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Issue 107 (Feb-Apr 2018)

GRASSROOTS

A publication of The Grassroots' Club

MCI(P)203/03/2017

with passion



Welcome to TGC's Spanking-New Health Centre

How Long to Turn New Year's Resolutions into Habits?

Children & Screen Time



www.grassrootsclub.org.sg

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MESSAGE BY CHAIRMAN FINANCE COMMITTEE



Mr See Chak Fei Edward, PBM
Chairman, Finance Committee

Dear Members,

> First of all, let me on behalf of The Grassroots Club and the Finance Committee wish one and all a prosperous Lunar New Year ahead. May all your wishes be a reality this coming year.

Time seems to fly past so quickly, another new year now waits for us. What are our plans ahead?

These past years have seen the transformation of The Grassroots Club both in “hardware” and “software”. The renovation project delivered a more open concept and a more relaxing atmosphere within the Club. Now we are embarking on implementation of more “software” programmes that will meet the needs of our members.

Foremost in our minds is a prudence in managing the finances of our Club, maintaining of a good structural framework for our budget and reducing our expenditures.

In line with Singapore Police Force recommendations for jackpot machine operational regulations, the Club has decided to discontinue operating the games room. The past year has also seen a decline in revenue from the Jackpot room hence the decision to close it.

We have also renovated the gym and spa area, and furnished it with new gym equipment.

The Club has been doing very well in controlling of its finances and we have been able to surpass the budgetary figures set at beginning of the term, and we will continue to be relentless in monitoring the progress with a stringent check-and-balance mindset in all financial matters.

All these could not be possible without the assistance of many stakeholders. I would like to thank the Peoples’ Association for their tremendous help in supporting the renovation project and also the help of providing personnel resources in advisory and managing roles.

I would also like to thank the Finance Committee for stepping up in time of needs to assist with their vast experiences and capabilities in handling financial management for the Club.

I also like to thank all the Council members for their support behind the success of the Club.

Wishing one and all again, a most wonderful and prosperous Lunar New Year. >



EDITORIAL TEAM

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Jimmy New Cheng Tee, PBM

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P.Anakeley

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Words Worth Media wordsworth.com.sg

EDITOR'S NOTEBOOK

Dear Members,

> 2018 is the year of the Dog in the Chinese zodiac and it will be a good time for lifestyle changes for some of us.

We have an article on the cultivation of new habits that offers us tips to help you to make good changes. We wish you success in achieving new goals set for the coming Chinese New Year.

Our Health Centre has resumed operations after two months of renovation. We hope that you have tried out the new gym and spa facilities. Please provide feedback for us to improve further.

More member facilities will be added to the Club in the near future. Please stay tuned to more updates.

Toh Sze Wei, PBM
Editor



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CHILDREN & SCREEN TIME

How much is too much? How much time does your child spend watching TV or the movies, playing with a smartphone or computer, or enjoying video games?

Although some screen time can be educational, it's easy to go overboard. Consider this guide to children and TV, including what you can do to keep your child's screen time in check. The American Academy of Pediatrics discourages media use by children younger than age two and recommends limiting older children's screen time to no more than one or two hours a day. Too much screen time can be linked to:

Obesity

The more TV your child watches, the greater his or her risk is of becoming overweight. Having a TV in a child's bedroom increases this risk as well. Children can also develop an appetite for junk food promoted in TV ads, as well as overeat while watching TV.

Irregular sleep

The more TV children watch, the more likely they are to have trouble falling asleep or to have an irregular sleep schedule. Sleep loss, in turn, can lead to fatigue and increased snacking.

Behavioural problems

Students who spend more than two hours a day watching TV or using a computer are more likely to have emotional, social and attention problems. Additionally, exposure to video games is linked with an increased possibility of attention problems in children.

Impaired academic performance

Students who have TVs in their bedrooms tend to perform worse on tests than do those who don't have TVs in their bedrooms.

Violence

Too much exposure to violence through media – especially on TV – can desensitise children to violence. As a result, children might learn to accept violent behaviour as a normal way to solve problems.

Less time for play

Excessive screen time leaves less time for active, creative play. Your child's total screen time might be greater than you realise. Start monitoring it, and talk to your child about the



importance of sitting less and moving more. Also, explain screen time rules – and the consequences of breaking them.

And here are simple steps to reduce screen time:

- Eliminate background TV. If the TV is turned on – even if it's just in the background – it's likely to draw your child's attention. If you're not actively watching a show, turn it off.
- Keep TVs and computers out of the bedroom. Children who have TVs in their bedrooms watch more TV than children who don't have TVs in their bedrooms.
- Monitor your child's screen time and the websites he or she is visiting by keeping TVs and computers in a common area in your house.
- Don't eat in front of the TV. Allowing your child to eat or snack in front of the TV increases his or her screen time. The habit also encourages mindless munching, which can lead to weight gain.

When your child has screen time, make it as engaging as possible:

- Plan what your child views. Instead of flipping through channels, seek quality videos or programming. Consider using parental control settings on your TV and computers. Preview video games and smartphone applications before allowing your child to play with them.



- Watch with your child. Whenever possible, catch some programs together – and talk about what you see, such as family values, violence or drug abuse. If you see a junk food ad, explain that just because it's on TV doesn't mean it's good for you.
- Record programs and watch them later. This will allow you to fast-forward through commercials selling toys, junk food and other products. When watching live programs, use the mute button during commercials.
- Encourage active screen time. Have your child stretch or do yoga while watching a show. Challenge your family to see who can do the most jumping jacks during a commercial break. Choose video games that encourage physical activity.

It can be difficult to start limiting your child's screen time. However, it's worth the effort. By creating new household rules and steadily making small changes in your child's routine, you can curb screen time and its potential effects.

C. Joshi. PB.PBS.CMSAC
Consultant Counsellor



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HOW LONG TO TURN NEW YEAR RESOLUTIONS INTO HABITS?

Lose weight. Exercise more. Eat more healthily. Save more. Spend quality time with family.

We've all been there and done that. Year after year, we try our hardest (or so we tell ourselves) to stick to a worthy new year resolution. But eventually we lose heart.

Mere weeks into January, disheartened by the little weight we've lost – either put off by the thought of another salad or loath to hit the gym when we are exhausted or both – we give up.

Good news, bad news

Here's the good news... and the bad... about New Year resolutions. The good: It is indeed possible to make a good habit stick, but the bad news is it will take longer than you think.

A study found that 46% of participants who made common New Year resolutions such as weight loss, exercise programmes and quitting smoking were likely to succeed. This is more than 10 times the success rate of those who decided to make life changes at other times of the year.

The bad news however, is that you will have to stick to your resolutions for months before they stick and become your new habits.

How many months exactly? Science says slightly over two months.

66 days to build a new habit

In a study published in the *European Journal of Social Psychology*, Phillippa Lally, health psychology researcher at University College London, and her research team examined the habits of 96 people over a 12-week period. Each person chose one new habit for the 12 weeks and reported each day on whether or not they did the behaviour and how automatic the behaviour felt.

The researchers then analysed the data to determine how long it took each person to go from starting a new behaviour to automatically doing it. The result?

On average, it takes more than two months – 66 days, to be precise – before a new behaviour becomes automatic.



But that is only an average figure. How long it takes for an individual to form a habit depends on the person, the habit and the circumstances. In Lally's study, the participants took anywhere from 18 days to 254 days to form a new habit.

So what's in this for me?

This means you do well to prepare yourself for the long haul.

Set your expectations right. Be full aware it will take you anywhere from two months to eight to build a new behaviour into your life.

Even so, don't give up if you mess up during this very crucial period. The researchers found that "missing one opportunity to perform the behaviour did not materially affect the habit formation process." In other words, it doesn't matter if you mess up every now and then. It is not an all-or-nothing process.

Breaking a bad habit

Neuroscientist Elliot Berkman says breaking a bad habit is tougher. "It's much easier to start doing something new than to stop doing something habitual without a replacement behaviour."

Unlike forming a good habit, experts say there's no typical time frame for breaking a habit. It all boils down to a mix of personality, motivation, circumstances, and the habit in question.

People who are self-motivated will succeed quicker. "People who want to kick their habit for reasons that are aligned with their personal values will change their behaviour faster than people who are doing it for external reasons such as pressure from others," says Elliot Berkman.

He adds, "Long-time habits are literally entrenched at the neural level, so they are powerful determinants of behaviour. The good news is that people are nearly always capable of doing something else when they're made aware of the habit and are sufficiently motivated to change."

The bad news? "Six months minimum, and that's only if you're committed to the change and you are conscientious in your practice of a strategy for change," says Dr Timothy Pynchl.

The bottom line: to break a bad habit you have to be motivated and be patient. The motivation will keep you going for the long months ahead. Try to use a "replacement behaviour" for the habit, but make sure it's a positive one. And be patient. Just remember, you've had the habit for a long time, it will take a while to get rid of it.



How did New Year resolutions start?



The tradition of New Year resolutions is said to date back more than 4,000 years to the Babylonians. To earn the favour of their gods, at the beginning of each year, the Babylonians would promise the gods that they would return borrowed objects and pay their debts. Why beginning of the year? To coincide with the planting season to help ensure for them a successful crop and an abundant harvest later in the year.

Ancient Romans, too, began each year by making promises to the god Janus, after whom the month of January is named.

In the Medieval era, knights gathered for a last feast at the end of the Christmas season each year to take the "peacock vow" which required placing their hands on the noble bird (hence the name of the vow) to reaffirm their commitment to chivalry.

In present times, many Christians prepare for the year ahead by congregating at a special late-night church service called watch-night services, to send out the old and welcome the new year by reflecting on the year that's ending and seeking spiritual guide and resolve to change for the better.

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APOLOGY NOTICE

We apologise for the misprinting of the award names for The Public Service Star (Bar) / Bintang Bakti Masyarakat (Lintang) & The Public Service / Bintang Bakti Masyarakat in our previous issue.



Congratulations TO OUR CLUB MEMBERS WHO RECEIVED **NATIONAL DAY AWARDS 2017**

THE PUBLIC SERVICE STAR (BAR) / BINTANG BAKTI MASYARAKAT (LINTANG)



Mr Looi Im Heok,
BBM(L)

THE PUBLIC SERVICE STAR / BINTANG BAKTI MASYARAKAT



Mr Cheong Say
Kim, BBM



Mr Daniel Ling Chee
Kiong, BBM



Mr Eugene Lee
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Dr Kan Yaw Kiong
Ernest, JP, BBM



Mr Malik Bin
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Mrs Oh, Michelle
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Mr Ong Ter Koh
Derrick, BBM



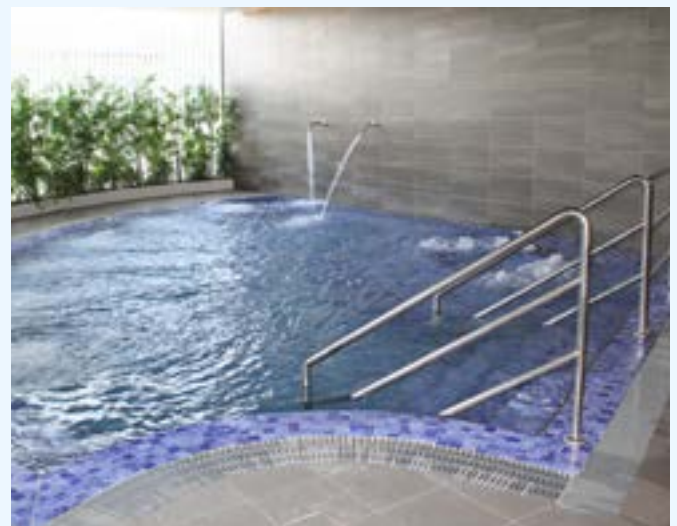
WELCOME TO TGC'S SPANKING-NEW HEALTH CENTRE



New year, new me – it’s always a popular mantra this time of year. A key element of that saying involves fitness, but as much as we want to get back in shape, it’s often one of the first resolutions to fall by the wayside. As a member of The Grassroots’ Club, however, you’ll have plenty of assistance and encouragement on your road to better health with the opening of the newly spruced up Health Centre. The Health Centre you once knew has undergone extensive renovations. It now sports a modern contemporary look.

From the moment you arrive at the comfortable locker room, you’ll be in the right frame of mind to begin your workout. Store your belongings in one of the dozens of lockers and step into a spacious gym outfitted with all the modern equipment you could ask for: state-of-the-art treadmills and AirBikes from Precor, a full range of weight machines from Cybex, Nautilus and Life Fitness, and a variety of free weights.

Managed by True Fitness, a professional gym operator with eight branches across Singapore, members are now able to enjoy a gym with modern equipment under the guidance of the friendly fitness trainers. All these are at no extra cost to members.



Once you’ve finished your workout, it’s time to visit the spa. Plenty of showers are waiting, and you can finish cooling down with a dip in a pool – complete with water jets – that wouldn’t be out of place at a resort. A stress-relieving steam room is also at your disposal.

And your relaxation doesn’t have to end there. Before you leave the club, kick back at the cosy Members’ Room. It’s the perfect place to do some reading (the club provides an array of newspapers and magazines for your reading pleasure) or catch up with your friends and fellow members over complimentary cups of coffee.

The Grassroots’ Club’s improved Health Centre is the kind of place you’ll look forward to visiting over and over again, and that will certainly come in handy in your quest to keep that New Year’s resolution.

For more information on the Health Centre, please call **6550-2128**.





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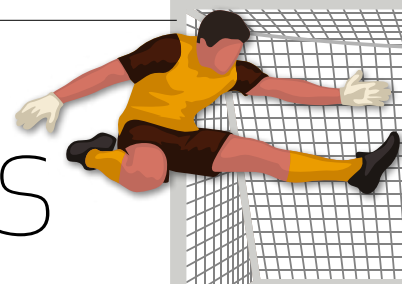
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MEMBER ACTIVITIES

CALENDAR OF EVENTS



EPL LIVE SCREENING TGC

Sat, 10 February 2018	8.30pm		Tottenham Hotspur	VS		Arsenal
Sun, 25 February 2018	10.05pm		Manchester United	VS		Chelsea
Sun, 4 March 2018	9.30pm		Brighton	VS		Arsenal
Sat, 10 March 2018	8.30pm		Manchester United	VS		Liverpool
Sun, 11 March 2018	9.30pm		Arsenal	VS		Watford
Sat, 17 March 2018	8.30pm		Burnley	VS		Chelsea
Sun, 18 March 2018	9.30pm		West Ham	VS		Manchester United
Sat, 31 March 2018	7.30pm		Crystal Palace	VS		Liverpool
	10.00pm		Manchester United	VS		Swansea
Sun, 1 April 2018	8.30pm		Arsenal	VS		Stoke
	11.00pm		Chelsea	VS		Tottenham Hotspur

For more information, please call us at 6554 2350 / 6550 2120 or email service@grassrootsclub.org.sg



YOGA ON THURSDAYS

By Hathayogi Nikam Guruji

Time : 6.45pm – 8.30pm

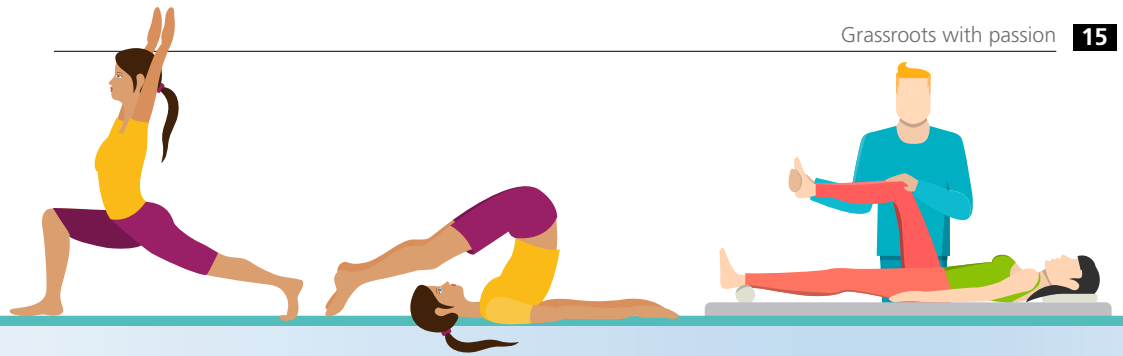
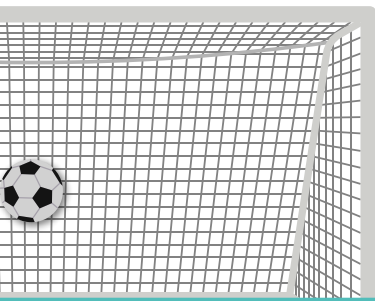
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Muslim Delights



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Also known for its catering services, MUSLIM Delights was the choice of Singapore Idol Taufik Batisah whose wedding party in February 2015 hosted 3,000 guests, as well as Radio DJ Syah Ibrahim who hosted 6,000 guests at his November 2014 wedding.

MUSLIM Delights at TGC will provide theme parties such as Penang Fair, BBQ Fiesta, Arabian Night and much more.

For booking or event enquiry please call **96330261**



Hsu Chiung Fang



Sherraine Law



Chinese New Year Lohei Dinner



We invite all TGC members, families and friends to join us in ushering in the auspicious Lunar New Year at The Grassroots' Club!

22nd February 2018, Thursday
6.30pm - 10.30pm

Multi Purpose Hall, The Grassroots' Club

Fees: \$588 per table or \$58.80 per pax

****All TGC Members will be given a \$40 rebate on event day upon producing their valid membership card.**



PROGRAM HIGHLIGHTS

- Tossing of "Yusheng" followed by 8-course dinner
- Lion Dance Performance
- God of Fortune Appearance
- Multi-Language Getai Performance
- Games
- Grand Lucky Draw
- And Many More...



Yati



Poobalan



Li Chuan



Lau Fu Zi, Da Fan Shu



Er Gu



Dong Shi Qiang

1st Prize

4D3N Macau
Free & Easy for 2 Pax

2nd Prize

3D2N Bangkok
Free & Easy for 2 Pax

3rd Prize

3D2N Malacca
Free & Easy for 2 Pax

Kindly register at our reception counter before the closing date on **14 February 2018.**

For more information, please call us at 6554 2350 / 6550 2120 or write to services@grassrootsclub.org.sg



THE GRASSROOTS' CLUB