette and basic business communication etiquette. This workshop includes a 3-course Western meal and 2 glasses of wines (one white and one red). ☺

#### Menu

##### Soup

French Onion Soup with bread roll and butter

##### Main Course

Boneless Chicken Leg with Pale Ale Sauce served with mashed potatoes & grilled vegetables or

Panfried Dory with Lemon Sauce served with potatoes & grilled vegetables

##### Dessert

Chocolate Truffle Cake  
Coffee & Tea

**Date:** Tuesday, 27 Apr 10

**Place:** CSC @ Bukit Batok, Tapestry Room

**Time:** 7.30pm - 9.00pm

**Fee:** Member \$45, Public Officer's/Guest \$48

**Register By:** 21 Apr 10

For the above sessions, contact YuQi at 63915620 or [au\\_yuqi@csc.gov.sg](mailto:au_yuqi@csc.gov.sg)

## Cook Healthy With Koh Chieng Mun

WELL-KNOWN actress and health advocate Koh Chieng Mun is here to show you that preparing healthy and nutritious meals is simple and easy. Through her demonstrations, you will learn how to make dishes that will contribute to your health and well-being, as well as reduce the risk of chronic diseases. @

### Low-GI Food Demonstration

COOKING low-GI foods is healthy, nutritious, and easy to follow. Low-GI carbohydrates, which are healthy, high-fiber carbohydrates, are found in everyday foods such as fruits, vegetables, whole grains, legumes and nuts. More importantly, low-GI foods offers significant benefits for controlling blood sugar and lowering the risk of chronic diseases. Find out how you can use them in your everyday cooking!

Limited to the first 20 registrants only! @

#### Class 1

Time: 2.30pm - 3.30pm

#### Class 2

Time: 4pm - 5pm

**Date:** Saturday, 13 Mar 10

**Place:** Club CSC @ Tessensohn

**Register By:** 8 Mar 10

**Fee:** Member \$10, Public Officer/Guest \$13

### Heart-Healthy Food Demonstration

LEARN how to create delicious dishes that keep your heart strong and maintain healthy cholesterol levels. With the right selection of ingredients, you can still enjoy rich foods in moderate amounts without any worry. Chieng Mun will also share her knowledge on how to identify the right type of food that is good for your heart health. Find out how to avoid trans fats, clever ways to cut down saturated fats and what types of saturated fats are good for you!

Limited to the first 50 registrants only! @

**Date:** Saturday, 29 May 10

**Time:** 2.30pm - 4.30pm

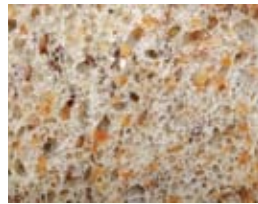
**Place:** Club CSC @ Tessensohn

**Register By:** 20 May 10

**Fee:** Member \$10, Public Officer/Guest \$13



For the above workshops, contact YuQi at 63915620 or au\_yuqi@csc.gov.sg.



## What's Cooking At Club CSC @ Tessensohn

All ingredients required for the classes will be provided by the respective instructors.

Class	Gourmet Vegetarian Flavours from Kashmir with Kirti	Gourmet Feast of India with Kirti: Northern Flavours (Hands-on)	Quick & Easy Curries N Bites with Kirti (Hands-on)
Items	<ul style="list-style-type: none"> <li>Kashmiri Baby Potatoes: Dum Aloo in a rich creamy curry sauce w/fruits &amp; nuts</li> <li>Palak Panir: homemade cottage cheese cubes in a delicious spinach curry sauce</li> <li>Kashmiri Rice: caramelised and garnished with herbs, fruits &amp; nuts</li> <li>Homemade cottage cheese cubes</li> </ul>	<ul style="list-style-type: none"> <li>Butter Chicken: boneless chicken marinated and cooked in gourmet creamy sauce.</li> <li>Punjabi Daal: rich, fragrant herbed curry with a combination of 3 types of lentils</li> <li>Kirti's Roti Pratas: Indian-style bread made low-fat and roasted on cast-iron griddle</li> </ul>	<ul style="list-style-type: none"> <li>Chilli Prawn Masala in a delicious onion and tomato sauce Indian sambal sauce</li> <li>Samosas: golden pastry-wrapped appetiser cones with curried potato-&amp;-pea filling</li> <li>Homemade Flaky Samosa Pastry: Kirti's secret recipe for perfect pastry!</li> <li>Tangy Mint Dip with fresh mint &amp; herbs for the samosas</li> </ul>
Date & Time	Friday, 19 Mar 10, 7pm - 10pm	Wednesday, 31 Mar 10, 7pm - 10pm	Saturday, 17 Apr 10, 10.30am - 1.30pm
Member Public Officer/Guest	\$35 \$38	\$35 \$38	\$35 \$38
Closing Date & Enquiries	13 Mar 10, Samantha @ 63915613	25 Mar 10, Samantha @ 63915613	11 Apr 10, Samantha @ 63915613

Class	Pandan and Yam Kaya Cake with Valerie Kong (New Improved Recipe)	Pau with Valerie Kong (Hands-on)	Durian Gourmet Session (Hands-on)
Items	<ul style="list-style-type: none"> <li>Pandan Kaya Cake</li> <li>Yam Kaya Cake</li> </ul> <p>*Each participant will bring back a slice of each cake</p>	<ul style="list-style-type: none"> <li>Vegetable Pau</li> <li>Chicken Pau</li> </ul>	<ul style="list-style-type: none"> <li>Durian Swiss Roll</li> <li>Durian Chiffon Cake</li> </ul>
Date & Time	Saturday, 10 Apr 10, 2pm – 5pm	Saturday, 15 May 10, 2pm – 5pm	Sunday, 25 Apr 10, 2pm – 4.30pm
Member Public Officer/Guest	\$42 \$46	\$32 \$36	\$40 \$45
Closing Date & Enquiries	3 Apr 10, Gina @ 63915641	8 May 10, Gina @ 63915641	18 Apr 10, Samantha @ 63915613

Class	Party Finger Food with Amy (Hands-on)	Kaya & Jam Making with Amy (Hands-on)	Taiwanese Soft Buns with Amy (Hands-on)	Cooking by Mdm Er with Woh Hup Recipes
Items	<ul style="list-style-type: none"> <li>Crab &amp; Avocado served in savoury &amp; sesame cups.</li> <li>Egg mayonnaise in savoury caraway &amp; sesame cups.</li> <li>Deep-fried Salmon Fish Cake</li> </ul>	<ul style="list-style-type: none"> <li>Plain Soft Buns</li> <li>Durian Jam</li> <li>Kaya (caramel)</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate UFO Bun</li> <li>Cheese &amp; Raisin Bun</li> </ul>	<ul style="list-style-type: none"> <li>Delicious Oyster Chicken</li> <li>Fried Prosperity Prawn</li> <li>Nonya Chap Chai</li> </ul> <p>*Fee includes goodie bag worth \$8 of Woh Hup products</p>
Date & Time	Sunday, 28 Mar 10, 2pm – 4.30pm	Sunday, 11 Apr 10, 2pm – 4.30pm	Sunday, 9 May 10, 2pm – 4.30pm	Saturday, 17 Apr 10, 2pm – 4.30pm
Member Public Officer/Guest	\$45 \$50	\$35 \$40	\$35 \$40	\$20 \$25
Closing Date & Enquiries	20 Mar 10, Samantha @ 63915613	5 Apr 10, Samantha @ 63915613	3 May 10, Samantha @ 63915613	8 Apr 10, Samantha @ 63915613

Class	After Tea Delights with Harry (Demo)	Speciality Breads with Harry (hands-on)	Rustic Breads with Harry (Hands-on)	Local Favourites (Demo)
Items	<ul style="list-style-type: none"> <li>Quiche (French savoury pie)</li> <li>Profiteroles</li> <li>Chocolate Tarts</li> </ul>	<ul style="list-style-type: none"> <li>Jewish Challah: braided bread certain to capture everyone's attention with different designs and given as a gift</li> <li>Chewy Bagels: a rare treat for those who prefer a different texture to their bread</li> <li>Swedish Limpa Bread: a rye bread that is moist, rich and extremely flavourful</li> </ul>	<ul style="list-style-type: none"> <li>Baguette</li> <li>Focaccia</li> <li>Ciabatta</li> </ul>	<ul style="list-style-type: none"> <li>Laksa: rich, fragrant, aromatic, wholesome</li> <li>Durian Apom: Queue no more at outlets, make them yourself and enjoy more</li> <li>Silky Almond Jelly with Longans: silky white and refreshing, made with real agar agar strands (not powder!)</li> </ul>
Date & Time	Wednesday, 5 May 10, 7.00pm – 9.30pm	Saturday, 15 May 10, 2pm – 5.30pm	Saturday, 5 Jun 10, 2pm – 5.30pm	Thursday, 15 Apr 10, 7.00pm – 9.30pm
Member Public Officer/Guest	\$35 \$40	\$42 \$46	\$42 \$46	\$35 \$40
Closing Date & Enquiries	29 Apr 10, Gek Cheng @ 63915624	7 May 10, Gek Cheng @ 63915624	28 Apr 10, Gek Cheng @ 63915624	8 Apr 10, Gek Cheng @ 63915624

## Fencing For Beginners

COME experience the thrill of fencing with Z Fencing. Coaches guided by a proprietary fencing curriculum ensure fun, safe and inspirational sessions for children, youths and adults. Through this course, participants get to learn about the history of the sport, its rules of engagements, basic attack and defence and in the final lesson, participants will get to challenge each other in fencing bouts. Guaranteed fun! ☺

**Date:** 4 Tuesdays, 6 to 27 Apr 10 or 4 to 25 May 10  
**Time:** 7.30pm to 9pm  
**Place:** Great World City, #03-01, 1 Kim Seng Promenade  
**Date:** 4 Wednesdays, 7 to 28 Apr 10 or 5 to 26 May 10  
**Time:** 7.30pm to 9pm  
**Place:** United Square #01-41/42, 101 Thomson Road  
**Fee:** Member \$220, Public Officer/Guest \$230  
**Contact:** Samantha at 63915613 or samantha\_chin@csc.gov.sg  
**Register By:** 1 Apr 10 or 24 Apr 10



## Be A Bartender

MIX delightful cocktails and concoctions as you are taken through the basics such as stirring, shaking and muddling! Learn about the history of cocktails, lingo and the tools of the trade as you make the perfect martini, cosmopolitan or a refreshing Mojito. Impress your friends at your next party when you present them their drinks with a flourish! ☺

**Date:** Saturday, 17 Apr 10  
**Time:** 2pm to 4pm  
**Place:** Club CSC @ Tessensohn  
**Fee:** Member \$60\*, Public Officer/Guest \$65\* (\*free mini mixer for each participant)  
**Contact:** Samantha at 63915613 or samantha\_chin@csc.gov.sg  
**Register By:** 6 Apr 10

## Unveiling the Mystery of the Rubik's Cube

SOLVE the puzzle of the mind-boggling Rubik's Cube in this workshop as trainers impart the secret of the 3x3 cube through a simple 7-step beginners' solution. Participants will be taught the common terminology, concepts and algorithms for each step. With the help of professional and experienced speed-solvers to ensure easy and effective learning, you too can crack the mystery of the Rubik's Cube! ☺

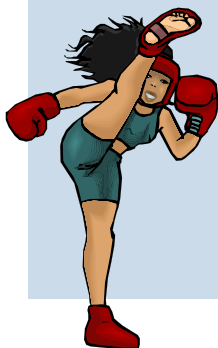
**Date:** Saturday, 17 Apr 10  
**Time:** 10am – 1pm  
**Place:** Club CSC @ Tessensohn  
**Fee:** Member \$22, Public Officer/Guest \$27, Member's Child \$22\*, Public Officer's/Guest's Child \$27\* (\*Child under 12 must be accompanied by an adult. Fee includes a free Rubik's Cube worth \$10.50)  
**Contact:** samantha\_chin@csc.gov.sg  
**Register By:** 10 Apr 10

## Wakeboarding for Beginners



If you love the idea of having fun while riding the waves, wakeboarding might just be the thing for you. This freestyle sport is developed from surfing and water skiing, with influences from skateboarding and snowboarding. In this course, you will be introduced to basic techniques in wakeboarding so that you can get a feel of the sport and be on your way to performing those tricks and flips! ☺

**Date:** 2 Saturdays, 24 Apr & 1 May 10  
**Time:** 9.30am – 12.30pm (Session 1) OR 12.30pm – 3.30pm (Session 2)  
**Venue:** Kallang Riverside Park (on Stadium Road)  
**Fee:** Member \$140, Public Officer/Guest \$150  
**Contact:** Samantha at 63915613 or samantha\_chin@csc.gov.sg  
**Register by:** 16 Apr 10



## Kickboxing By Ghani

GET ready to sweat it out with instructor Ghani in an all-body workout with kickboxing! By combining simple yet effective Muay Thai moves that utilise basic punches, kicks, elbows and knees with pulsating music, this moderate to high intensity session promises to be a workshop that provides full-body conditioning and gets your heart pumping! ☺

**Date:** 10 Mondays, 12 Apr to 14 Jun 10  
**Time:** 7pm – 8pm  
**Place:** Club CSC @ Tessensohn  
**Fee:** Member \$80, Public Officer/Guest \$90  
**Contact:** Samantha at 63915613 or samantha\_chin@csc.gov.sg  
**Register By:** 3 Apr 10

## Pick Up Snooker with Marvin Lim Chun Kiat

CUE for action with Marvin Lim, a snooker gold medalist in the 2009 SEA Games. This course will allow you to pick up a solid foundation in the basics of snooker, such as line of shot, stance, grip, bridging and shot timing. You will also learn intermediate techniques such as potting a ball from different angles, cue-ball control and determining the reflection angles from the cushion. ☺

**Date:** 8 Fridays, 9 Apr to 28 May 10

**Time:** 7.30pm – 9.30pm

**Place:** Snooker Zone, 600 Toa Payoh Lorong 4, #03-02

**Fee:** Member \$190, Public Officer/Guest \$200, Member's Child \$190, Public Officer's/Guest's Child \$200

**Contact:** Samantha at 63915613

or samantha\_chin@csc.gov.sg

**Register By:** 1 Apr 10



## The Mystery Of The Tarot

BEHOLD the mysterious, exotic art of Tarot reading! A deck of 78 cards, the Tarot is a psycho-spiritual development tool that may teach you about life, love, work and faith. Learn how to read the cards such as the Suit of Wands, Cups, Swords and more as they may reveal to you the answers to your questions and guide you to make the right decisions in your life. ☺

**Date:** 5 Wednesdays, 26 May to 23 Jun 10

**Time:** 7.30pm – 9pm

**Place:** Club CSC @ Bukit Batok

**Fee:** Member: \$108, Public Officer/Guest: \$118 (Participants should purchase their own Tarot deck. Recommended is the Original Rider Waite)

**Register By:** 19 May 10

**Contact:** YuQi at 63915620 or au\_yuqi@csc.gov.sg

## Clay Modelling with Angel Clay!



IN this Mother's Day Special, sign up your child for a time of fun and self-expression using Angel Clay, a special type of clay imported from Korea! Let your child explore their creativity by creating a beautiful photo frame from scratch using Angel Clay! Teacher Jo-Ann has been conducting Angel Clay workshops for 4 years after obtaining her teaching licence in Korea. ☺

**Date:** 24 April 10

**Time:** 2pm - 4pm

**Venue:** Club CSC @ Tessensohn

**Fee:** Member's Child \$35, Public Officer/Guest \$40 (includes materials)

**Contact:** Kenny at 63915607 or kenny\_chua@csc.gov.sg

**Register by:** 1 May 10



## Creative Digital Photography

ASTONISHED by beautiful photos and wondered how they were captured? In this workshop for beginners, explore the basics of digital photography such as exposure control and composition. The practical approach of this workshop will help familiarise you with your camera's controls and functions, as well as how to adopt systematic approaches to exposure and composition. ☺

**Date:** Thursday, 15 Apr 10

**Time:** 7.00pm-9.30pm

**Place:** Club CSC @ Bukit Batok

**Fee:** Member \$28, Public Officer/Guest \$33

**Contact:** YuQi at 63915620 or au\_yuqi@csc.gov.sg

**Register By:** 7 Apr 10

## Horseback Riding



HORSEBACK riding is an activity that few people have experienced in Singapore. Giddy up for an exhilarating ride in this course, which covers riding basics such as checking tacks, posture and balance as well as mounting and

dismounting. By the end of the 5 lessons, you will also learn how to walk, steer and halt your horse. ☺

**Date:** 5 Fridays, 16 Apr to 14 May 10

**Time:** 7pm – 7.45pm

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

**Fee:** Member \$220\*, Public Officer/Guest \$230\*

(\*Fee include rental of helmets)

**Contact:** Samantha at 63915613 or

samantha\_chin@csc.gov.sg

**Register by:** 9 Apr 10

# FINANCE

## Discover The Truth About Forex Trading



INTERESTED in Forex trading as a form of investment? In this Singapore Forex seminar for beginners, learn the fundamentals of Forex trading such as market size and liquidity, key players, the different types of charts and trading, as well as using support and resistance in Forex trading. Trainer Goh Huang Yong is a successful Forex trader with experience in developing and coaching students. ©

**Date:** Saturday, 10 April 10

**Time:** 2pm – 4pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$10, Public Officer/Guest \$15

**Contact:** Kenny at 63915607 or

kenny\_chua@csc.gov.sg

**Register By:** 13 April 10



## Wills & You: Plan your Estate

HOW much do you know about wills and estate planning? How do you ensure your assets will be protected? This talk will help answer your questions, covering topics like little known legal and practical aspects of wills, how to avoid conflicts between legal beneficiaries and how to save time and money when drafting your will. Speaker Joseph Rozario is a senior consulting advisor in Manulife. ©

**Date:** Saturday, 10 Apr 10

**Time:** 11am – 12.30pm

**Place:** Club CSC @ Bukit Batok

**Fee:** Member \$8, Public Officer/Guest \$10

**Contact :** Samantha at 63915613 or samantha\_chin@csc.gov.sg

**Register By:** 3 Apr 10

# HEALTH

## The Importance of Whole Grains in Our Diet

DISCOVER why whole grains are important in your diet. Learn about health benefits of consuming whole grains, practical tips to help you enjoy whole grains in your everyday diet as well as how to choose whole grain foods by reading food labels. Speaker Deepa is an accredited nutritionist trained in India, Canada and Singapore, with Bachelor and Master of Science degrees specializing in Food Science and Nutrition. ©

**Date:** Saturday, 10 Apr 10

**Time:** 2pm - 4pm

**Fee:** Member \$10, Public Officer/Guest \$15  
(Fee includes goodie bag)

**Place:** Club CSC @ Tessensohn

**Contact:** Gek Cheng at 63915624 or  
kua\_gek\_cheng@csc.gov.sg

**Register By:** 3 Apr 10





## Better Posture With Somatics

DO you have lower back pain? When you look in the mirror, are your shoulders level or is your trunk tilted? Somatics are corrective movement exercises that employs kinesthetic and body alignment training used for addressing musculoskeletal pains such as the back, knees, neck and shoulders, as well as for improving athletic and artistic ability and performance. At this talk, you'll learn Somatic exercises that help with lower back pain and techniques to sit better and correct a tilting trunk. ☺

**Date:** Saturday, 24 Apr 10  
**Time:** 3pm – 4.30pm  
**Place:** Club CSC @ Bukit Batok  
**Fee:** Member \$5, Public Officer/Guest \$8  
**Contact:** Samantha at 63915613 or samantha\_chin@csc.gov.sg  
**Register By:** 17 Apr 10

## Health Tips for Cancer Prevention



ARE you having trouble balancing a hectic lifestyle with healthy living in the workplace? Stay healthy through simple tips on how to de-stress, detoxify and rejuvenate your body. Learn about the importance of colon

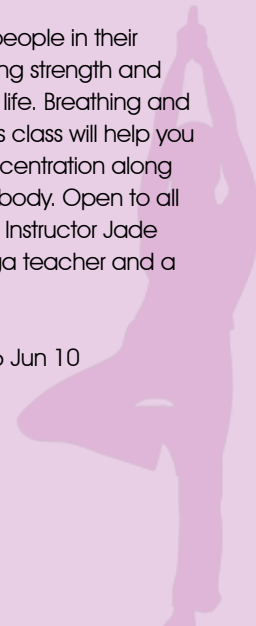
cleansing, the basics of common illnesses and how to maintain good and inexpensive dietary practices. ☺

**Date:** Saturday, 26 Jun 10  
**Time:** 11.00am - 12.15pm  
**Place:** Club CSC @ Tessensohn  
**Fee:** Member \$6, Public Officer/ Guest \$10  
**Contact:** Gina at 63915641 or gina\_lim@csc.gov.sg  
**Register By:** 19 Jun 10

## Yoga For The Elderly

THIS class is specially designed for people in their 50s and 60s, focusing on maintaining strength and flexibility for an active and healthful life. Breathing and meditation techniques taught in this class will help you relieve stress and improve your concentration along with strengthening and toning your body. Open to all levels, beginners are welcome too! Instructor Jade Diaz is a Yoga Alliance certified yoga teacher and a Stott Pilates Mat trained instructor. ☺

**Date:** 10 Wednesdays, 14 Apr to 16 Jun 10  
**Time:** 11.30am –12.30pm  
**Place:** Club CSC @Tessensohn  
**Fee:** Member \$75, Public Officer/ Guest \$85  
**Contact:** Gek Cheng at 63915624 or kua\_gek\_cheng@csc.gov.sg  
**Register By:** 7 Apr 10



## Wellness For Women

TAKE part in this workshop to find how you can manage these health risks through healthy aging strategies with recommendations on dietary patterns. Learn all about what you need to lead a healthy life in your 30s, 40s, 50s, and beyond! Speaker Dr Maybelle Tan is the Deputy Clinical Director of the Wellness Assessment Centre and Aesthetic Medical Centre. ☺

**Date:** Saturday, 10 Apr 10  
**Time:** 10am - 11.30am  
**Place:** Club CSC @ Tessensohn  
**Fee:** Member \$8, Public Officer/Guest \$10  
**Contact:** Samantha at 63915613 or samantha\_chin@csc.gov.sg  
**Register By:** 3 Apr 10



## Meridian Massage For Adults



MERIDIAN Massage includes stimulating acupressure points to help to clear blockages in the body, thus strengthening internal organs. In this hands-on session, learn how it can help to relieve many common illness and pains

such as migraine, flu, cold, fever and lethargy through simple and practical techniques. Trainer Mr Lim Peng Tatt is certified in TCM Meridian Physical Therapy and has years of experience conducting workshops that are fun, practical and easy to learn. Do wear loose clothing for ease of massage! ☺

**Date:** Saturday, 17 Apr 10

**Time:** 1pm – 5pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$35, Public Officer/Guest \$40 (Notes and massage materials will be provided)

**Contact:** Gek Cheng at 63915624 or kua\_gek\_cheng@csc.gov.sg

**Register By:** 9 Apr 10

## Dentistry Forum

NO one can deny the importance of a winning smile. It makes for a pleasing appearance, promotes self-esteem, and is valuable to social and career success. In this educational forum, leading dental specialists Dr Arthur Lim and Dr Juliet Tay from The Implant and Oral Surgery Centre will present recent advances in dentistry as well as the various aspects of dentistry including braces, dental implants, teeth whitening and aesthetic dentistry that can rejuvenate and revitalize your smile. ☺



**Date:** Saturday, 8 May 10

**Time:** 2:30pm - 5:30 pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$5, Public Officer/Guest \$8

**Contact:** Gek Cheng at 63915624 or kua\_gek\_cheng@csc.gov.sg

**Register By:** 3 May 10

## Mini Detox for Total Health

Chronic diseases such as fatty liver, colon, constipation and body odor are common signs of a toxic body. Learn about how a holistic naturopathic approach to a healthy body, by the use of natural remedies such as proper nutrition and diet, can cleanse your body and even cause a slimming effect. This talk will also discuss the benefits of detox of our 5 vital organs. ☺

**Date:** Saturday, 29 May 10

**Time:** 11.00am - 12.15pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$6, Public Officer/ Guest \$10

**Contact:** Gina at 63915641 or gina\_lim@csc.gov.sg

**Register By:** 22 May 10



## Menopause Talk-cum-Choosing the Right Lingerie



IN this combined workshop, explore how menopause is a natural part of life to be embraced as the beginning of a new stage of exciting possibilities. Find out how there should be no pause in life as women celebrate this new found freedom, by gaining a better understanding of menopause and the available therapies that can improve overall well-being. Learn also about how a right-fitting bra can maximise your assets, improve confidence and practically avoid health issues such as shoulder or back aches. Get a personalized fitting to find out what is your perfect fit! ☺

**Date:** Saturday, 17 Apr 10

**Time:** 11am - 1pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$8, Public Officer/Guest \$12 (includes goodie bag worth \$20)

**Contact:** Gina at 63915641 or gina\_lim@csc.gov.sg

**Register by:** 8 Apr 10

## Stay Fighting Fit!

Activity	Aqua Aerobics (Wed)	Aqua Aerobics (Wed)	Aqua Aerobics (Sun)	Aqua Aerobics (Tues)	Aqua Aerobics (Thurs)
Date	12 Wednesdays, 31 Mar to 16 Jun 10	12 Wednesdays, 31 Mar to 16 Jun 10	12 Sundays, 4 Apr to 20 Jun 10	12 Tuesdays, 27 Apr to 13 Jul 10	12 Thursdays, 17 Jun to 2 Sep 10
Time	6.15pm – 7.15pm	7.15pm – 8.15pm	9am – 10am	6.30pm – 7.30pm	6.30pm – 7.30pm
Instructor	Ms Vikki	Ms Vikki	Ms Vikki	Ms Julaila	Ms Vikki
Charges: Member Public Officer/ Guest/Gym Member	\$54 \$66	\$54 \$66	\$54 \$66	\$54 \$66	\$54 \$66
Group Size	16 persons (max)	16 persons (max)	16 persons (max)	16 persons (max)	16 persons (max)
Register By	24 Mar 10	24 Mar 10	28 Mar 10	20 Apr 10	10 Jun 10
Contact	Gina at 63915641	Gina at 63915641	Gina at 63915641	Gina at 63915641	Gina at 63915641
Location	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn

Activity	Aqua Aerobics (Thurs)	Belly Dancing @ Tessensohn	Belly Dancing @ Bukit Batok	Bodyworks by Rodney Hogan	Bodyworks by Rodney Hogan
Date	12 Thursdays, 17 Jun to 2 Sep 10	8 Saturdays, 8 May to 3 Jul 10	8 Tuesdays, 4 May to 22 Jun 10	4 Saturdays, 3 to 24 Apr 10	4 Saturdays, 8 to 29 May 10
Time	7.30pm – 8.30pm	1pm – 2pm	7pm – 8pm	4pm – 5pm	4pm – 5pm
Instructor	Ms Vikki	Ms Natasha	Ms Natasha	Mr Rodney Hogan	Mr Rodney Hogan
Charges: Member Public Officer/ Guest/Gym Member	\$54 \$66	\$100 \$120	\$100 \$120	\$48 \$56	\$48 \$56
Group Size	16 persons (max)	6 persons(min)	6 persons(min)	12 persons (min)	12 persons (min)
Register By	10 Jun 10	1 May 10	27 Apr 10	28 Mar 10	30 Apr 10
Contact	Gina at 63915641	YuQi at 63915620	YuQi at 63915620	Samantha at 63915613	Samantha at 63915613
Location	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Bukit Batok	Club CSC @ Tessensohn	Club CSC @ Tessensohn

Activity	Body Sculpting by Bobby Yeo	Deep Water Aqua Aerobics 1	Deep Water Aqua Aerobics 3	Deep Water Aqua Aerobics 4	In-line Skating for Beginners
Date	10 Thursdays, 29 Apr to 1 Jul 10	10 Tuesdays, 1 Jun to 3 Aug 10	10 Tuesdays, 1 Jun to 3 Aug 10	10 Thursdays, 6 May to 8 Jul 10	4 Saturdays, 3 to 24 Apr 10
Time	7pm – 8pm	6.45pm – 7.45pm	6.45pm – 7.45pm	6.45pm – 7.45pm	4pm – 5.30pm
Instructor	Mr Bobby Yeo	Mr Raikal	Mr Raikal	Mr Raikal	Skate-Pro Team
Charges: Member Public Officer/ Guest/Gym Member	\$65 \$70	\$65 \$75	\$65 \$75	\$65 \$75	\$90* \$100* *Include rental of skate with protective gears
Group Size	12 persons (min)	18 persons (max)	18 persons (max)	18 persons (max)	5 persons (min)
Register By	20 Apr 10	18 May 10	18 May 10	1 May 10	25 Mar 10
Contact	Samantha at 63915613	YuQi at 63915620	YuQi at 63915620	YuQi at 63915620	Samantha at 63915613
Location	Club CSC @ Tessensohn	Club CSC @ Bukit Batok	Club CSC @ Bukit Batok	Club CSC @ Bukit Batok	Club CSC @ Tessensohn

Activity	In-line Skating for Beginners	Line Dance With Helen Loh	Line Dance by Jenny Khor	Line Dance by Felicia	Kickboxing by Rodney Hogan
Date	4 Saturdays, 8 to 29 May 10	8 Tuesdays, 29 Jun to 17 Aug 10	8 Sundays, 7 Mar to 25 Apr 10	8 Tuesdays, 16 Mar to 4 May 10	4 Saturdays, 3 to 24 Apr 10
Time	4pm – 5.30pm	6.45pm – 7.30pm	3.30pm – 5.00pm	7pm – 8pm	3pm – 4pm
Instructor	Skate-Pro Team	Ms Helen Loh	Ms Jenny Khor	Ms Felicia	Mr Rodney Hogan
Charges: Member Public Officer/ Guest/Gym Member	\$90*  \$100*  *Include rental of skate with protective gears	\$33  \$35	\$65  \$70	\$50  \$60	\$52  \$60
Group Size	5 persons (min)	15 persons (min)	12 persons (min)	12 persons (min)	12 persons (min)
Register By	30 Apr 10	22 Jun 10	4 Mar 10	10 Mar 10	28 Mar 10
Contact	Samantha at 63915613	Gina at 63915641	Samantha at 63915613	Samantha at 63915613	Samantha at 63915613
Location	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Bukit Batok	Club CSC @ Tessensohn	Club CSC @ Tessensohn

Activity	Kickboxing by Rodney Hogan	Kickboxing by Sock Ling	Pilates by Agnes Yoong	Pilates by Agnes Koh	Pilates by Mabeline
Date	4 Saturdays, 8 to 29 May 10	10 Thursdays, 1 Apr to 3 Jun 10	10 Saturdays, 15 May to 17 Jul 10	10 Thursdays, 1 Apr to 3 Jun 10	10 Mondays, 5 Apr to 7 Jun 10
Time	3 pm – 4pm	8 pm – 9pm	11am – 12pm	7pm – 8pm	8pm – 9pm
Instructor	Mr Rodney Hogan	Ms Sock Ling	Ms Agnes Yoong	Ms Agnes Koh	Ms Mabeline
Charges: Member Public Officer/ Guest/Gym Member	\$52  \$60	\$75  \$85	\$85  \$100	\$90  \$100	\$85  \$100
Group Size	12 persons (min)	12 persons (min)	12 persons (min)	12 persons (min)	12 persons (min)
Register By	30 Apr 10	25 Mar 10	8 May 10	26 Mar 10	26 Apr 10
Contact	Samantha at 63915613	Samantha at 63915613	Samantha at 63915613	Samantha at 63915613	Samantha at 63915613
Location	Club CSC @ Tessensohn	Club CSC @ Bukit Batok	Club CSC @ Bukit Batok	Club CSC @ Bukit Batok	Club CSC @ Tessensohn

Activity	Step & Tone by Bobby Yeo	Stretch & Tone by Sock Ling	Swimming For Children Beginners @ Changi	Swimming For Children Intermediate @ Changi	Swimming For Children Advance @ Changi
Date	10 Sundays, 2 May to 4 Jul 10	10 Wednesdays, 24 Mar to 26 May 10	10 Saturdays, 3 Apr to 12 Jun 10 (except 1 May 10)	10 Saturdays, 3 Apr to 12 Jun 10 (except 1 May 10)	10 Saturdays, 3 Apr to 12 Jun 10 (except 1 May 10)
Time	11am – 12pm	8pm – 9pm	3pm – 4pm	4pm – 5pm	5pm – 6pm
Instructor	Mr Bobby Yeo	Ms Sock Ling	Ms Adeline	Ms Adeline	Ms Adeline
Charges: Member Public Officer/ Guest/Gym Member	\$65  \$70	\$75  \$85	\$150  \$170	\$150  \$170	\$150  \$170
Group Size	12 persons (min)	12 persons (min)	8 persons (max)	8 persons (max)	8 persons (max)
Register By	25 Apr 10	17 Mar 10	20 Mar 10	20 Mar 10	20 Mar 10
Contact	Samantha at 63915613	Samantha at 63915613	Kenny at 63915607	Kenny at 63915607	Kenny at 63915607
Location	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Changi	Club CSC @ Changi	Club CSC @ Changi

Activity	Swimming For Ladies Intermediate @ Bukit Batok	Swimming For Ladies Beginners @ Bukit Batok	Swimming For Ladies Beginners @ Tessensohn	Swimming For Ladies Intermediate @ Tessensohn	Traditional TaeKwon-Do (for Adults)
Date	10 Fridays, 26 Mar to 11 Jun 10 (except 02 May and 28 May 10)	10 Fridays, 26 Mar to 11 Jun 10 (except 02 May and 28 May 10)	10 Mondays, 17 May to 19 Jul 10	10 Mondays, 17 May to 19 Jul 10	4 Mondays, 5 Apr to 26 Apr 10
Time	6.30pm – 7.30pm	7.30pm – 8.30pm	7.30pm – 8.30pm	6.30pm – 7.30pm	8.30pm – 10.30pm
Instructor	Ms Pamela	Ms Pamela	Ms Thipa	Ms Thipa	Singapore TaeKwon-Do Academy
Charges: Member	\$160	\$160	\$160	\$160	\$15
Charges: Public Officer/ Guest/Gym Member	\$180	\$180	\$180	\$180	\$18
Group Size	8 persons (max)	8 persons (max)	8 persons (max)	8 persons (max)	10 persons (min)
Register By	19 Mar 10	19 Mar 10	10 May 10	10 May 10	29 Mar 10
Contact	Kenny at 63915607	Kenny at 63915607	Kenny at 63915607	Kenny at 63915607	Gina at 63915641
Location	Club CSC @ Bukit Batok	Club CSC @ Bukit Batok	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn

Activity	Traditional TaeKwon-Do (for Adults)	Traditional TaeKwon-Do @ Tessensohn	Traditional TaeKwon-Do @ Bukit Batok	Tennis Kiddos Intermediate 1 (For Kids 6 to 9 years old)	Tennis Kiddos Beginners (For Kids 6 to 9 years old)
Date	5 Mondays, 3 May to 31 May 10	13 Saturdays, 8 May to 31 Jul 10	13 Saturdays, 8 May to 31 Jul 10	12 Saturdays, 03 Apr to 26 Jun 10 (except 1 May 10)	12 Saturdays, 03 Apr to 26 Jun 10 (except 1 May 10)
Time	8.30pm – 10.30pm	3.30pm - 5 pm 5 pm – 6.30pm	3 pm - 4.30pm 4.30pm – 6.00pm	9am – 10am	10am – 11am
Instructor	Singapore TaeKwon-Do Academy	Singapore TaeKwon-Do Academy	Singapore TaeKwon-Do Academy	Pinnacle Tennis	Pinnacle Tennis
Charges: Member	\$15	\$45	\$45	\$230	\$230
Charges: Public Officer/ Guest/Gym Member	\$18	\$54	\$54	\$240	\$240
Group Size	10 persons (min)	10 persons (min)	10 persons (min)	4 persons (Max)	4 persons (Max)
Register By	26 Apr 10	30 Apr 10	30 Apr 10	27 Mar 10	27 Mar 10
Contact	Gina at 63915641	Gina at 63915641	Gina at 63915641	Kenny at 63915607	Kenny at 63915607
Location	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Bukit Batok	Club CSC @ Tessensohn	Club CSC @ Tessensohn

Activity	Junior Tennis Intermediate 1 (For Kids 10 to 15 years old)	Junior Tennis Beginners (For Kids 10 to 15 years old)	Adult Tennis Beginners (16 years old and above)	Wing Chun Kung Fu, "Chi Sau"	Wing Chun Kung Fu, "Chi Sau"
Date	12 Saturdays, 03 Apr to 26 Jun 10 (except 1 May 10)	12 Saturdays, 03 Apr to 26 Jun 10 (except 1 May 10)	8 Wednesdays, 07 Apr to 26 May 10	5 Thursdays, 1 Apr to 29 Apr 10	4 Saturdays, 6 to 27 Mar 10
Time	4pm – 5pm	5pm – 6pm	7pm – 9pm	10am – 12pm	10am – 12pm
Instructor	Pinnacle Tennis	Pinnacle Tennis	Pinnacle Tennis	Sifu Ken Lau	Sifu Ken Lau
Charges: Member	\$230	\$230	\$290	\$55	\$55
Charges: Public Officer/ Guest/Gym Member	\$240	\$240	\$300	\$60	\$60
Group Size	4 persons (Max)	4 persons (Max)	6 persons (Max)	10 persons (min)	10 persons (min)
Register By	27 Mar 10	27 Mar 10	1 Apr 10	25 Mar 10	29 Apr 10
Contact	Kenny at 63915607	Kenny at 63915607	Kenny at 63915607	Gina at 63915641	Gina at 63915641
Location	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn



Activity	Wing Chun Kung Fu, "Chi Sau" (beginners)	Wing Chun Kung Fu, "Chi Sau" (beginners)	Youth Badminton 1 (April)	Youth Badminton 2 (April)	Yoga Therapy by Agnes Koh	Yoga Therapy by Agnes Koh
Date	4 Saturdays, 3 Apr to 24 Apr 10	4 Saturdays, 8 May to 29 May 10	11 Saturdays, 10 April 10 to 26 Jun 10 (except 1 May 10)	12 Sundays, 11 April 10 to 27 Jun 10	10 Saturdays, 3 Apr to 12 Jun 10 (except 1 May 10)	10 Mondays, 5 Apr to 7 Jun 10
Time	10am – 12pm	10am – 12pm	9am – 11am	9am – 11am	10am – 11am	7.30pm – 8.30pm
Instructor	Sifu Ken Lau	Sifu Ken Lau	Mr Lau	Mr Lau	Ms Agnes Koh	Ms Agnes Koh
Charges: Member Public Officer/ Guest/Gym Member	\$55 \$60	\$55 \$60	\$275 \$302.50	\$300 \$330	\$90 \$100	\$90 \$100
Group Size	10 persons (min)	10 persons (min)	5 persons (min)	5 persons (min)	12 persons (min)	12 persons (min)
Register By	25 Mar 10	20 Apr 10	03 Apr 10	04 Apr 10	26 Apr 10	26 Apr 10
Contact	Gina at 63915641	Gina at 63915641	Kenny at 63915607	Kenny at 63915607	Samantha at 63915613	Samantha at 63915613
Location	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Bukit Batok	Club CSC @ Bukit Batok

Activity	Yoga 1 by Meenal	Yoga 2 by Meenal	Yoga by Rose	Yoga by Susan Chia	Yoga by Huay Lin	Yoga by Guat Yeng
Date	10 Wednesdays, 7 Apr to 9 Jun 10	10 Wednesdays, 7 Apr to 9 Jun 10	10 Sundays, 11 Apr to 13 Jun 10	10 Wednesdays, 5 May to 7 Jul 10	10 Fridays, 7 May to 16 Jul 10 (except 28 May 10)	10 Fridays, 21 May to 30 Jul 10 (except 28 May 10)
Time	7pm – 8pm	8pm – 9pm	3pm – 4pm	7 pm – 8pm	7.30pm – 8.30pm	6.30pm – 7.30pm
Instructor	Ms Meenal	Ms Meenal	Ms Rose Sin	Ms Susan Chia	Ms Huay Lin	Ms Guat Yeng
Charges: Member Public Officer/ Guest/Gym Member	\$75 \$85	\$75 \$85	\$75 \$85	\$80 \$90	\$75 \$85	\$75 \$85
Group Size	12 persons (min)	12 persons (min)	12 persons (min)	12 persons (min)	12 persons (min)	12 persons (min)
Register By	31 Mar 10	31 Mar 10	03 Apr 10	29 Apr 10	28 Apr 10	12 May 10
Contact	Samantha at 63915613	Samantha at 63915613	Samantha at 63915613	Samantha at 63915613	Samantha at 63915613	Samantha at 63915613
Location	Club CSC @ Bukit Batok	Club CSC @ Bukit Batok	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn	Club CSC @ Tessensohn

# KIDS

## Life Skills For Your Child Series



GIVE your child a head-start in life! In this series of workshops, your child will pick up a variety of invaluable life skills such as financial literacy, the use of social media, memory skills and presentation techniques. Designed by Asian Lifeskills, these fun and interactive sessions will make the workshops an enjoyable learning experience! ☺

### Financial Literacy

LET your child gain a valuable insight on the importance of money in our society as well as learn to understand and appreciate why their parents earn money. Your child will also learn how to use money in different areas such as education, food and hobbies.

**Date:** Saturday, 10 Apr 2010

**Time:** 1pm – 4pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member's Child \$ 55, Guest's Child \$60

(Fee includes all materials)

**Register By:** 2 Apr 2010

### Learning With Social Media

THE impact of social media and the internet on modern society cannot be ignored. This workshop is specially catered for your child to be empowered to use social media as a tool for learning and a way to influence. Your child will enjoy learning how create their own media package for family experiences and school projects.

**Date:** Saturday, 17 Apr 2010

**Time:** 10am – 1pm

**Place:** Club CSC @ Bukit Batok

**Fee:** Member's Child \$ 55, Guest's Child \$60  
(Fee includes materials)

**Register By:** 10 Apr 2010

### Memory Skills

ENLARGE your child's learning capabilities and academic results with engaging ways of embracing and utilising memory skills in their studies. Equipped with these techniques, your child will enjoy and achieve greater excellence in their studies.

**Date:** Saturday, 1 May 2010

**Time:** 10am – 1pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member's Child \$ 55, Guest's Child \$60  
(Fee includes materials)

**Register By:** 25 Apr 2010

### Powerful Presentations

LET your child learn how to conduct powerful presentations as they discover how to understand and connect with their audience using non-verbal communications.

**Date:** Saturday, 15 May 2010

**Time:** 1pm – 4pm

**Place:** Club CSC @ Bukit Batok

**Fee:** Member's Child \$ 55, Guest's Child \$60  
(Fee includes materials)

**Register By:** 8 May 2010

### For above courses:

**Contact:** Yuqi at 63915620 or au\_yuqi@csc.gov.sg

## Table Tennis for Kids



WHILE your child may not achieve Olympic glory, table tennis is still a fun sport for your child to enjoy! Not only does the sport improve brain reaction times, concentration and hand-eye coordination,

it is fun and challenging as well! ☺

### Beginner Class

**Date:** 8 Tuesdays, 4 May to 22 Jun 10

**Time:** 7.30pm – 9.30pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member's Child\* \$160, Public Officer's/Guest's

Child\* \$170 (\*Child should be 5 to 12 years old.)

**Contact:** Samantha at 63915613 or  
samantha\_chin@csc.gov.sg

**Register By:** 25 Apr 10

### Intermediate Class

**Date:** 8 Thursdays, 6 May to 24 Jun 10

**Time:** 7.30pm – 9.30pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member's Child\* \$180, Public Officer's/Guest's  
Child\* \$190 (\*Child should be 13 to 20 years old.)

**Contact:** Samantha at 63915613 or  
samantha\_chin@csc.gov.sg

**Register By:** 27 Apr 10

## MoneyTree Learning Camp: Fun Finance Education For Kids

It's never too early to begin instilling sound and practical financial management principles in your child. MoneyTree presents two different level camps for your child so they can start learning the importance of managing their finances effectively in a fun and practical way! ☺



### Basic Level

At this basic level camp, students go through a simulated shopping trip using "MoneyTree Currency" in which they are taught to obtain a list of items using the amount of currency given to them. This exercise will teach them to make a shopping list, research and consider prices before purchasing. ☺

**Date:** Saturday, 20 Mar 10

**Time:** 10am – 11am

**Place:** Club CSC @ Tessensohn

**Fee:** Member's Child \$30\*, Public Officer's/Guest's Child \$35\* (Child should be 6 to 8 years old)

**Contact:** Samantha at 63915613 or samantha\_chin@csc.gov.sg

**Register By:** 14 Mar 10

### Junior Level

This junior level camp will explore the importance of

saving before spending. Through the story of an ice cream store, they will learn about the concept of supply and demand and delve into other concepts such as bank interest, borrowing and lending, as well as the purpose of a bank such as savings and current accounts. ☺

**Date:** Saturday, 20 Mar 10

**Time:** 10am to 11.30am

**Place:** Club CSC @ Tessensohn

**Fee:** Member's Child \$40\*, Public Officer's/Guest's Child \$45\* (\*Child should age 9 to 13 years)

**Contact:** Samantha at 63915613 or samantha\_chin@csc.gov.sg

**Register By:** 14 Mar 10

# MUSIC



## Getting In Tune With Chinese Music: Erhu

THE erhu is a Chinese string instrument with a uniquely evocative appeal. With just two strings, it produces a remarkable range of notes. One of the easiest Chinese instruments to learn, and beginners will be able to play a simple tune within minutes, though it takes time to truly master. Anyone with a passion for Chinese music is welcome. Instructor Pang Chin Soon, with more than 20 years of experience as an erhu player, has a diploma with distinction in playing the erhu and won the third prize in the National Chinese Music Competition in 1998. ☺

**Date:** 10 Wednesdays, 7 Apr to 9 Jun 10

**Time:** 7.15pm - 8.15pm (session 1) or 8.15pm - 9.15pm (session 2) (Min 6 to start)

**Place:** Club CSC @ Tessensohn

**Fee:** \$175, Public Officer/ Guest \$188 (Participants to bring along their erhu)

**Contact:** Gina at 63915641 or gina\_lim@csc.gov.sg

**Register By:** 30 Mar 10

## Learn To Play Violin



A member of the string family, the violin produces an elegant and beautiful sound in the right hands. Learn how to handle the violin, such as bowing techniques, postures and note reading in a fun and enjoyable way.

With music as her passion, instructor Ms Tan Boon Teng has been teaching violin for the past 9 years and is currently a member of the Braddell Heights Symphony Orchestra, playing in the first violin section. ©

### Violin Course (Basic)

**Date:** 10 Wednesdays, 21 Apr to 23 Jun 10

**Time:** 8pm – 9pm

**Place:** Club CSC @ Bukit Batok

**Fee:** Member \$140, Public Officer/Guest \$145  
(Fee includes materials and instrument is provided.)

**Register By:** 14 Apr 10

### Violin Course (Intermediate)

**Date:** 10 Wednesdays, 21 Apr to 23 Jun 10

**Time:** 7pm – 8pm

**Place:** Club CSC @ Bukit Batok

**Fee:** Member \$155, Public Officer/Guest \$160  
(Fee includes materials and instrument is provided.)

**Register By:** 14 Apr 10

#### For above courses:

**Contact:** Gek Cheng at 63915624 or kua\_gek\_cheng@csc.gov.sg

## Learn To Make Music With The Harmonica

A portable musical companion, the chromatic harmonica offers a better range and fuller sound, and is easy to learn even without a music background. Benny Hong is a full-time harmonica instructor with several years of performing and teaching experience. ©

### Harmonica Level 1

THIS beginners' class focuses on basics such as the correct positioning, reading of musical notes, breathing and sitting posture. At the end, you will be able to play tunes such as "Ode To Joy", "Rasa Sayang", "Red River Valley" and many others. ©

**Date:** 10 Mondays, 5 Apr to 7 Jun 10

**Time:** 6.30pm – 7.30pm

**Fee:** Member \$120, Public Officer/Guest \$135  
(Prices exclude course book at \$10 and harmonica. Participants can buy a China-made harmonica at \$40 or a German-made one at \$135 from the instructor.)

### Harmonica Level 2

IN Level 2, you will learn more challenging songs, mostly pop and classical pieces. ©

**Date:** 10 Mondays, 5 Apr to 7 Jun 10

**Time:** 7.30pm – 8.30pm

**Fee:** Member \$125, Public Officer/Guest \$140  
(Prices exclude course book costing \$10. Participants need to bring their own chromatic harmonica.)

### Harmonica Level 3 (for those who have completed Level 2)

IN Level 3, you will learn to play songs with more complex rhythm, wider note range and faster tempo, such as "Stand By Me", "Habanera" and "Always With Me" ©

**Date:** 10 Mondays, 8 Feb to 19 Apr 10 (except 15 Feb 10)

**Time:** 7.30pm – 8.30pm

**Fee:** Member \$125, Public Officer/Guest \$140  
(Prices exclude course book and CD costing a total of \$10. Participants need to bring their own chromatic harmonicas.)

#### For above courses:

**Place:** Club CSC @ Tessensohn

**Contact:** Gek Cheng at 63915624 or kua\_gek\_cheng@csc.gov.sg

**Register By:** 29 Mar 10

## Sing With Anthony!



LEARN to sing with Anthony Png, the founder of established music school, Music Story. Also the director and principal vocal instructor, Anthony has taught more than 800 students, including several MediaCorp artistes. Students will learn proper breathing and vocal techniques, expression and control. Basic stage presence, song

presentation skills and creativity through singing are other topics to be covered in this course. ©

**Date:** 10 Saturdays, 3 Apr to 5 Jun 10

**Time:** 3pm – 5pm

**Place:** MusicStory@ 76 Neil Road

**Fee:** Member \$428, Public Officer/Guest \$438

**Contact:** Gek Cheng at 63915624 or kua\_gek\_cheng@csc.gov.sg

**Register By:** 26 Mar 10



# SELF IMPROVEMENT



## Parenting: Heaven on Earth for Your Children

IN this talk, find out how to parent more effectively, how to understand the way your child's mind develops and what determines their future and life story. Based on the principles of Psychology of Vision, this talk goes beyond knowledge and skill sets and focuses on the sub and unconscious levels of the mind, drawing out the potential to heal relationships, resolve conflicts and enhance understanding for yourself and for others. ☺

**Date:** Saturday, 15 May 10

**Time:** 1pm – 3pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$10, Public Officer/Guest \$15

**Contact:** Kenny at 63915607 or kenny\_chua@csc.gov.sg

**Register By:** 8 May 10

## Invigorating Self-Esteem For Women

DESIGNED for women, this workshop aims to address rooted insecurities and awaken inner strength and abilities. As health can be affected by fear and lead to general discomfort, mental incapability and emotional aggressiveness, you will learn to revert this by invigorating the self-esteem and instill self-confidences using body rebalancing and speech therapy techniques combined with disciplines such as tai chi and yoga. ☺

**Date:** Saturday, 27 March 10

**Time:** 2.30pm – 5pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$25, Public Officer/Guest \$30 (women only)

**Contact:** Kenny at 63915607 or kenny\_chua@csc.gov.sg

**Register By:** 20 Mar 10



## Learning International Phonics to Excel in Work



ARE you are required to do public speaking in your career or daily life? Or want to do better with your English pronunciation and help your children with their English studies? Trainer Abigail Chay has years of experience teaching professionals and children in English phonics, drama and presentation. Learn how to use international phonics in your working environment in this enjoyable workshop! ☺

**Date:** Thursday, 8 April 10

**Time:** 7pm – 9pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$30, Public Officer/Guest \$35

**Contact:** Kenny at 63915607 or

kenny\_chua@csc.gov.sg

**Register By:** 6 Mar 10

## Unlock Your Natural Charisma with Eric Feng



HOW do you become a people magnet? In this highly-sought after program, you will learn how to speak with more confidence and charisma as well as create a positive, memorable first impression. Speaker Eric Feng has successfully coached over 3000 managers and C-level executives in the area of public speaking and organizational storytelling, and is well-known for his fresh insights and results-driven programs. ☺

**Date:** Saturday, 24 Apr 10

**Time:** 2pm – 4pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member \$5, Public Officer/Guest \$8 (includes light refreshments)

**Contact:** Kenny at 63915607 or kenny\_chua@csc.gov.sg

**Register By:** 17 April 10

## Japanese Etiquette Workshop



CORRECT table manners are very important among the Japanese, and the proper usage of chopsticks is the most fundamental element of Japanese table manners. Learn cultural phrases using in dining, such as the phrase "Itadakimasu" before a meal, which

simply refers to graciously receiving the food prepared for you. In this workshop, you will also learn about table and drinking rules, as well as the correct way to eat rice, sushi, sashimi, soup and noodles. ©

**Date:** Sunday, 18 April 10

**Time:** 11.30am – 1.30pm

**Place:** Ueno JP Dining, 22 Cavenagh Road, #01-12 Hotel Grand Central, Singapore 229617

**Fee:** Member \$50, Public Officer/Guest \$60

**Contact:** Kenny at 63915607 or

kenny\_chua@csc.gov.sg

**Register By:** 13 April 10

## Ba Zi & Fengshui With Helen Ong

### Professional Ba Zi

A Master Practitioner course, this workshop bridges in-depth knowledge packed with simplified Chinese Classical text translations, allowing students to gain access to a wider aspect of Ba Zi analysis with ease. The various counseling techniques incorporated enables confident articulation of the Ba Zi chart. ©

**Date:** Monday to Friday, 8 to 12 Mar 10

**Time:** 7pm – 9:30pm

**Fee:** Member \$1620,  
Public Officer/Guest \$1680

**Register By:** 1 Mar 10

### I-Ching for Beginners – Master the Power of Ancient Divination

LEARN the ancient art of divination for answers to difficult questions. A simple and easy to find out information by using trigrams and hexagrams, the techniques can be applied instantly. ©

**Date:** Monday to Wednesday, 15 to 17 Mar 10

**Time:** 7pm – 9:30pm

**Fee:** Member \$560, Public Officer/Guest \$580

**Register By:** 8 Mar 10

### Start the Countdown to Wealth

FIND out how the elements of 2009 will affect the financial market. Will the economy recover soon? Or will this crisis continue to get worst? Join us and be informed where the pot of gold lies! ©

**Date:** Saturday, 20 Mar 10 or 17 Apr 10

**Time:** 2pm – 5pm

**Fee:** Member \$15, Public Officer/Guest \$18

**Register By:** 13 Mar 10

### Feng Shui and Ba Zi Seminar

A seminar for beginners, get to know what Feng Shui and Ba Zi are about, and how they can help enrich your life. Learn how BaZi can reveal your life's path and pick up Feng Shui tips for your property! ©

**Date:** Saturday, 27 Mar 10

**Time:** 2pm – 5pm

**Fee:** Member \$15, Public Officer/Guest \$18

**Register By:** 20 Mar 10

### Wealth Creation Through Feng Shui & Ba Zi

THIS course will equip you with detailed knowledge about your wealth luck patterns, right down to its cycles and hours, so you can learn to make timely decisions on when to invest and harvest your profit. Students will also be taught using charts to monitor financial markets, individual industry performance as well as how to protect wealth sectors in your residence and office. ©

**Date:** Monday to Monday, 5 to 8 Apr 10 & 12 Apr 10

**Time:** 7pm – 9.30pm

**Fee:** Member \$2220, Public Officer/Guest \$2280

**Register By:** 29 Mar 10

### Ba Zi for Beginners

IN this introductory course, basic Ba Zi theories and principles will be explained. Learn about Ba Zi fundamentals and plotting chart structures to guide you in relationship analysis, health and wealth issues. A well-illustrated textbook will be provided as well. ©

**Date:** Monday to Wednesday, 19 to 21 Apr 10

**Time:** 7pm – 9.30pm

**Fee:** Member \$560,  
Public Officer/Guest \$580

**Register By:** 12 Apr 10

### Feng Shui for Beginners

SPECIALLY designed for first-timers, the highlights of this basic Feng Shui programme includes remedies on Ba Zhai, Xuan Kong Flying Stars and external environmental studies on Land Forms. ©

**Date:** Monday to Wednesday,

26 to 28 Apr 10

**Time:** 7pm – 9.30pm

**Fee:** Member \$560,  
Public Officer/Guest \$580

**Register By:** 20 Apr 10

### For above courses:

**Place:** Club CSC @ Tessensohn

**Contact:** Gek Cheng at 63915624 or  
kua\_gek\_cheng@csc.gov.sg



# TRAVEL

## Tour agency: MaxPac

For the following tours, travel arrangements are handled by MaxPac Travel Pte Ltd. To sign up, please provide date of birth, passport number and expiry date, and handphone contact. Email your particulars to the CSC staff in charge. The itinerary is subject to change due to unforeseen circumstances. Replacement attractions will be decided by participants' majority vote.

As required by the Travel Agents Act & Regulations, please pay tour charges by cheque in favour of MaxPac Travel Pte Ltd. Post your cheque to MaxPac Travel Pte Ltd, Bedok Central P.O. Box 553, Singapore 914606.

MaxPac



## 1-Day Durian Fiesta-cum-Mt Ophir Waterfall Tour

EMBARK on an enjoyable day trip to Malaysia where you can feast to your heart's content on durians at a Tangkak durian plantation and take in the wondrous sights of the Mt Ophir Waterfall in Gunong Ledang. End your day with a sumptuous seafood dinner and shopping at the local products shop at Yong Peng!

The package includes travel by an air-conditioned coach, 1 all-you-can-eat feast at the durian plantation, 1 seafood dinner, admission to the Mt Ophir Waterfall, shopping at Yong Peng local product shop, 1 tour guide and Group Travel Insurance S\$10,000 and medical \$500. ©

**Date:** Saturday, 19 Jun 10 and 3 Jul 10

**Time:** Assemble at 6.45am at Club CSC @Tessensohn; returns at about 9.30pm

**Fee:** Member \$68, Public Officer/Guest \$72, Member's Child\* \$65, Public Officer's/ Guest's Child\* \$69 (\*Child should be 2 to 11 years old as of date of departure.)

**Contact:** Gina at 63915641 or gina\_lim@csc.gov.sg

**Register By:** 10 Jun 10 and 24 Jun 10

## Mother's Day Special Getaway @ Batam



CELEBRATE Mother's Day with a special getaway to Batam, where you can pamper yourself with a full day of relaxing fun and shopping. Unwind with a rejuvenating full-body massage and have a sumptuous seafood lunch. Make your special getaway complete with hunting for bargains at the local shopping malls and product shops! ☺

### Package includes:

- 2-way ferry ticket with seaport tax
- 90 mins Full Body massage (for adults only)
- 1 seafood lunch
- Visits to Polo Boutique, Batam City Square, local product & dry food shops, Mega Mall, Kek Lapis Cottage Industry, sight-seeing and shopping as per itinerary

**Date:** Saturday, 8 May 10

**Time:** Assemble at 7.30am at Harbourfront and return at about 9pm

**Fee:** Member \$88, Public Officer/Guest \$93, Member's Child\* \$68, Public Officer's/ Guest's Child\* \$73  
(\*Child should be 2 to 11 years old as date of departure)

**Contact:** Gina at 63915641 or gina\_lim@csc.gov.sg

**Register By:** 30 Apr 10

## 1-Day Organic Rice Eco Farm Tour



BE enlightened as you visit the first and only certified organic rice farm in Malaysia, where you can witness methods of organic agriculture and the management of the farm's ecosystem without the use of synthetic fertilizers or pesticides. You will also enjoy an organic lunch and dinner. Walk in the dragonfruit orchard and discover the benefits of its organic bio-enzymes and also visit the coffee processing factory where you can taste the tantalising, freshly-processed and ground coffee! ☺

### Package includes:

- 1 organic lunch and 1 dinner
- Visits to organic rice farm, dragonfruit orchard, vegetable greenhouse, coffee processing factory, Yong Peng local products shop, sight-seeing and shopping as per itinerary

**Date:** Saturday, 24 Apr 10

**Time:** Assemble at 6.45am at Club CSC @Tessensohn and returns at about 9.30pm

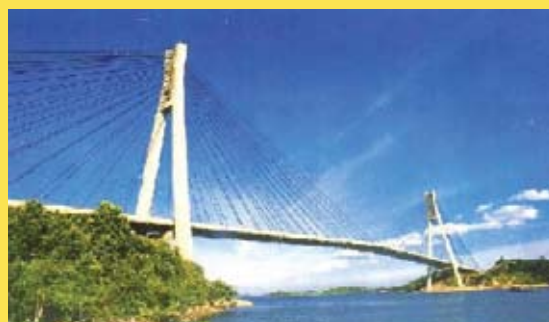
**Fee:** Member \$68, Public Officer/Guest \$72, Member's Child\* \$63, Public Officer's/Guest's Child\* \$67 (\*Child should be 2 to 11 years old as date of departure)

**Contact:** Gina at 63915641 or gina\_lim@csc.gov.sg

**Register By:** 16 Apr 10

# Labour Day Special: 2D1N Funtastic Batam Getaway

GET away from the bustling city and escape to tranquillity at the coastal haven of Batam during the Labour Day holiday! Planned for you is an entire trip chock-full of exciting activities, sightseeing and shopping bargains so you can experience Batam to the fullest. Make the most of your Labour Day with relaxing fun! ☺



**Package includes:**

- 1 night at Golden View Hotel
- 2-way hotel jetty hotel transfers with seaport tax
- 90 mins Javanese massage (adults only)
- 1 session Go-Kart ride
- Visits to Polo Boutique, Golden Beach, Nagoya Hill Shopping Centre, Mega Mall, Kek Lapis Cottage Industry, local product & dry food shops, Taman Mini Indonesia park, the Edventure Teambuilding Park, Bareleng Fisabilillah Bridge, dragonfruit plantation
- 1 breakfast, 1 seafood lunch and 1 dinner

**Date:** Saturday to Sunday, 1 May to 2 May 10

**Time:** Assemble at 7.30am at Harbourfront and return at about 6.30pm on Sunday

**Fee:** Member \$175 (single occupancy), \$140 (twin/triple sharing), Public Officer/Guest \$180 (single occupancy), \$145 (twin/ triple sharing), Member's Child\* (with bed) \$130, Public Officer's/ Guest's Child\*(with bed) \$135, Member's Child\* (w/o bed) \$110, Public Officer's/ Guest's Child\*(w/o bed) \$115 (\*Child should be 2 to 11 years old as of date of departure.)

**Contact:** Gina at 63915641 or gina\_lim@csc.gov.sg

**Register By:** 22 Apr 10

# 1-Day Batam Kek Lapis Hands-On Workshop-Cum-Shopping Tour



MAKE and bake the famous Indonesian kek lapis at the Kek Lapis Cottage Industry in a hands-on workshop where you get to bring back your own delicious creation! Not only that, enjoy a succulent seafood lunch and shop for bargains at the best malls in Batam such Batam City Square and Mega Mall! ☺

**Package includes:**

- 2 ways ferry ticket with seaport tax
- 1 seafood lunch
- Kek Lapis Cottage for hands-on kek lapis workshop inclusive all ingredients and bringing back half tray of lapis
- Visits to Polo Boutique, Batam City Square, Mega Mall, local product & dry food shops, sight-seeing and shopping as per itinerary

**Date:** Friday, 4 Jun 10

**Time:** Assemble at 7.30am at Harbourfront and return at about 8.30pm

**Fee:** Member \$88, Public Officer/Guest \$93

**Contact:** Gina at 63915641 or gina\_lim@csc.gov.sg

**Register By:** 27 May 10

## Tour agency: i'Smart Leisure

For the following tours, travel arrangements are handled by i'Smart Leisure Services Pte Ltd. To sign up, please provide date of birth, passport number and expiry date, and handphone contact. Email your particulars to the CSC staff in charge. The itinerary is subject to change due to unforeseen circumstances. Replacement attractions will be decided by participants' majority vote.

As required by the Travel Agents Act & Regulations, please pay tour charges by cheque in favour of i'Smart Leisure Services Pte Ltd. Post your cheque to i'Smart Leisure Services Pte Ltd, Blk 204, Hougang Street 21, #04-107, Singapore 530204.

i'Smart  
Leisure



## 1-Day Durian Feast & Mt Ophir Fun

ON this trip packed to the brim with activities, first indulge in the king of fruits with an all-you-can-eat durian feast! Then get ready for more fun at the beautiful Puteri Waterfalls in Mt Ophir, where you can splash in and dip to your heart's delight. Complete your day with shopping for local products and at the mall! ☺



Package includes:

- 1 all-you-can-eat durian feast
- 2 meals: 1 Afternoon tea and 1 dinner (halal)
- Fun and splash at PUTERI Waterfalls, guided by rangers
- Shopping in Yong Peng local products shop and IOI Shopping Mall in JB (if time permits)

**Date:** Every Saturday & Sunday, from mid-June to early August 2010

**Place:** Assemble at designated pick-up points at 6.15am and return at about 10pm

**Fee:** Member (Adult/Child) \$60, Public Officer/Guest (Adult/Child) \$65 (Free for child below 3 years old)

**Contact:** Gek Cheng at 63915624 or kua\_gek\_cheng@csc.gov.sg

i'Smart  
Leisure

## 1-Day Educational Children's Tour

SEND your child off on an enriching day out! First, your child gets hands-on making ice-cream in the workshop conducted at The Daily Scoop, sampling ice cream made fresh from the pan. Then, your child will embark on a Duck Tour, where your child goes on a thrilling city-cum-harbour tour on an authentic Vietnam-era amphibious vehicle. Finally, a visit to the Jacob Ballas Children's Garden in the Botanical Gardens will let your child gain an appreciation for plants, nature and the environment. ☺

Package includes:

- 40mins Hands-on Ice-cream Workshop @ The Daily Scoop. (workshop fee included, which includes 1 cup of ice cream)
- McDonald Lunch (Happy Meal)

**Date:** Wednesday, 16 Jun 10

**Time:** 9am - 5pm

**Place:** Club CSC @ Tessensohn

**Fee:** Member's Child \$64, Public Officer's/Guest's Child \$68 (Child should be 4 to 12 years of age)

**Contact:** Gek Cheng at 63915624 or kua\_gek\_cheng@csc.gov.sg

**Register by:** 9 Jun 10



## 2D1N Batam Shopping, Makan, Massage!

Description	Member***	Public Officer/Guest***
Adult (Twin)	\$162.00	\$172.00
Adult (Single)	\$192.00	\$202.00
Child* (Twin)	\$159.00	\$169.00
Child* (No Bed)	\$132.00	\$142.00
Infant**	\$47.00	\$47.00

\*Child should be 3 to 11 years old as of date of departure. \*\*Infants should be below 3 years old. \*\*\*\$20 off package price if you opt out of the massage.

HEAD out to a Batam for a getaway as you indulge in a massage, delicious makan and bargain shopping! Relax with a soothing full body massage and shop to your heart's delight at the local shopping malls. ☺

Package includes:

- Return ferry tickets and taxes
- 1 night's accommodation in KTM Resort
- Shopping tour as stated in itinerary
- 90-min full body massage.
- 3 meals – 1 breakfast, 1 lunch and 1 dinner
- Complimentary Sekupang Pier-KTM-Sekupang Pier transfers

**Date:** Friday to Saturday, 2 to 3 Apr 10

**Time:** 8.15am and return at about 4pm

**Place:** Assemble at Harbourfront Centre, Departure Hall

**Contact:** Gek Cheng at 63915624 or kua\_gek\_cheng@csc.gov.sg

**Register By:** 25 Mar 10



## 2D1N HOMESTAY @ TANJUNG SEPAT

EXPERIENCE living by the sea at this quaint fishing village with breathtaking views. Make it an educational trip too, with visits to several farms and factories, and enjoy activities such as games, karaoke or fishing with your companions. Ideal for a short family vacation or a trip with friends and colleagues, the leisurely pace of life in Tanjung Sepat will make for a welcome change from the bustling city! ☺

Package includes:

- Travel by 40-seater air-conditioned coach
- Visits to longan farm, coffee ground factory, mushroom farm, tapioca factory, dragonfruit farm, fishball factory
- 1 night's home-stay at Tanjung Sepat
- 1st day: lunch, tea, seafood dinner, steamboat supper
- 2nd day claypot breakfast, seafood lunch, Johor local restaurant
- Karaoke at home-stay (9pm to 12am)

**Date:** Saturday to Sunday, 15 to 16 May 10

**Time:** 6.15am – 10pm

**Place:** Designated pick-up point

**Fee:** Member \$170, Public Officer/Guest \$175, Member's Child\* \$160, Public Officer/Guest's Child\* \$165 (\* Child should be 3 to 11 years old. Infants below 3 years travel free-of-charge, but must share seats with adult.)

**Contact:** Gek Cheng at 63915624 or kua\_gek\_cheng@csc.gov.sg

**Register By:** 3 May 10



## 3D2N Kelong Escapade

RELIVE the idyllic days of yore over a long weekend spent at a kelong in Tanjung Leman! Retreat from the busy city life and experience the cosy, communal way of life at a kelong. Sit back, relax and enjoy fishing, shooting the breeze, swimming at Sebu Island and gazing at the star-filled night sky. ©

Package includes:

- 2 nights' kelong accommodation,
- 9 meals: 2 breakfasts, 3 lunches, 1 dinner, 1 BBQ dinner, 2 suppers
- Fishing bait and ice

**Date:** Friday to Sunday, 28 May to 30 May 10

**Time:** Assemble at 6.45am at Club CSC @ Tessensohn and return at about 6pm on Sunday

**Fee:** Member \$188, Public Officer/Guest \$195, Member's Child\* \$155, Public Officer's/Guest's Child\* \$160 (\*Child should be 3 to 11 years old as date of departure)

**Contact:** Gina at 63915641 or gina\_lim@csc.gov.sg

**Register By:** 20 May 10

## 1-Day Unicurd Tour, Organic Food Warehouse & LTA Gallery



EMBARK on this fun road trip to explore a side of Singapore you have not seen before! Visit the Unicurd Food factory where light and healthy soyfood products such as tofu and soymilk are made. Then head to an organic food warehouse where you will get to view and purchase an array of organic food products! End off the day with an enlightening tour at the LTA Gallery, where historic milestones of Singapore's modernisation are displayed. ©

**Date:** Tuesday, 20 Apr 10

**Time:** 10am – 5pm

**Place:** Assemble at Lobby @ 9.30am, Club CSC @ Tessensohn

**Fee:** Member \$15, Public Officer/Guest \$18, Member's Child \$15, Public Officer's/Guest's Child \$18 (Fee includes air-conditioned bus with tour guide, but excludes lunch)

**Contact:** Samantha at 63915613 or samantha\_chin@csc.gov.sg

**Register By:** 10 Apr 10







## 1-Day Food Fun & Farm Exploration Tour

ENJOY a fulfilling day up north with educational visits to different farms while indulging in delicious food! Find out how different mushrooms are cultivated at the mushroom farm and tuck into an authentic kampong breakfast. Then see how the famous 'Foo Chow' noodles are produced and enjoy Foo Chow specialities for lunch. At the sweet potatoes and tapioca farm, hand-pick sweet potatoes to bring home for your family. End off this full day with shopping and a restaurant dinner! ☺

Package includes:

- 4 meals: 1 kampong breakfast, 1 foochow noodle lunch, 1 afternoon tea, 1 dinner
- Visits to mushroom farm, sweet potatoes and tapioca farm, herbs and spice garden, noodle factory, sight-seeing and shopping as per itinerary

**Date:** Saturday, 5 Jun 10

**Time:** Assemble at 6.45am at Club CSC @Tessensohn and return at about 9.30pm

**Fee:** Member \$68, Public Officer/Guest \$73, Member's Child\* \$65, Public Officer's/ Guest's Child\* \$70 (\*Child should be 2 to 11 years old as date of departure)

**Contact:** Gina at 63915641 or gina\_lim@csc.gov.sg

**Register By:** 27 May 10

## 1-Day Durian Feast, Batik Workshop & JB Shopping

ENJOY a feast for your senses with cultural art, durian indulgence and a shopping spree all in one day! Begin your adventure with a visit to the Chocolate Gallery and see how cocoa is processed into delicious chocolate. Try free samples of chocolates in various flavours before trying your hand at making a batik masterpiece in a workshop at the Batik Handicraft Centre. Then indulge in an all-you-can-eat durian feast at the durian plantation, where you can also take pictures with the durians hanging from the tree branches! End off a full day with shopping at Tebrau City Shopping Centre and a sumptuous seafood dinner! ☺

Package includes:

- 1 all-you-can-eat durian feast
- 1 seafood dinner
- Visits to Chocolate Gallery, Batik Workshop, durian plantation, Tebrau City Shopping Centre, sight-seeing and shopping as per itinerary

**Date:** Saturday, 26 Jun 10 and 17 Jul 10

**Time:** Assemble at 7am at Club CSC @ Tessensohn and return at about 9pm

**Fee:** Member \$68, Public Officer/Guest \$72, Member's Child\* \$65, Public Officer's/ Guest's Child\* \$69 (\*Child should be 2 to 11 years old as date of departure)

**Contact:** Gina at 63915641 or gina\_lim@csc.gov.sg

**Register By:** 19 Jun 10 and 10 Jul 10



# SPORTS

## Sports Interest Groups At Club CSC @ Changi!

GET away from the hustle of the city life, and participate in the below activities at the quiet, peaceful and idyllic Club CSC @ Changi. Join like-minded members at the club and enjoy the exciting activities together by the sea. ☺



### Archery By The Sea

THIS theory and practical archery course will help you not only to shoot proficiently, accurately and safely, but also to be more confident, focused and disciplined. You may be pleasantly surprised at the great fun you can have along the way. It is also a great opportunity for family members to spend some quality time together. ☺

**Dates:** 4 Sundays, 11 to 25 April and 9 May 10

**Venue:** Club CSC @ Changi

**Time:** 4pm – 6pm

**No. of Pax:** 10 (minimum)

**Fee:** Member \$70, Public Officer/Guest \$80 (All equipment provided except for \$15 arm guard)



### CSC Cycling Club

Join our cycling interest club at Club CSC @ Changi to kickstart your healthy lifestyle! Meet fellow enthusiasts who will be organizing regular cycling outings on local roads, and even in neighbouring countries. So gear up and join our first Fun Cycle event in April, where you can enjoy the cool sea breeze and lovely scenery as you cycle along the

Changi Coastal Road. ☺

**Dates:** Saturday, 27 March 2010

**Starting Point:** Club CSC @ Changi

**Time:** 8.30am

**Route:** East Coast Park Connector Network. Participants have a choice of an easy or moderate route to suit their experience and ability. More information will be made available later on to those who register for the trip. Rental of bicycles can be arranged.



### Sea Sports

Our club is organizing an Orientation Canoeing on Sunday, 9 May 2010 from 10am to 5pm to promote sea sports activities at Club CSC @ Changi. It is an excellent activity both to keep fit and family bonding. If you are keen on other sea sports such as sailing, wakeboarding or water skiing, do let us know!

### For above courses:

Interested members can contact Leroy Yap at 63915608 or email: [leroy\\_yap@csc.gov.sg](mailto:leroy_yap@csc.gov.sg). ☺



### CSC Changi Coastal Runners

Join our CSC running club at Club CSC @ Changi for regular runs along the Changi Coast Road for a healthy lifestyle or to train for competitions. Runs are conducted on the 1st and 3rd Saturdays of every month. CSC members and family members are welcome.

For more information, please contact Loh Ming Two at 63915608 or [loh\\_ming\\_two@csc.gov.sg](mailto:loh_ming_two@csc.gov.sg) ☺



### CSC Kingfisher

Situated next to the sea and mere minutes from Pulau Ubin, Club CSC @ Changi is a perfect meeting point for fishing enthusiasts. Join our fishing interest club for regular fishing activities on the shore, on boat trips or overseas. Look forward to the Malaysian kelong fishing trip our group is organizing in March!

For more information, please contact Aaron Ong at [aaron@sportfishingworkshop.com](mailto:aaron@sportfishingworkshop.com). ☺



### Race Driving

If you are interested in car racing, join a growing number of racing enthusiasts who regularly visit the racing track at Sepang, Malaysia for practice. Speed to the finish line with this exciting race driving group!

Email Henry Tang at

[henry\\_rac@yahoo.com.sg](mailto:henry_rac@yahoo.com.sg) for further information. ☺

## Form For Interest Groups: Club CSC @ Changi

### A. I am interested to join the activity below (please tick):

ARCHERY

CYCLING

SEA SPORTS

RUNNING

FISHING

RACE DRIVING

### B. Personal Particulars

NRIC or Passport number: \_\_\_\_\_ Type of CSC membership: \_\_\_\_\_

Full name as shown in your NRIC or passport: \_\_\_\_\_

Home address: \_\_\_\_\_ Postal code \_\_\_\_\_

Contact number: \_\_\_\_\_

Home \_\_\_\_\_ Office \_\_\_\_\_ Mobile \_\_\_\_\_ Email: \_\_\_\_\_

Date of birth (day/month/year): \_\_\_\_\_ Age: \_\_\_\_\_ Sex:  Male  Female

Signature \_\_\_\_\_

Date \_\_\_\_\_

## MHA Sweeps Up Honours

THE Ministry of Home Affairs (MHA) left no doubt as to their pedigree as they swept all but two of the honours in the Public Service Inter-Regu and Inter-Team Sepaktakraw Tournaments 2010 held at the PERSES Centre of Excellence. In the Inter-Regu tournament held on 23 January, MHA teams were unbeatable and made a complete sweep of the top four positions. In the Inter-team tournament held on 7 and 21 February, MHA Team 1 and 2 made it an all MHA final after knocking out MINDEF and NUS in the semi-finals. MHA Team 2 emerged as champions for both tournaments.

Edging out 28 teams from 10 government agencies in the Inter-Regu tournament and 11 from 10 in the Inter-Team tournament was not an easy feat. MHA team manager Mr Roslan Bin Kemat said: "The competition was very tight as all the teams were very good. We are pleased with the win."

Mr Roslan credited their win to strong support from the management, an influx of new players, regular training and many opportunities to play together. When asked what contributed to their victory, he said: "It is the Home Team spirit, and the cooperation from our various departments. They were very supportive."



▲ CSC General Manager Mr Charlie Ng (left) with MHA Team 2, the Inter-Regu Tournament champion.



▲ MHA Team 2, victorious once again at the Inter-Team Tournament.

### Sepaktakraw (Inter-Regu) Results

Champion : Ministry of Home Affairs (2)  
 1st Runner-Up : Ministry of Home Affairs (5)  
 2nd Runner-Up : Ministry of Home Affairs (4)  
 3rd Runner-Up : Ministry of Home Affairs (1)

### Sepaktakraw (Inter-Team) Results

Champion : Ministry of Home Affairs (2)  
 1st Runner-Up : Ministry of Home Affairs (1)  
 2nd Runner-Up : National University of Singapore  
 3rd Runner-Up : Ministry of Defence

# Upcoming Events

## Upcoming STAR Games

<b>Public Service Badminton Tournament</b>	Commencing Wednesday, 3 Mar 2010	Club CSC @ Tessensohn
<b>Public Service Chess Competition</b>	Saturday, 6 Mar 2010	Club CSC @ Tessensohn
<b>Public Service Football Tournament</b>	20, 21 and 23 Mar 2010	St Wilfred Field
<b>Public Service Tennis Tournament</b>	Commencing Monday, 5 Apr 2010	Singapore Polytechnic
<b>Public Service Netball Tournament</b>	Saturday, 10 Apr 2010	Kallang Netball Centre
<b>Public Service Swimming Competition</b>	Saturday, 17 Apr 2010	Club CSC @ Tessensohn
<b>Public Service Hockey (6-A-side) Tournament</b>	Saturday, 24 Apr 2010	Delta Hockey Pitch
<b>Southern Ridges Walk</b>	Wednesday, 28 Apr 2010	Marang Rd to HortPark
<b>Public Service Bowling Tournament</b>	Commencing Tuesday, 4 May 2010	Westwood Bowl, Club CSC @ Bukit Batok
<b>Public Service Beach Volleyball Tournament</b>	Commencing Monday 10 May 2010	Clementi Beach Volleyball Court

Registration of activities is on a first-come-first-serve basis.

Name (\*Mr/Mrs/Mdm/Miss): \_\_\_\_\_

CSC Membership No./NRIC No: \_\_\_\_\_

Membership Type: \*Ordinary/Supplementary/Retiree/Life/Associate  
(\*delete where appropriate)

Address: \_\_\_\_\_  
Singapore ( )

Contact No: \_\_\_\_\_ Email: \_\_\_\_\_

I would like to participate in: \_\_\_\_\_  
\_\_\_\_\_ (activity & date) for \_\_\_ members including myself.

Indicate name and membership number if more than one member: \_\_\_\_\_  
and (\_\_\_) guests. Indicate name(s) of guest(s) \_\_\_\_\_

For more than one activity, please attach sheets separately.

For Swimming Lessons, please contact clubhouse at 63915605.

For Badminton Section, please contact Sports Section at 63915619.

### IMPORTANT NOTES

- All guests must be accompanied by members.
- All fees paid are non-refundable unless the activity is cancelled by the Club. Please contact us if you do not hear from us **one week** before the activity.
- Applications must be accompanied by full payment. Please send separate cheques for the different activities.
- Crossed cheques are to be made payable to "Civil Service Club" unless otherwise stated.
- Unless otherwise stated, cheques should be sent to: General Manager, Civil Service Club, 60 Tessensohn Road, Singapore 217664
- The Civil Service Club and its management will not be liable for any injury or death whatsoever or however caused to participants.

### CONTACTS

#### Booking of Facilities

Club CSC @ Tessensohn Tel: 62948933  
Club CSC @ Bukit Batok Tel: 65137480  
Club CSC @ Changi Tel: 65452859

#### Corporate Services

Membership Matters Tel: 65143637 (Jamie)  
Tel: 63915629 (Norwati)  
Sports Activities Tel: 63915619 (Candice Woo)  
Social Activities Tel: 63915624 (Kua Gek Cheng)

Club CSC @ Tessensohn  
60 Tessensohn Road  
Singapore 217664

Club CSC @ Changi  
2 Netheravon Road  
Singapore 508503

Club CSC @ Bukit Batok  
91 Bukit Batok West Ave 2  
Singapore 659206



Contact Civil Service Club

Web: <http://www.csc.gov.sg>,  
<http://intranet.csc.gov.sg>

Email: [csc\\_qsm@csc.gov.sg](mailto:csc_qsm@csc.gov.sg)

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