



eFreeStyle

*Chinese Swimming Club Bi-Monthly e-Magazine
November - December 2011*



Promotion ends:
31 May 2012

CSC Member-Get-Member (MGM) Scheme

Referral Scheme for Ordinary/Associate (Transferrable) Membership

Be rewarded for each successful referral when you refer your friends or associates to join us as member(s)!

Our Gift to you

Receive **\$150.00**
Food & Beverage vouchers with every successful referral.



Our Gift to your Friends or Associates

Enjoy An Exclusive FIL
'Face & Body Revitalizing' Package
3 Award-winning Facials +
3 Proven Portion Slimming Therapies

@ only **\$188.00**

PLUS 3 Complimentary Treatments*
(worth \$360)

*Offer only applicable to NEW and 1st time FIL customers aged 18 & above. Other Terms & Conditions apply.

Hurry, start referring now!

Registration Form is available at CSC website or Front Office at the Arrival Pavilion.
Kindly fill in the 'Referral Form' with the prior consent of the potential new member for the release of their contact information. We will get in touch with the referred candidate shortly.

For Enquiries

Office Hour - 6885 0652 / 56 / 57

After Office Hour - 6885 0688



PRESIDENT'S MESSAGE

Dear Members

We are glad to inform that the Club Wide Survey 2011 was completed in September. We would like to thank the 900 members who responded with your feedback and comments. While we really appreciate the various compliments and constructive feedback from members, I should caution that the Club would not tolerate any mudslinging or unwarranted slanderous remarks from members, as our objective to seek members' feedback is done in good faith and intended to assist the Management Committee to plan for and further improve the Club in the interest of its general membership. The findings of the survey will be published in the January/February 2012 issue of this newsletter.

I would also like to remind members that the increase in subscription fees has taken effect this November. As reported in the 96th AGM, the Club's takings from its Jackpot operation which make up the main bulk of the Club's income had fallen tremendously since the opening of the 2 Integrated Resorts (IRs). Despite the Club's efforts in creating alternative revenue from rental income and exercising cost containment, the drastic shortfall remains unmitigated. The Club requires a stable source of income to maintain rising operation costs due mainly to inflation and strong competition for service staff across the industry. As such, the Management Committee had to take the tough decision to increase subscription fee which remains reasonable, even after the increase as compared to other similar sized clubs. For more details on the increase in subscription fees, please refer to Page 8 of this newsletter.



On the progress of Phase 3 of the redevelopment project, there have been some delays to sub-phase 1 of the A&A works at the Recreation Complex. Barring any unforeseen circumstances, sub-phase 1 should be completed by December 2011. The swimming pool at the Recreation Complex will be temporarily closed in the forthcoming sub-phase 2, scheduled to commence in January 2012. Due to the temporary closure, 3 swimming lanes in the Sports Complex will be made available in the morning and 2 lanes in the evening for leisure swimmers. We seek your kind understanding and patience during this interim period. On the other hand, members may be pleased to know that new Activity Suites (formerly Three Bars at Sports Complex) will be ready for members' use in November 2011. Keep a look out for the various sports and lifestyle activities, namely, Pilates, Children's Ballet, Yoga, Table Tennis, and Social Dance etc to be held here after it is renovated.

Members would be pleased to know that in the Club's continued effort to enhance its service quality, an additional mode of payment, recurring Credit Card Payment will be made available to members from January 2012. For more information on this, please refer to the Bulletin section from pages 8 to 9.

The much-anticipated school holidays and festive season are fast approaching. The Sports & Lifestyle and F&B departments have planned a myriad of exciting activities and programs for members of all ages. For the young ones, look out for the interesting Parachute & Shampoo Making Workshop as well as an educational session on how to Make Your Own Toy Car. The adults can look forward to exploring and creating their very own jewelry in the Wire & Chainmaille Workshop. Ladies who are keen on aesthetics and decking up the house for the festive season should not miss out on the Club's inaugural "Delights of Christmas", a ladies lunch cum floral demonstration featuring reputable floral designer, Edwin Pereira.

Party goers can look forward to the celebration parties on the eve of Christmas at Three Bars and New Year's Eve at Man Zhu café. Last but not least, members who love singing should grab the microphone and shine in the limelight in the upcoming CSC Karaoke Competition. With all these great happenings, I hope the finale to 2011 will be a wonderful one for all members.

On behalf of the Management Committee and staff, we sincerely wish all members a Blessed Christmas and a good and peaceful year in 2012 filled with Love, Peace and Joy.

Shalom and God Bless,

Edwin

Edwin Lee
President



Joel Gott *wine pairing dinner*

With great intensity, smooth and well bodied, the list goes on. These are some of the aftertaste from the fine selections of Chardonnay, Sauvignon Blanc and Zinfandel wines during the wine dinner event on 8 September 2011.

Featuring fine wines of Joel Gott from California, USA, it was an enriching experience as participants learnt about the history of wine maker and proprietor, Joel Gott and his wine empire. A western cuisine was specially designed to be paired with each of the wines highlighted for the night. In attendance were Mr Barry Wiss, Vice President of Trade Relations of Trinchero Family Estates, Board of Directors and Examiners, Society of Wine Educators and Mr Steven Sarle, Sales Director International, Trinchero Family Estates.

Join us for the upcoming wine dinner with Robert Mondavi on the 21 November 2011. Hurry, limited seats are available.

Christmas Eve Buffet Dinner

@ Man Zhu Café



FREE Party Popper & Hat!

Saturday, 24 December 2011

6.00pm - 9.30pm

\$42.00 (Adult) / \$22.00 (Child)

For registration or enquiries, please contact
F&B Admin Assistant at tel: 6885 0688 (Ext. 724)
or email f&b_admin@chineseswimmingclub.org.sg.



New Year's Eve Countdown Dinner "Carribean Night"

***come dressed in your best Carribean attire!*

2012

© MAN ZHU CAFÉ

Saturday, 31 December 2011

7.00pm - 12.30am

Adult: \$88.00 (Member) / \$108.00 (Guest)

Child: \$58.00 (Member) / \$78.00 (Guest)

For registration or enquiries, please contact F&B Admin Assistant at tel: 6885 0688 (Ext. 724) or email f&b_admin@chineseswimmingclub.org.sg.

Highlights

- 1) Sumptuous International Buffet
- 2) "Live" Puzzle Band Performance
- 3) Carribean theme decor



CSC KARAOKE COMPETITION

The search is now on for CSC's most talented Karaoke Singers. Don't miss this opportunity to showcase your talent and win over \$1500 worth of prizes!

This competition is open to all CSC Members/Spouses, Social Members and Members' Guests. The competition will take place in 2 categories: CSC Members, Social Members and Guests

QUALIFYING ROUND

Date: 11 December 2011
Venue: Three Bars (Canto Room)

FINALS

Date: 16 January 2012
Venue: Tiger Tavern of Asia Pacific Brewery (Tuas)

**Note: Transport to the Brewery will be provided for contestants only.*

Registration Forms are now available at Three Bars and Man Zhu Café.

For more enquiries, please contact our friendly F&B Admin Assistant at 6885 0688 Ext 724.

Closing Date of Registration:
27 November 2011



Complimentary Tiger Tavern Brewery Visit

Date: 16th January 2012 (2-way transportation will be provided)
Meeting Time: 5.30pm (Gather at Three Bars)
Return time: 10.00pm

Qualifying Criteria To Participate
Simply accumulate minimum spending of \$50 and above each month at Three Bars from November to December 2011. Qualified members will be put on waiting list if registration is full.

For more enquiries, please contact our friendly F&B Admin Assistant at 6885 0688 Ext 724. Date & timings of visit may be subject to changes. Other Terms & conditions applies.

Closing Date of Registration:
7 January 2011

CHRISTMAS EVE COUNTDOWN PARTY @ 3BARS

(Pre-Registration Required)

Date: 24th December 2011
Time: 7.30pm to 1.00am
Price: \$28 + 7% GST (Members) \$35 + 7% GST (Guests)

Christmas Buffet
5-piece Live Band Performance By
Puzzle Band

One glass of Champagne during
Countdown (12.00am)
Christmas Novelty Packs

*Register early as seats are limited.
Please note that Guest(s) must be accompanied by Members
Seatings for the countdown party are on a first come, first served basis, no prior reservations of seats are allowed



The Club is proud to announce Koh Kwee Ghee, Technician (Property Department) as Employee of the Year!

Kwee Ghee joined the Club since 14 February 2000. Besides being skillful and knowledgeable, he is a helpful and approachable technician with an ever-ready service towards both internal and external customers.

Phase III Redevelopment At Recreation Complex

Kindly note that the Recreation Complex will undergo an 18-month Phase III Redevelopment effective from 19 April 2011. The target estimated date of completion is due in late October 2012 with sub-phase periods as follows:

Sub-Phase	Date
1	Apr 2011 to Dec 2011
2	Jan 2012 to Jun 2012
3	Jun 2012 to Oct 2012

The operations of some facilities may be disrupted to facilitate the ongoing redevelopment work. As such, the Club wish to highlight the following concerns that members may have during this transition period:

1. Safety & Precaution

As some areas of the Recreation Complex will be cordoned during this period, kindly keep away from the hoarded areas for your own safety.

2. No Wireless Accessibility

No internet connection will be available at the Recreation Complex. Members may however proceed to the Arrival Pavilion or Sports Complex for wireless access.

3. Normal Business Operations At Joy Luck Cove & Three Bars

Business will be as usual at the Joy Luck Cove and Three Bars. For members' meal enjoyments, do check out the new food menu and promotional offerings available at Three Bars.

4. Passenger Lift At Recreation Complex

Please be informed that the Passenger Lifts at Recreation

Complex have been shut down for upgrading work. In the meantime, kindly utilise the stairs located next to the lift for access to levels 2 and 3.

5. Lunch Service Ceased At Three Bars

Service during lunch hours has ceased with effect from Friday, 1 July 2011. The outlet will be available for pre-booked lunch events on a request basis. As such, Three Bars will start its daily operations at 3.00pm with the closing times unchanged. The opening hours for Three Bars will be reviewed upon the completion of the redevelopment.

As the Club strives to upgrade its premises for your enjoyment, we seek your kind understanding and utmost forbearance during this period for the possible noise as well as dust pollutions caused during the process of the upgrading work.

6. Temporary Closure Of Swimming Pool At Recreation Complex

Please be notified that the swimming pool will be temporarily closed with effect from January 2012 to facilitate the ongoing A&A work. During this interim period, part of the Competition Pool at the Sports Complex will be made available to the affected regular swimmers during training hours. The available swimming lanes are as follows:

Sports Complex	Lanes Available During Training Hours At Sports Complex
Morning	3 Lanes - Lanes 0, 1 & 2
Evening	2 Lanes - Lanes 0 & 1

For more information of training hours, please refer to the Swimming Notice Board located at the Sports Complex.

Birthday Voucher in Appreciation of Senior Members

The CSC Senior Members' Luncheon first started in 1989 and it was organised to show appreciation to CSC's pioneer members who had seen and supported the club through its humble beginnings to the thriving and vibrant Club it is today.

After a break due to the Club Centennial Celebrations and renovation of the Manzhu Café, the Club would like to continue this tradition but in a different approach as the base of senior members in the Club has grown significantly from 1820 in 2008 to 2261 to-date. Due to the sheer numbers, it is logistically impracticable and financially not viable for the Club to host the annual Senior Members' Luncheon, going forward.

In place of the Senior Members' Luncheon, the Club is offering Principal Members who are 60 years old and above as at 1 Jan 2012, Birthday F&B Voucher valued at \$10/- for Principal Members holding Single Membership and \$15/- for Principal Members with registered spouse. The voucher will be valid throughout your birthday month to allow you to celebrate with your family and friends at your convenience.



We hope that you will make use of the birthday voucher to celebrate with you family and friends at Manzhu and 3 Bars.

Increase of Subscription Fees

Please be informed that the increase of subscription fee has taken effect on 1 November 2011 as follows:

Types of Membership	Old Sub Fee Per Month	New Sub Fee Per Month
Ordinary / Associate	\$40	\$60
Life Member	NA	NA
Corporate (Per Nominee)	\$40	\$60
Term / Junior Term	\$40	\$60
Sports	\$40	\$60
Spouse Member	\$10	No Change
Junior/Child/Child Term	\$10	No Change
Absent*	\$8	\$12

Please note that Senior Concessionary subscription and Absent members are subject to 50% and 20% of the applicable subscription fee respectively.

Recurring Credit Card System

The Club is pleased to announce that a new payment mode will be launched with effect from 1 January 2012. Members may utilise the newly implemented recurring credit card payment system for your ease of payment. To apply, simply visit the Front Office after 25 December 2011 for an application form or alternatively, a copy can also be downloaded from the Club's website under Club News.



Membership Cards Not Transferable & Sign-In Of Guests

The Club is taking tough stand to maintain exclusivity in the interest of the general membership. Members are reminded that their membership cards are non-transferable and all accompanying guests must be signed-in at the various entry points. For verification purposes, random checks on membership cards may be conducted. Members and guests are to co-operate when approached by the Club's security personnel for verification. Members who wilfully flout this rule will be severely dealt with.



Late Payment Fees For Statement Of Accounts

To ensure compliance with our Constitution Article 7.1 and to encourage timely settlement of club dues by members, the Management Committee has decided to adjust all late payment fees effective from Friday, 1 July 2011 as follows:

	New Fees	Current Fees
1st Notice	\$20	\$5
2nd Notice	\$50	\$10
3rd Notice	\$100	\$15

GO GREEN Campaign: Opt For 1 Free Style Per Household

In support of the Club's Go Green initiative, the Club would like to urge and remind members to exercise the option to receive 1 copy of the Club's bi-monthly newsletter per household.



Scheduled Cleaning And Maintenance Of Facilities

Please be informed of the scheduled cleaning & maintenance of the facilities as follows :

Recreation Complex Male & Female Changing Rooms, Swimming Pool, and Male & Female Jacuzzis at Recreation Complex	Every Monday
Sports Complex Male & Female Changing Rooms, Boys' & Girls' Changing Rooms, Infants' Changing Rooms and Swimming Pool	Every Wednesday



November



Chef's Specialty
Satay Bee Hoon
\$6.50 per serving

Monday to Thursday Dinner

December



Chef's Specialty
Clay pot Fish Head
\$17.00 per serving

Monday to Thursday Dinner

Friday Dinner

STEAMBOAT BUFFET
\$18.50 / \$13.00

adult child

6.00pm to 9.30pm



11-11-11 Promotion : Free \$10.00 Voucher
(For Members with bookings of 11 and more)

Friday Dinner

INTERNATIONAL BUFFET
\$24.80 / \$16.80

adult child

6.00pm to 9.30pm



HOLIDAY BRUNCH SPECIAL! HARI RAYA HAJI
\$23.80 (Adult) / \$16.80 (Child) 10.30am to 2.30pm

SUNDAY
06 NOV

HOLIDAY BRUNCH SPECIAL! CHRISTMAS DAY
\$23.80 (Adult) / \$18.80 (Child) 10.30am to 2.30pm

Look out for festive delights such as Christmas Log Cake, Roasted Turkey, Ham and many other mouthwatering cuisines

On-going promotions

Home Style Family Set Dinner

\$20 for 2 Pax / \$40 for 4 Pax
Saturday & Sunday: 6.00pm to 9.00pm

Saturday Breakfast

\$10.80 (adult)
\$7.80 (child)
8.30am to 11.00am

Sunday Brunch

\$23.80 (adult)
\$16.80 (child)
10.30am to 2.30pm

Meal Enjoyment

With order of main course from
a la carte menu
Cake* @ \$3.50 (U.P \$6.10)
Top-up
100% Arabica Coffee/Original Ceylon
Tea @ \$1.00 (U.P \$2.50)
Available from 11.30am - 2.30pm &
6.00pm - 9.00pm only

Tea Time Special

Cake* + Coffee/Tea
@ \$4.50/set only (U.P \$8.60)

Available from 2.30pm - 6.00pm only
*Except Brownies

30% off Sweet Treats
after 9.00pm daily

For enquiries

6885 0230

No service charge for Principal/
Term members. Subjected to
prevailing government taxes for
all members.

NOVEMBER



WHISKY PROMOTION

(Glenlivet Single Malt Whisky)

Glenlivet 12 Years - \$118/Bottle

Glenlivet 15 Years - \$178/Bottle

Glenlivet 18 Years - \$238/Bottle

DECEMBER

(FESTIVE EXTRAVAGANZA SALE)

Hakushu Single Malt Whisky - \$100/Bottle

Glenrothes Single Malt Whisky - \$95/Bottle

Courvoisier VSOP Exclusif Cognac - \$100/Bottle

Courvoisier Premier Cognac - \$135/Bottle

Remy Martin Club Cognac - \$115/Bottle

(While stocks last only)

ROBERT MONDAVI PROMOTION

Twin Oaks Chardonnay at

\$37 (Take-away) /

\$45 (Dine-in) U.P: \$53

Twin Oaks Cabernet Sauvignon

\$37 (Take-away) /

\$45 (Dine-in) U.P: \$53

Complimentary wine sampling on

10th and 24th November 2011

Sampling labels subject to changes

CHAMPAGNE PROMOTION

December featuring Mumm Cordon Rouge NV

750ml -

\$88 (Take-away) /

\$108 (Dine-in) U.P: \$127

375ml -

\$49 (Take-away) /

\$59 (Dine-in) U.P: \$70

Complimentary champagne sampling on 8th December 2011

Sampling labels subject to changes

BI-MONTHLY COCKTAIL SPECIAL

Lychee Martini

\$6.50

An Asian tropical infusion, Lychee Martini is an exotic and refreshing cocktail made from Fresh Lychees with syrup, Vodka and Lychee Liqueur.



Mondays and Tuesdays

3.00pm - 7.00pm / 7.30pm - 11.00pm

Mando Room

\$48* (up to 9pax)

Choice of Any 3 Snack Items

Canto Room

\$68* (up to 14pax)

Choice of Any 5 Snack Items

Bookings are allowed up till a maximum of 2 weeks in advance.

*Terms & Conditions Apply

- 10% service charge apply for Social Members on top of all expenses incurred

- Subject to GST & service charge where applicable

Swimming

- Lyuina Lee

Sweden National Swimming Team Training @ CSC

CSC is pleased and honoured to have the Sweden National Swimming Team training in our premises in preparation for their participation in the 14th FINA World Aquatics Championships in Shanghai, China.

The Sweden Team arrived on the evening of 12 July 2011 and left for Shanghai on 20 July 2011. It was an eye opener for our swimmers as they observed how the team trained and prepared for their forthcoming competition.



The Sweden National Swimming Team

Midget Age Group Swimming Meet 2011 II

On a very hot and bright Saturday morning of 6 August 2011, 124 swimmers competed in the Midget Age Group Swimming Meet 2011 II in hopes to be chosen to represent the Club for the SSC 17th Open Invitational Midget Meet 2011.

Congratulations to the following swimmers for making it to the CSC Team List!

Boys

8 Years Old

- 1 Tan Shang-Gene
- 2 Joseph Quek Jin Yi
- 3 Jaren Lam Tze Cong
- 4 Bryan Chim Kean Jock
- 5 Mikkel Lee Jun Jie
- 6 Sherman Some Jun Jie

7 Years Old

- 1 Mitchell Ang Li
- 2 Brendan Hong Chun Yong
- 3 Reuben Lui Tye Heng
- 4 Ho Ting Le
- 5 Damien Koh Cheng Jun

6 Years Old

- 1 Aloysius Wong Zhi Hong
- 2 Edgar Lee Bing Zhe
- 3 Richie Soh Reh Chee
- 4 Hoon Wee Meng
- 5 Marcus Khoo Sze Rei

5 Years Old & Below

- 1 Gabriel Koo Ying Xuan
- 2 Duane Seah Wu Keng
- 3 Joshua Lim Yong-Jie
- 4 Teo Yi Hong
- 5 Scott Lim

Girls

- 1 Jolene Hsu Li Jun
- 2 Stephanie Chua Cheng Ee
- 3 Chelsea Khoo Wei Xi
- 4 Chloe Chang
- 5 Sammi Grace Lee

- 1 Natalie Ho Hui Ting
- 2 Gan Ching Hwee
- 3 Charity Lien Tian-Yi
- 4 Chin Jing Zhi
- 5 Magdalene Chua

- 1 Angela Wong Wen Wei
- 2 Charla Tan Song Ci
- 3 Tan Shang Eve
- 4 Jolene Ong Zenlyn
- 5 Yvette Teo Jin Yin

- 1 Chong Sher Leen
- 2 Tan Zhao Yun
- 3 Regina Lui Ann Rui
- 4 Megan Lee Xinyi
- 5 Poh Wen Ee
- 6 Audrey Lim Ee Hsuen



2011 SEA Games Selection

Congratulations to the following swimmers who were selected by the Singapore National Olympic Council to represent Singapore in the upcoming 26th SEA Games 2011 to be held in Palembang, Indonesia:

Lionel Khoo Chien Yin / Mylene Ong Chui Bin / Cheryl Lim Xing Jing

We wish you great victories in the upcoming competition!

Badminton - Lam Jick Sern

Royal Bangkok Sports Club Invitational Badminton Tournament 2011

A group of 40 comprising of CSC badminton players and their family members were present at the Invitational Tournament in Bangkok, organised by the affable Royal Bangkok Sports Club (RBSC) between 29 July to 1 August 2011.

After some intense competition between eight Clubs, CSC lost to eventual winner, Penang Sports Club, during the Semi-Finals but took third place after defeating RBSC Polo Club. RBSC then hosted a splendid dinner filled with wonderful performances for all participants with the players singing late into the night.



Players and Supporters at Royal Bangkok Sports Club

CSC Badminton Inter-Team Challenge 2011

The inaugural Inter-Team Challenge held on 13 and 14 August at the Club's Badminton Hall was a congregation of 90 top shuttlers both past and present. Equipment sponsor Li-Ning provided the shuttlecocks and prizes for the winners.

The contests were stiff and the spectators were awe-struck by the high standards displayed at every match. Eventually, CSC players proved their mettle to win an equally impressive SAFRA in the Finals and wrote the Club's name into history book as the first Club to win the Challenge. All the participants certainly looked forward to renew the rivalry and acquaintances once again next year.

CSC – Kason Age Group Badminton (Invitational) Tournament 2011



Badminton Convenor Presenting Prizes to Boys Doubles 9 & Under

Club Captain presenting Prizes to Girls Doubles 14 & Under

The most eagerly anticipated tournament in Singapore is now into its 7th edition and this year's competition was the most dynamic with top players from China, Thailand, Malaysia, Indonesia and Singapore battling to be the best. Despite having the same 1400 participants compared to last year, the shuttlecocks usage increased by 30% as more matches went into rubber sets.

Competition started on 5 September 2011 since 8am and became a non-stop daily action past 10pm with more than 200 matches each day. The Quarter-finals on Friday were so closely fought that the last match ended as late as 11.30pm. The Semi-finals on Saturday were equally exciting as the players gave their all to earn their rights to compete in the Finals on Sunday, 11 September graced by Guest-of-Honour Mr Lim Teck Yin, CEO of Singapore Sports Council.

During the Finals, deafening cheers from over 400 spectators reverberated around the Badminton Hall at each point won by the finalists as they vie for the top prize. Amongst the podium were our Club representatives, Angel Sun and Shawn Foo, both of whom took Joint 2nd Runners-up in the Girls Doubles 14 & Under, as well as Boys Doubles 11 & Under categories respectively. The National Intermediate Squad won the overall best training centre with six champions in the 16 categories.

We would like to thank main sponsor, Li-Ning Sports Singapore Pte Ltd, and co-sponsor, Fuji Xerox for their generous contributions. Special thanks also goes to Singapore Badminton Association, C&T Trade Services, 100 Plus, Pilot Pen (S) Pte Ltd and Freshening Industries Pte Ltd, as well as all the supporters and participants for their continuous support.

Billiards & Snookers - Lam Jick Sern

Section National Day

Gathering

It was red and white galore on 6 August 2011 as the 30 Billiards & Snooker Section members vshowed up in full force to show their patriotism in celebration of our nation's 46th Birthday in advance.

Members started streaming into the Billiards Lounge as early as 1pm for their favourite game. It was also a time to savor the mouth-watering spread specially prepared by Man Zhu Café. Club Vice President, Mr Peter Liew, then led the singing of a birthday song before cutting the cake. Thereafter, the members reveled in the novelty game planned by the Sub-committee with prizes kindly sponsored by Patron, Mr Patrick Ho.



Billiards & Snooker Section with the Nation's Birthday Cake

Golf - Lam Jick Sern

August Golf Medal

Taking advantage of the Ramadan period, 69 golfers in 21 cars enjoyed a bargain game of only S\$30 as they took a 160 kilometers round trip to The Legends Golf & Country Resort on 3 August 2011.

A shower of blessing just 30 minutes before tee-off had helped to cool the venue as the golfers played scores beyond their expectations. 15 of them even shot below their handicap. After the game, they adjourned to the nearby Kim Mon Low restaurant for a sumptuous dinner while being serenaded by the lady boss.

Despite the stiff competition, these golfers emerged as the best for this month:

Position	Open Division	Stableford Points	Position	Seniors Division	Stableford Points	Position	Ladies Division	Stableford Points
1	Wong Him Tin	47	1	Philip Yeo	45	1	Helen Tan	40
2	Alvin Tan	43	2	Teo Green Ston	43			

Inter-Social Club Golf Tournament 2011

18 Golfers represented our Club in the 3rd leg of the Inter-Social Club Golf Tournament 2011 on 19 August at Warren Golf Country Club, attracting 126 golfers from seven clubs.

Our Club came in a credible fourth out of seven with Lim Hoo Wee shooting an amazing gross of 74 to be crowned the Overall Best Gross during the Dinner held at Yan Palace. Johnny Walker had generously sponsored 18 bottles of Gold Label Reserve for the Dinner while Prestige Tour Pte Ltd sponsored hole-in-one prizes for all par-3 to the tune of \$2,000.



Group Shot before Tee-off at Warren Golf & Country Club

Contract Bridge

- Leroy Yap

CSC Contract Bridge Annual Pair Championship 2011

A total of 12 pairs pitted their wits and skills at the Multi-purpose Room during the Annual Pairs Championships on 7 August 2011. The Championships concluded with a sumptuous buffet dinner for all players.

Champion	1st Runner-up	2nd Runner-up
Chia Chee Liong & Khoo Beng Yang	Yap Tek Kiat & Wong Kian Hong	Foo Don Wan & Seah Seng Chye



Club Captain, Nicholas Lim with the Champion

Contract Bridge Beginners' Workshop

A record number of 21 students participated in the Contract Bridge Beginners' Workshop conducted by Mr Yung Tee Fa. The first lesson had commenced on the 3 August 2011 at the Multi-purpose Room in the Sports Complex.

Tennis

- Leroy Yap

CSC Tennis Doubles Championship 2011

This year's championships were held on 27 & 28 August 2011 and it drew a total of 22 men and 10 ladies over two categories. The players displayed great passion for the sport as they fought to be the best doubles in CSC over the weekend. Congratulations to Bernard Keh and Rayner Lim on emerging Champion in the Men's Doubles Final over best of 3 sets and Lee Pinn May and Margaret Lee on emerging as the new Champion for the Ladies Doubles.



Finalist - Rayner Lim, Alex Ho, Bernard Keh and Arnold Gay

Squash

- Jim Chee Xian

Squash Length Game Challenge 2011

The Squash Length Game Challenge 2011 was held on the 1st August 2011 and the CSC players were anticipating for this day. Among them were veteran CSC players who till date, skillfully played the game with great passion. All in all, the players had a tremendous game and enjoyable time of bonding over dinner.

Japan National Selection Squash Friendly Game

Almost a year ago, both Japan National Selections and the CSC players played together and enjoyed the games. On 2 September 2011, the CSC players welcomed the guests once again with warm handshakes with the exchange of souvenirs. The camaraderie between both sides was not only excellent but had gotten stronger and stronger over time. Finally, the friendly game ended with a specially arranged buffet dinner for the guests.



Squash players' group photo before the game challenge

Bowling

- Xu Zhenni

17th Inter-Club Mixed Bowling League 2011

Congratulations to Team CSC on emerging the Champions of the 17th Inter-Club Mixed Bowling League 2011! This is another big leap from last year's 2nd Runner-up.

Led by team Captain, Mr Gerard Ng, the players fought hard and well with sheer determination against the other participating Clubs during the 6-month league. During the Final Round, boundless coordination exuding great camaraderie and commitment was displayed as the team members relied on each other for their great victory.

August Monthly Medal

Here are the results of the August Bowling Monthly Medal:

MEN

Position	July/August	
	Name	Score
1	Elliot Tan	1132
2	Bryan Lee	1116
3	Joshua Lee	1114

WOMEN

Position	July/August	
	Name	Score
1	Judith Oh	1119
2	Doris Tan	1087
3	Jan Ng	1085



From Left : Christopher Chan, Judith Oh, Gerard Ng, Doris Tan, Jeffrey Tan and Travis Tay at Seletar Country Club on 18 August

Taekwondo

- Xu Zhenni

141st Supplementary Grading Results

The 141st Supplementary Grading was held at the Auditorium of Chinese Swimming Club, Recreation Complex on 31st July 2011 with a total of 18 trainees. We are pleased to announce that all young trainees managed to uphold the Club's standard of excellence with a 100% passing rate.

Congratulations to all trainees in achieving their new belts:

Tan Yew Chun Ethan – 2 nd Poom	Yang Yu Jing Jack – Green Belt
Phoon Yan Xin – 1 st Poom	Chua Kang Jian Bill – Green Belt
Chong, Joshua James – Black-tip Belt	Zhuo Zhao Xiang Victor – Green Belt
Ho Guan Teng – Black– Tip Belt	Ng Wei You Emmanuel – Yellow Belt
Zhou Zheng Xiang Justin – Brown–tip Belt	Wong Cheng Kai Bryan – Yellow Belt
Pentyala Ritika – Brown-tip Belt	Ng Wei Hern Noah – Yellow-tip Belt
Ryan Gan – Blue Belt	Tan Keng Loong Ryan – Yellow-tip Belt
Lee Ji Le Titus – Blue-tip Belt	Gay Min Amelia – Yellow-tip Belt
Ho Kuan Zher – Blue-tip Belt	Gay Ming Jie Randal – Yellow-tip Belt

38th National Taekwondo Kyorugi Championships

The 38th National Taekwondo Kyorugi Championship was held over 4 days from 3 to 10 September 2011. Following closely to the original teachings of Taekwondo which focuses on mental and ethical discipline, justice, etiquette, respect and self-confidence, the event adopted the slogan "Compete with Spirit, Win with Humility and Lose with Grace" in an effort to instill this trait in all participants.

With more than 750 participants over the 4 days, only members of clubs affiliated to Singapore Taekwondo Federation and Red, Poom or Black Belt holders were eligible to participate in this Championship. One would be surprised to discover that some of the Red or Poom belt participants who are holding a Red or Poom belt were no older than 8 years of age.

Led by Head Coach, Mr Nordon Lim, the four participating Taekwondo Trainees namely, Phoon Yi Ming, Phoon Yan Xin, Joshua Chong and Isaac Ma, had put up their best fight in this competition. Our one and only female fighter, Phoon Yan Xin, brought glory to the Club with a Bronze Medal for Young Junior 1 Division, Female, Poom Belt.

Kudos to all trainees on a job well done in their first big-scale competition!



Badminton - Lam Jick Sern

Chinese Swimming Club – Li-Ning Badminton Doubles (Invitational) Championships 2011

Held from 3 to 5 June, our members witnessed more than 150 competitive players from Singapore, Malaysia, Indonesia, China and Thailand who participated in the competition sanctioned by the Singapore Badminton Association.

Li-Ning was once again the main sponsor for the tournament. Freshening and 100plus also supported the participants with anti-septic wipes and revitalizing drinks. Our Club President, Mr Edwin Lee, generously sponsored the prize money for the winners. This year's Guest-of-Honour was Mr Bob Gambardella, Chief of Sports Development & Singapore Sports Institute, Singapore Sports Council.

After the exciting finals, the spectators participated in a lucky draw segment which culminated in a celebratory lunch which was much enjoyed by all in attendance.

Congratulations to the deserving winners!



Winners of CSC-Li Ning Mens & Womens Open

Position	Men's Doubles Open	Ladies Doubles Open	Men's Doubles Veteran Combine 90 years old & above	Men's Doubles Masters Combine 110 years old & above
Champion	Ardian Kurnanto / Erwin Djohan	Mok Jing Qiong / Liang Yun	Surachai Makkasasithorn / Wattana Ampunswan	Chew Chin Hua / Foo Kon Fai
1st Runners-up	Sim Soon Ge / Syafiq Lim	Cai Jian Jing / Yang Nian Hong	Joseph Sng / Tan Koon Meng	Steven Oh / Goh Khoo Kooi
Joint 2nd Runners-up	Alvin Fu / Hamon Shen	Vanessa Poo / Wong Wai See	Yap Wee Teck / Jumari Kasrawi	Philip Choo / Neo Eng Kiat
Joint 2nd Runners-up	Kevin Lim / Desmond Tan	Samantha Neo / Noriko Goh	Timothy Kam / Steven Oh	Joseph Sng / Jerry Wee

Li-Ning Singapore Open 2011 Osim World Super Series

For the fourth consecutive year, Singapore Badminton Association selected Chinese Swimming Club as the official practice venue for the players of the biggest Badminton competition in Singapore.

While our members got to witness world-class players training in our hall, supporters from the 27 countries got to see our Club in a full page ad in the official tournament magazine. Our Academy trainees and Badminton Club Team members received complimentary tickets to watch the live actions in the Indoor Stadium.

CSC Badminton Age Group Singles Championships 2011

The annual tournament for our Club's budding shuttlers was held on 16 & 17 July this year and saw 33 players taking part in 4 categories.

The competition was intense and three out of four finals went into rubber sets. The proud parents then witnessed their children receive their well-deserved trophies from Badminton Convenor, Mr Ronald Lam. Over delectable refreshments, both parents and their children made new acquaintances.

Congratulations to the winners!

Category	Champion	Runners-up
Boys Singles Under 11	Ivan Go	Darryl Oon
Boys Singles Under 13	Shawn Foo	Chan Kae Jian
Girls Singles Under 15	Clariss Saw	Evangeline Lee
Boys Singles Under 17	Ngiam Bin	Ngiam Jing Hao



Golf - Lam Jick Sern

June Golf Medal

A total of 64 golfers including 10 guests had a fruitful day of golf on 16 June at the famous and popular haven for golfers, Ria Bintan Golf Resort. The day started with light rain in the wee morning from about 4.30am.

Golfers gathered at Tanah Merah Ferry Terminal from as early as 8.00am. It was a good time for networking and catching up with friends before the ferry departed at 9.10am for Bintan Island, Indonesia. The 45-minute journey via the new ferry to Bintan was very pleasant and enjoyable.



Golfers at the beautiful Ria Bintan Golf Resort

The weather turned out to be sunny and a good day for all golfers. After the game, golfers were treated to an Indonesian styled bento set lunch served with chicken cutlet. Time flies and soon its "selamat tinggal" to Bintan and back to local shore at 7.30pm. Congratulations to the winners of this outing:

Position	Open Division	Stableford Points	Position	Seniors Division	Stableford Points	Position	Ladies Division	Stableford Points
1	Richard Ng	36	1	Lee Ban Kit	36	1	Chen May-Lin	37
2	Peter Liew	35	2	John Goh	36			

Kelab Golf Batu Pahat Interport Game

It was an arduous 150 kilometers trip to Kelab Golf Batu Pahat (KGBP) but the 23 golfers were determined to continue the traditional annual exchange between the two Clubs.

As early as 8.00am on 9 July, the golfers gathered and carpooled to their first destination, Bukit Banang Golf & Country Club. After a scorching afternoon game, the golfers checked in to Katerina Hotel, after which they met up with KGBP Golfers for a sumptuous dinner.

The next morning, the competition began at the challenging KGBP course. After the game, the golfers gathered for a delicious lunch and friendly banter. Finally, the results were announced and KGBP got to keep the trophy for one more year with a 7-4 victory.

Billiards & Snooker - Lam Jick Sern

Cuesports Competitions

In the National Under-19 Pools Championships held on 25 Jun at Punggol Billiards, our prodigious talent, 15 years old Aloysius Yapp swept past all challengers to retain the crown he won last year. Aloysius also attained 1st Runners-up in the National Snooker Ranking held on 2 & 3 July while Michael Hoon finished 2nd runner-up in the same competition.

On a separate note, the Billiards & Snooker Section would like to congratulate our Advisor and Club Vice President, Mr Peter Liew, for being elected as President of Cuesports Singapore.



Under-19 Championships Pool Champion, Aloysius Yapp (Right)

PARTY & FUNCTION PACKAGES

IN MAN ZHU AND THREE BARS

For enquiries and bookings, please contact F&B Admin Assistant at 6885 0688 ext. 724 or email F&B_admin@chineseswimmingclub.org.sg



THREE BARS HIGH TEA & DINNER

Monday, Tuesday, Friday & Sunday

Premier Party Night Out

- \$100 per pax
- Free flow beer, wine, soft drinks, juices & 6 bottles of promotional whisky
- 3-piece band & balloons
- 7pm to 12 midnight
- 10 Complimentary car passes
- Complimentary 1 kg cake
- \$5000 minimum per event
- Minimum 50 persons per event

Classic Party Night Out

- \$60 per pax
- Standard buffet dinner
- Free flow: Choice of beer or wine, and soft drinks
- 2-piece band & balloons
- 7pm to 12 midnight
- 5 Complimentary car passes
- Complimentary 1 kg cake
- \$3000 minimum per event
- Minimum 50 persons per event

Classic High Tea

- \$40 per pax
- Buffet High Tea
- Free flow: Choice of beer or wine, soft drinks, 100% Arabica Coffee and Ceylon Tea
- Discounted price for wines
- Balloons and 10 water bottle premiums for children
- Complimentary 1 kg cake
- 3pm to 5pm
- 5 Complimentary car passes
- \$2000 minimum per event
- Minimum 50 persons per event

MAN ZHU CAFÉ HIGH TEA & DINNER

High Tea : Monday to Saturday / Dinner : Monday to Thursday

High Tea Buffet

- \$20 per pax
- Buffet High Tea
- Free flow: 100% Arabica Coffee and Ceylon Tea
- 3pm to 5pm
- Complimentary balloons decoration
- 5 complimentary car passes
- Minimum 40 persons per event

Dinner Buffet I

- \$28 per pax
- Buffet promotion of the month
- Free flow: Cordials, 100% Arabica Coffee & Ceylon Tea
- 6pm to 10pm
- Complimentary balloons decoration
- 5 complimentary car passes
- Discounted price for wines & beer
- Minimum 40 persons per event

Dinner Buffet II

- \$32 per pax
- 1 Choice of Buffet from the Promotional Buffet of the year
- Free flow : Cordials, 100% Arabica Coffee & Ceylon Tea
- 6pm to 10pm
- Complimentary balloons decoration
- 5 complimentary car passes
- Discounted price for wines & beer
- Minimum 40 persons per event

WORLD OF WELLNESS



THE WAY TO HEALTHY DIGESTION



Have you been experiencing some bloating, constipation or diarrhoea? These may be some indications that you could be suffering from indigestion.

Here are some tips to promote a healthy digestive system.



INCREASE IN FIBRE INTAKE

- Helps promotes healthy digestion
- Lowers risk of contracting colon cancer
- Lowers cholesterol level
- Control blood sugar and helps with weight management

GET MOVING

Engage in physical exercises 3 times a week with at least 45 minutes of workout per session.

RID BODY WASTE ASAP

Body waste emits gas the longer we keep them, hence, rid them as soon as possible.

EAT THE RIGHT FOOD

Our choice of food and how we take them can cause some stomach discomfort, irritation or even pains. It can even result in us experiencing some bloatedness, constipation, and heart burn.

We can prevent further aggravation to our stomach by:

- Drinking directly from a glass instead of drinking from the bottle or via a straw
- Take lukewarm water instead . We tend to swallow more air with hot drinks.
- Avoid spicy or dairy food, aerated beverages and legumes.
- Consume more food made from whole grain foods
- Do not add fibre too quickly into your diet as it may cause pain and bloating.
- The increase in fibre intake must be accompanied by the increase in water consumption.

CONSULT A DOCTOR

Anyone who encounters regular gas, bloating, constipation, diarrhea or any other digestive problems should consult a doctor and seek immediate treatment. It may be something more serious than what we think.

Remember, it's important to listen to our body.

With reference to www.eatrightontario.ca

> COFFEE JOURNEY TOUR

The Coffee Journey Tour held on 8 July 2011 was an educational experience. Members and guests learnt about the history of Bon Café and toured the garden where coffee berries were seen sprouting from the shrubs. Next, they were introduced to the different types of coffee beans from various countries and briefed on the roasting process. The fun part of the tour was the coffee tasting session. Everyone was taught to suck in and spit out the coffee to decipher the taste. The tour ended with an amazing latte art demonstration enjoyed by all!



> TART MAKING WORKSHOP

It was an afternoon of tart making on 17 July 2011 for 21 members and their guests at the multi-purpose room. Instructor, Madam Tay, introduced the ingredients used and demonstrated the steps in creating the dough. Everyone watched earnestly and had a hands on practice lining the dough in the tart case. Next, Madam Tay proceeded to demonstrate the fillings, namely, custard, cheese, eggs and fruits for the tart. After the baked tarts came out from the oven, the fragrant aroma filled the room. It was a pretty sight as the fillings were combined with the golden pastry tart case. Everyone went home with some yummy tarts and new knowledge gained.

> MOONCAKE MAKING WORKSHOP

In preparation of the annual Mooncake Festival, the Ladies Sub-Committee organized a Mooncake making workshop on 21 August 2011. Members and guests were enriched by the art and skills involved in making traditional baked and snow skin mooncakes. Everyone gathered around culinary veteran, Madam Tay, as she demonstrated the steps involved. Much to everyone's delight, it was a good learning experience as participants tried their hands in kneading and wrapping the dough with lotus paste and almond flakes during the hands-on session. From their facial expressions, it was indeed an enjoyable session. Everyone took home the beautifully made mooncakes on that day.



> ONE DAY DURIAN FIESTA + FISH FARM + SHOPPING TOUR

The Arrival Pavilion was bustling with excitement in the early morning of 2 July 2011. Both members and guests who had registered for the trip had started trickling in as early as 6.30am and were happily filling up their white card.

Alas, there was delay in a bad jam on the way to the check point, thankfully, the participants were well prepared with the snacks on hand to pass the time until we cleared the customs.

First stop, Kukup Village, where everyone took a boat ride to the Fish Farm was introduced to the species reared on the farm. These were species which most participants had never seen before! Many were fascinated when the fishes "performed" by spitting water accurately at the fish bait laid on a rod in their attempt to "push" down the bait so they could eat them. There were several types of tidbits available for sale at the fish farm and everyone left the farm with a few extra bags of tidbits.

Next, the participants went to the Pontian Durian plantation to feast on the creamy, lip smacking, creamy and bittersweet tasting durians! It was indeed a feast with the plantation workers opening up durians after durians for sampling. There was also a delicious buffet including fried bee hoon, chicken curry and the many seasonal tropical fruits which were also available for sale. All was marveled by the method to rid durian smell on the hands by simply running water through the inner husk of the durian and washing the hands with it.

After a hearty meal, it was time head for some leg exercise by shopping at the Sutera Mall. The participants were indeed spoiled for choice with the numerous retail shops. It was shopping heaven for all with the multitude of sales! Three hours of shopping time just seemed a little short for the shopaholics among us.

Before ending the trip, it was a stop over at Restaurant Chia Ping Skudai for a sumptuous seafood dinner.

The enjoyable trip ended with every member and guest satisfied with the day.



> AESTHETIC DERMATOLOGY TREATMENT

Dr Tan, a dermatologist from Raffles Skin Centre gave a talk on 27 August 2011 to members and guests at the Club's conference room. During the workshop, an introduction to the types of skin changes associated with ageing such as Kerasotes, actinic, melasma and solar lentigenes was provided. Preventive measures as well as the different types of treatments available such as chemical peel, laser toning, bleaching creams, intense pulse light and many more were discussed. Dr Tan also covered on the uses of Botox and fillers in treating wrinkles, crow's feet, smiles lines etc. Each participant was given a goody bag as well. Overall, everyone was pleased with the informative session and requested for more of such health talks in the near future.

DELIGHTS OF CHRISTMAS

By Edwin Pereira

Closing Date
Friday, 25 November 2011

Enjoy a sumptuous Buffet Lunch with reputable floral designer, Edwin Pereira, of Petals & Leaves. Be inspired as the creative guru shares tips over a demonstration on festive floral arrangements, table settings and decors for your home and office. Edwin's passion and inspiration in floral design has helped his client, Goodwood Park Hotel, won many awards during the "Best Christmas Decorated Building" competition. His innovative and unique designs are much sought after for corporate prestigious events as well. Sign up early as seats are limited!

Date Sunday, 4 December 2011
Time 12.00pm - 3.00pm
Venue Activity Suites (Former Three Bars), Sports Complex (Level 3)
Fee \$55.64 (Member) / \$67.41* (Guest)
Capacity minimum 30 persons / maximum 50 persons

Demonstrations are subject to changes.

Registration will close upon maximum capacity or closing date, whichever occur first.

All prices are inclusive of 7% GST.

Note: There will be no refund of fee upon confirmation of registration.

Registration forms are available at the Front Office/Sports Desk. All queries, please contact Wendy Tan at 6885 0654.

*Inclusive of guest fee



Robert Mondavi wine dinner

Monday
21 November 2011

Time : 7.00pm (Pre-dinner wines)
7.30pm (Dinner)
Venue : Man Zhu Café
Fees : \$55.00 (Members)/\$75.00 (Guests)*
Dress Code : Office Attire
Limited seats only. Register early.*
(Pricing includes 5 labels of Wines and 4 course menu.
GST is applicable)

Wines will be on sale at special discount for attendees

For registration or enquiries, please contact F&B Admin Assistant at tel: 6885 0688 (Ext. 724) or email f&b_admin@chineseswimmingclub.org.sg.

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