



# GRASSROOTS

A publication of The Grassroots' Club

MCI(P)055/03/2018

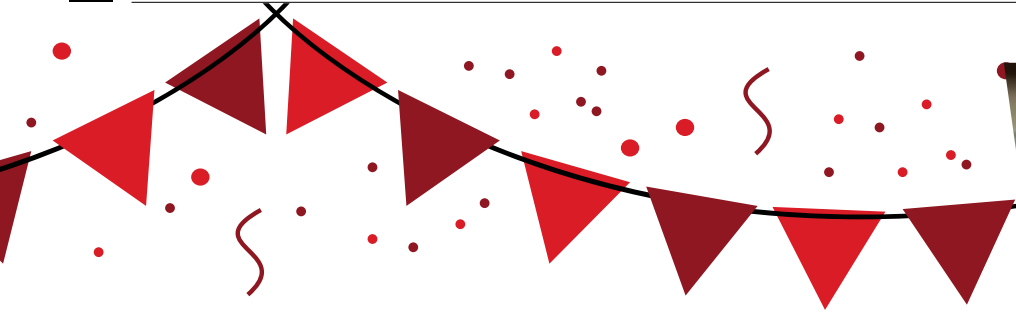
*with passion*



**Personal  
Mobility Devices:  
7 Ways to Use One Safely**

TGC WISHES ALL A  
**Happy 53<sup>rd</sup>  
National Day!**





05

# Contents

Message by Mr William Mok Chan Mun, PBM — **03**  
Chairman, Building & Facility Committee

Editor's Notebook / — **04**  
Welcome to Our New Members

Take the Lead with Your Health — **05**

Membership Privileges — **07**  
for TGC Members

7 Ways to Use PMDs Safely — **08**

Club Deals — **10**

26th Annual General Meeting — **14**



08



## ISSUE 107 (AUG-OCT 2018)

Disclaimer: Advertisements that appear in Grassroots with passion do not constitute an endorsement by The Grassroots' Club of any business, organisation, service or product. The Grassroots' Club assumes no liability whatsoever for the honesty, integrity or validity of any of the advertisers in Grassroots with passion or on The Grassroots' Club website; or the product and/or service they promote. All information concerning the products or services advertised in Grassroots with passion or on The Grassroots' Club website is provided by the dealer, owner, or agent of the business. The Grassroots' Club and its affiliates are not liable for misinformation, typographical errors or misprints in the advertisements in Grassroots with passion or on The Grassroots' Club website.

# MESSAGE BY Chairman

## BUILDING & FACILITY COMMITTEE



**Mr William Mok Chan Mun, PBM**  
Chairman, Building &  
Facility Committee

*Dear* **MEMBERS,**

In the past few years, The Grassroots Club (TGC) has undergone upgrading of its Clubhouse in three phases with the final phase, which is the upgrading of the Health Centre, completed in late 2017. With the upgrade and the renovation, the Health Centre has seen a marked increase in the number of members visiting it. The Member Room is also a popular hangout

among members seeking a quiet reading space. All the facilities were built for the comfort and benefit for members and I am glad that they are well utilised.

After the closing of the Jackpot Room, TGC will convert that area into an Activity Room. It will contain Mahjong Rooms, Electronic Darts, Billiards as well as various board games for members' enjoyment. The rental of the Mahjong Rooms will be kept affordable while the other facilities in the Activity Room will be free for members.

We trust these will bring about a higher usage of the facilities by our existing members. And as the value of a TGC membership appreciates, it will help to promote membership recruitment as we welcome more Grassroots Leaders (GRLs) into TGC.

Lastly, I would like to thank TGC Management Committee for their cooperation given to me during my term, and thanks too to the Peoples' Association in supporting the upgrading of the Clubhouse.

## Editorial TEAM

### Chairman

Toh Sze Wei, PBM

### Vice Chairman

Jimmy New Cheng Tee, PBM

### Members

Edward See Chak Fei, PBM

Lim Yen Lan, PBM

Marie Lim Soo Cheng

David Seah Kah Long, PBM

P.Anakeley

### Secretariat

Seow Hing Hock

Ethan Seet

### Design & Editorial

Words Worth Media

[wordsworth.com.sg](http://wordsworth.com.sg)



# Dear

## TGC MEMBERS,

Under the six years leadership of Immediate Past President Mr Lim Ang Hock, BBM (L), our Club has secured funding from the People's Association to revitalise the Club house, reviewed the tenant mix to improve the club financial situation and provide new amenities to serve our members. Coming soon will be the Beer Garden and Prawning Pond. We would like to thank Mr Lim for his contributions to the Club.

Also, The Grassroots' Club had one of the largest member turnout of more than 200 members during the recent 26th Annual General Meeting on 27 July 2018 to witness the election of several new

Management Committee Members and the appointment of new President Mr Simon Leong, PBM.

We encourage more members to join our sub-committees to help us improve overall member experience for yourself and for all. We also call for your active participation in our events to make your presence in the Club far more unforgettable and memorable.

**Toh Sze Wei, PBM**  
Editor

# Editor's NOTEBOOK

## RECIPROCAL CLUBS

### CHANGI BEACH CLUB

No. 2 Andover Road Singapore 509984  
Tel: 6546 5215 | Fax: 6545 6883  
www.changibc.org.sg

### ORCHID COUNTRY CLUB

1 Orchid Club Road Singapore 769162  
Tel: 6755 9811 | Fax: 6755 8874  
www.orchidclub.com

### THE ARENA COUNTRY CLUB

511 Upper Jurong Road  
Singapore 638366  
Tel: 6897 9997 | Fax: 6897 8778  
www.arenaclub.com.sg

### THE MALACCA CLUB

New Townhouse:  
No. 18, 5th Floor Jalan Syed Abdul Aziz,  
75000 Melaka  
Tel: 06-282 4940 / 284 2488 / 283 3518  
Fax: 06-284 8303  
www.malaccaclub.com.my

### ROTUNDA:

Jalan Kampung Hailam, Tanjung Kling,  
76400 Melaka  
Tel: 06-351 1543 / 351 1544  
Fax: 06-351 6309

## CLUB OFFICIALS

### GENERAL MANAGER

Seow Hing Hock @ Tel: 6550 2100  
Seow\_hing\_hock@grassrootsclub.org.sg

### MANAGER (ADMINISTRATION)

Ethan Seet @ Tel: 6550 2115  
ethan\_seet@grassrootsclub.org.sg

### ASSISTANT MANAGER (OPERATIONS)

Mohd Ridwan @ Tel: 6550 2118  
mohd\_ridwan@grassrootsclub.org.sg

### ASSISTANT MANAGER (BUSINESSDEVELOPMENT)

Magdalene Chia @ Tel: 6550 2101  
magdalene\_chia@grassrootsclub.org.sg

## CLUB DIRECTORY

### COMPUTER & INFO SYSTEM

Tel: 6550 2111  
joe\_ng@grassrootsclub.org.sg

### MEMBERSHIP

Tel: 6550 2114  
devaki@grassrootsclub.org.sg

### BANQUETING SERVICES

Tel: 6550 2121 / 6550 2115  
services@grassrootsclub.org.sg

### ACTIVITIES

Tel: 6550 2120  
services@grassrootsclub.org.sg

## TO OUR NEW MEMBERS!

# WELCOME!

Chew Kok Ming  
Chew Pei Wei Roy  
Chia Kok Fui  
Chia Soon Hock PBM  
Chiang Fock Hing  
Christiane Seemann  
Chua Sok Koon  
Clifford Abayasekara  
Devavarapu Sreenivasu  
Elizabeth Elaine Lim  
Lixian  
Goei Beng Kiong Alan  
Han Wei Alex  
Heng Kim Ye  
Ismail Bin Mohamed  
Karikalan S/O  
Palaniappan  
Kho Soon Fatt  
Koh Soo Lin  
Krisbelle Thereza Anand

Kuek Kien Joo  
Kwan Ken Yong  
Lai Han Chye  
Leong Chin Fong  
Leong Sui Yu  
Li Chan Wah William  
Lim Ah Cheng  
Lim Cheng Kang  
Lim Hock Leong  
Benjamin  
Lim Soo Ching  
Liu Jiehong  
Lovis Tan Mei Yun  
Md Zillur Rahman  
Siddiqui  
Muhammad Imran Bin  
Abdul Rahim  
Naseer Bin Ghani JP, PBM  
Ng Choon Teck PBM  
Ng Ding Xiang

Ng Liza  
Ng Tiong Lin Domenic  
Ng Yen Peng Sheryl  
Nural Atiqah Binti  
Zaharudin  
Oh Keh Yew  
Ong Chin Tuan PBM  
Ong Jing Jing  
Poh Phien Seah PBM  
Richard Pui  
Robiah Binte Mohd  
Tahir  
Samar Sunil Wadia  
Shan Mugam S/O  
Sidambaram  
Sia Chee Meng  
Soon Wee Ming  
Tan Eng Luan  
Tan Kiah Tong  
Tan Kok Hui

Tan Peng Koon  
Tan Shu Mei Nora  
Tan Zhi Ping  
Tang Siew Heng  
Tian Bo  
Toh Seng Lee Patrick PBM  
Vijaykumar Rajashekhar  
Badami  
Wang Chen  
Wee Tee Jin  
Wong Kar Ming  
Wong Pui Leng  
Yap Chee Siong  
Yen Fu Cheng  
Zalinah Bte Hassan

# Mapping Out

## A PLAN TO TAKE THE LEAD WITH YOUR HEALTH

By Mr Mohammad Nasir Bin Md. Rasid,  
Vice President (Education), Grassroots' Toastmasters Club

Whether you are 15 or 50, being healthy is important to enjoy life to the fullest. If we do not take charge of our health, needless to say, the detrimental effects can be devastating. By international standards, the overall health of Singaporeans is good.

That being said, it has been found that the leading causes of mortality are major diseases such as cancer, coronary heart diseases, strokes, diabetes and hypertension. These lifestyle diseases share many common risk factors such as smoking, obesity, physical inactivity and alcohol consumption<sup>1</sup>. In 2017, in his National Day Rally, PM Lee Hsien Loong outlined governmental efforts to counter the rise of diabetes. He mentioned that it was alarming to have 1 in 9 Singaporeans with diabetes and that it was a very serious problem<sup>2</sup>. He reminded Singaporeans that there will be a flat health screening fee of \$5 for those above the age of 40, a fraction of the usual over \$100 it costs. There were going to be other plans to help Singaporeans keep healthy as well.

Regardless, we have to take the lead in taking charge of our own health. Let's use the elements as mapped out in TetraMap to outline simple measures we can take to keep our health in check. The TetraMap model uses nature as a guide using the four Nature elements: Earth, Air, Water and Fire<sup>3</sup>. The Earth element focuses on outcomes whilst the Air element focuses on procedures. The Water element builds on relationships whilst the Fire element builds on ideas and possibilities.

With that in mind, when taking charge of our health, let the Earth element remind us that we need to set goals to ensure our health is in check. Set a target and progress to reach our set target. Remember, nothing comes about just overnight. What we must look out for should be progress and not perfection. Use current technology like smart watches or phones to track our health indicators – such as, tracking the number of steps we take a day to avoid being sedentary. We can also set out to exercise at least 30 minutes per day. Be specific with our targets and goals. We can even set the target to eat more healthily. If we set the target to eliminate sugar in our diet, we can slowly achieve this by tracking what we consume in a day and eliminating foodstuff that contains a lot of sugar. We can also set out to eat 2 servings of vegetables and 2 servings of fruit daily. The point is to find out what determines a healthy lifestyle and set goals to achieve it.

### Health Check



**REMEMBER, NOTHING COMES ABOUT JUST OVERNIGHT. WHAT WE MUST LOOK OUT FOR SHOULD BE PROGRESS AND NOT PERFECTION.**

Recall that the Air element involves logical steps and procedures. We can set goals, but we also need to follow through by outlining the steps to take to reach our goals. Perhaps it involves getting enough rest – what steps do we need to get enough rest per day? We can list a series of steps that relates to winding down our day earlier to get enough rest and ensuring that the rest we get is good and adequate. Perhaps it involves getting enough exercise – what steps do we need to get enough exercise per day? We can schedule a set time in our day for exercise and get our exercise gear ready ahead of time. We can plan progressive steps to achieve our exercise goals. For instance, we can target to run one kilometre for three separate days for the first week, and then add 500 metres for every subsequent week until we are able to run five kilometres without much problems.

The Water element involves building relationships and rapport. Building a good relationship with our doctor and scheduling a periodical health screening is a logical thing to do when it comes to taking the lead in keeping ourselves healthy. Finding the motivation to exercise might be hard if we go at it alone. Perhaps we can get friends or family members to tag along and encourage one another to pick up the healthy habit of exercising regularly. This way we not only keep healthy but get to build bonds with the ones who matter to us by fostering the habit of being healthy together.

Finally, the Fire element works on ideas and possibilities. Whatever we do, it must be sustainable and easily kept up. Once we find it a formidable task, in all likelihood we will not continue to build it into a habit. Find ways to ensure that our healthy habits are cultivated by our current lifestyle. If we aspire to make our own healthy food, which part of our lifestyle can make that work? Maybe we go groceries shopping weekly – we can make the time to plan out and purchase all the required ingredients necessary to make our healthy meals. We can join a gym with classes that will motivate us to exercises regularly. Nowadays there are gyms that are open 24 hours a day to fit our busy schedules. In short, the possibilities are endless. Be creative and think of ideas to integrate keeping healthy into our daily routine.

Remember nobody will take charge of our health if not ourselves. Set goals to achieve our health targets, outline steps to achieve them, work with people around us to get to our targets and think of possibilities of how we can integrate healthy habits into our busy life.



1. [www.moh.gov.sg/content/moh\\_web/home/statistics/healthcare\\_institutionstatistics.html](http://www.moh.gov.sg/content/moh_web/home/statistics/healthcare_institutionstatistics.html)
2. [www.channelnewsasia.com/news/singapore/national-day-rally-1-in-9-singaporeans-has-diabetes-problem-very-9140176](http://www.channelnewsasia.com/news/singapore/national-day-rally-1-in-9-singaporeans-has-diabetes-problem-very-9140176)
3. <https://www.tetramap.com/who-we-are/our-story/>

# Membership Privileges

## ESPECIALLY FOR TGC MEMBERS!

### All Well Scoliosis Centre

- 10% off First Visit (Consultation & Treatment and 1 Free Treatment session)
- 20% off Single Treatment session
- 30% off Package of 10 sessions

*Promotion valid till 30 June 2019*



### The Plant Story

- **Deluxe Experience (Individual)** at \$80 (U.P. \$88)
- **Premium Experience (Celebration for 2)** at \$208 (U.P. \$228). Includes:
  - Complimentary photo with photo frame
  - Welcome drink
  - High-tea set for 2
- **Lunch set** with sweeping view of the Marina Bay at \$25 with complimentary premium ice cream

*Promotion valid till 30 June 2019*

### GolfGreedy.com

Discounts for your next Golf game!

- 10% off all Tee Time Bookings on GolfGreedy.com
- 13% off Tee Time Bookings on GolfGreedy.com for Sembawang Country Club.

*Promotion valid till 31 July 2019*



### Kenko Reflexology & Spa

15% discount on a-la-carte services at all Kenko outlets:

- Foot Reflexology
- Shoulder and Head Massage
- Body Massage
- Spa Treatments

*Promotion valid till 30 September 2018*

### Ikeda Spa

- 20% off ala-carte spa treatment for the first time
- 10% off ala-carte spa treatments for subsequent visits
- Birthday 1-for-1 Spa treats (During birthday month)

*Promotion valid till 31 October 2019*



### The Pine Garden

- 10% off standard whole cakes and design cakes at The Pine Garden outlets

*Promotion valid till 30 June 2019*

### Carlton Hotel Singapore

- 15% off Best Flexi Room Rates with \*complimentary room upgrade to the next room category.
- Enjoy 4-for-3 Adult Buffet Lunch at Café Mosaic or 1-for-1 Adult Buffet Dinner.

\*with effect from 1 Aug 2018.

*Promotion valid till 31 July 2019.*



### Crystal Time

20% discount off the following range of watches at selected stores:

- **LUMINOX**  
Available at Tangs at Tang Plaza Level 3 and Vivo City Level 1, Robinsons The Hereen Level 4, Takashimaya Level 3 and OG Orchard Point Level 1
- **ARBUTUS**  
Available at Tangs at Tang Plaza Level 3 and Vivo City Level 1, Robinsons The Hereen Level 4, Takashimaya Level 3 and OG Orchard Point Level 1
- **CLAUDE BERNARD**  
Available at Tangs Vivo City Level 1, Robinsons The Hereen Level 4, Takashimaya Level 3 and OG Orchard Point Level 1
- **ELLE**  
OG Orchard Point
- **LEE**  
OG Orchard Point

*Promotion valid till 31 August 2018.*



### Hallmark Physiotherapy

#### Consultation and Treatment

- First visit at a special rate of \$130
- Subsequent visits at a special rate of \$120

#### Consultation only

- 20% discount on your first visit and 10% discount on subsequent visits.

*Promotion valid till 1 October 2018*



### Copper Chimney

- Present your TGC membership card to be entitled to a 10% discount (dine-in only)!

*Promotion valid till 30 November 2018*



### Ma Kuang Chinese Medicine & Research Centre

- Present your TGC membership card to be entitled to a 10% OFF your total bill!

*Promotion valid till 31 December 2018*

**TERMS AND CONDITIONS APPLY.  
KINDLY CONTACT TGC FOR MORE DETAILS.**

# 7 Ways TO USE PMDs SAFELY

Just five years ago, few would have pictured Singapore's streets as they are now: filled with people on personal mobility devices (PMDs) like scooters, hoverboards and unicycles zipping about in every direction. But we do adapt well to the latest tech, and PMDs are key to Singapore's move towards being "car-lite", so they've quickly become a part of everyday life.

Unfortunately, PMDs have also become a part of the news far too often. Tragic accidents and reckless riding have made headlines on a regular basis (according to *The Straits Times*, there are three PMD-related accidents a week), but that doesn't change the fact that PMDs are useful tools that are safe to use provided you follow the rules regarding their use, and practice a bit of old fashioned common sense. With the Active Mobility Act in place effective May 2018, PMD users now have a well-defined set of guidelines to follow. Hefty fines and/or jail terms await PMD users who flout these regulations. Here are seven points to note.

## 1. Don't use PMDs on roads

While power-assisted bikes (PABs) can be used on roads, PMDs must stay on footpaths, park connectors and shared paths. Riding a tiny unicycle alongside a massive tipper truck is not a good idea, after all. Do bear in mind that if you have a PAB, you can use it on roads and shared paths/park connectors, but not on footpaths.

## 2. Stick to speed and size limits

Collisions between pedestrians and PMD users can lead to injury and even death, and it's your responsibility as a PMD user to keep pedestrian safety in mind. You can travel at up to 15km/h on footpaths and 25km/h on park connectors or shared paths. The speed of your PMD must be limited to 25km/h and it also can't weigh more than 20kg or measure more than 70cm in width. Additionally, be aware of signage indicating that you should dismount and push your PMD.

## 3. In the event of an accident, stop and help

Among the Active Mobility Act regulations is the necessity to stop and render assistance if you are involved in an accident. Should such an incident occur, don't panic, check on the other party and take a moment to assess the situation. Do provide your particulars if the incident results in any injury or damage to property.



**A RARE FIND BARELY A FEW YEARS AGO, PMDS ARE FAST FILLING OUR STREETS TODAY AS THE NATION MOVES TOWARDS BEING CAR-LITE.**



Editorial credit: Dantess



#### 4. Switch on the lights when you ride at night

If you're riding when the sun is down, make yourself visible by fixing lights to your PMD: white in front and red at the back. If you're not able to attach the lights to the PMD, you can also fix them to your helmet.

#### 5. Attend a riding course or join a PMD community

While motorists have the benefit of a long and in-depth learning process, it's very much a learn-as-you-go process with PMDs. The Land Transport Authority (LTA) gives you a more formal means of acquiring the skills and knowledge to use PMDs safely via their Safe Riding Programme. Visit their website ([www.lta.gov.sg/content/ltaweb/en/walk-cycle-ride/SRP.html](http://www.lta.gov.sg/content/ltaweb/en/walk-cycle-ride/SRP.html)) for their current class schedule. If you really enjoy taking your PMD out for a spin, you can also join communities like Big Wheel Scooters Singapore (BWSS) and Singapore Inokim Riders to connect with like-minded enthusiasts.

#### 6. Always supervise children when they use PMDs

While traditional kick-scooters have their share of risks when used by children, the risk is multiplied when it comes to PMDs, which can accelerate to potentially dangerous speeds quickly. Before allowing your child to use a PMD, be sure that they are able to handle it. And when you do allow them to use one, stay focused and keep your eyes on them. Even a short lapse can have disastrous results.

#### 7. Remember to register your PMD

From 14 August 2018, PMD users are required to register their devices. It will be an offence to keep or use an unregistered PMD from February 2019.

For more information, visit the LTA website [www.lta.gov.sg](http://www.lta.gov.sg)



Editorial credit: Stav Krikst



# YOGA ON THURSDAYS

By Hathayogi Nikam Guruji

Time : 6.45pm – 8.30pm

Fees for 12 Sessions : Member \$16  
Guest \$24

**Call us now to find out more about our next Intake!**

Note: Payment must be made at the Front Office **prior** to the commencement date.

For more information, call us at 6554 2350 / 6550 2120  
or email to [services@grassrootsclub.org.sg](mailto:services@grassrootsclub.org.sg)



# GRAND RE-OPENING

## Bliss Garden @ The Grassroot's Club

**New Daily Ala Carte Menu Available!**

**Venue Available For**

- Corporate Events
- Weddings
- Functions
- Seminar Booking

[www.muslimdelights.com](http://www.muslimdelights.com)

Call: 9633 0261 / 9487 4055

Email: [sales@muslimdelightswedding.com](mailto:sales@muslimdelightswedding.com)



**Brighton™**  
MONTESSORI

**Ensure the right start  
for your child's early years.**

The love of learning. A creative mind. Confidence for the future.



Visit us!  
The Grassroots' Club  
#02-01



Montessori Approach



Individualised Curriculum



Regular Progress Updates

**+65 6588 3883 | contact@brightonmontessori.com.sg**  
**www.brightonmontessori.com.sg**

98%

of parents approve of Brighton's curriculum and teaching quality\*

\*Brighton Montessori parent's survey 2015, of 167 respondents.



Award-winning programme  
for the **curious, creative child**



The Grassroots' Club members enjoy special rates!

Since 1989, Learning Vision has been the preferred preschool education provider for close to 8,000 families. Learning Vision @ The Grassroots' Club offers specially-designed lesson plans and interactions in a newly-renovated centre environment, optimising your child's quest for knowledge by focusing on how each child learns best.

RSVP for your personal guided tour today!

**Infant** → **Toddler** → **Nursery** → **Kindergarten**

Learning Vision @ The Grassroots' Club  
190 Ang Mo Kio Avenue 8, The Grassroots' Club  
#03-02 Singapore 568046

Please visit our website for a full list of Learning Vision centres.




WINNER OF THE MCYS  
OUTSTANDING PROGRAMME AWARD

**+65 6781 0888**

[enquiries@learningvision.com](mailto:enquiries@learningvision.com)

[www.learningvision.com](http://www.learningvision.com)

Learning Vision® is a registered trademark. © 2016.



Registration for Infant Care  
Now Open!



From birth, children are naturally curious about how things work around their surroundings and world. At Pat's Schoolhouse, we adopt a holistic approach that nurtures the child's curiosity, broadening possibilities for future learning.

Through our engaging programmes, our team of professionally-trained caregivers is committed to looking after your child's growth and developmental needs. Our infant care centre at The Grassroots' Club is aesthetically designed and well-equipped to ensure the safety and well-being of the children.

**RSVP for your personal guided tour to learn more about our Infant Care Curriculum.**

Celebrating  
curiosity





Winner of  
**OUTSTANDING  
PROGRAMME AWARD**  
conferred by MCYS and WDA

**Pat's Schoolhouse @ The Grassroots' Club**  
190 Ang Mo Kio Ave 8  
#01-04 The Grassroots' Club  
Singapore 568046

**+65 6781 2288**

[contact@patschoolhouse.com](mailto:contact@patschoolhouse.com)

[www.patschoolhouse.com](http://www.patschoolhouse.com)

Pat's Schoolhouse® is a registered trademark. © 2015.

# Certified Spine and Scoliosis Chiropractic Clinic

**ALL WELL SCOLIOSIS CENTRE** PROMOTES LIFE LONG CHANGES AND STRIVES TO PROVIDE WHAT IS NECESSARY TO HELP YOU ACCOMPLISH YOUR GOALS.



## OUR TREATMENTS



Scoliosis Treatment



Shoulder Pain and Elbow Pain



Neck Pain and Back Pain



Chiropractic Treatment



Knee Pain and Ankle Pain



Exercise Flexibility Problem

## WHY ALL WELL SCOLIOSIS CENTRE?

Our licensed Chiropractor offers the highest level of specialized in Scoliosis care, postural care, and preventive care. We understand your pain and care deeply about your journey to better health. Our highly personalized care respects the dignity, diversity and potential of every patient we serve. We are committed to provide comprehensive help for every challenge, every family, every age.

Whether it is a Scoliosis issue or a back, neck or shoulder pain or sports injury you're struggling with, you are not alone. We have decades of experience with all diagnoses and will care from toddlers to teens to older adults. We care passionately of your wellbeing and use evidence based practices to serve you with the highest level of specialized care. We provide the most comprehensive management program for non-surgical scoliosis treatment!

## WHAT MAKES ALL WELL UNIQUE



### Customization

Customize treatment for your conditions, needs and goals



### Experience

License and experience for more than 10 years



### Certified

Specialist in scoliosis and Clear Institute Scoliosis intensive care certified



### X-ray Analysis

Thorough X-ray analysis for your specific condition and goals



**ALLWELL**  
SCOLIOSIS  
CENTRE

**\*\*Special Rate for Grassroots CLUB Members\*\***

545 Orchard Road #10-05  
Far East Shopping Centre  
Singapore 238882

Please call/text/whatsapp to make an appointment



☎ (65) 6327-1150 📠 (65) 8455-5730  
Website : [www.allwellscoliosis.com](http://www.allwellscoliosis.com)  
Email : [admin@allwellscoliosis.com](mailto:admin@allwellscoliosis.com)

**the plant story**  
**The Grassroots' Club Exclusive**  
 Summer - Autumn - Winter

**Working Certificate**  
 100% G.P. 5000  
 100% G.P. 10000  
 100% G.P. 20000

**Lunch Exclusive:** Present your membership card upon order.  
**Working Certificate:** Offer membership benefit when booking via [www.thegrasroots.com](http://www.thegrasroots.com).  
 The Plant Story | Garden Cafe + Workshop + Barista | 11 Riva Court, Passion Walk, #02-01, S 687940, by the waters.  
 Follow us on Instagram and Facebook | [www.thegrasroots.com](http://www.thegrasroots.com)

**THE GRASSROOTS CLUB**

**Enjoy 10% discount for The Grassroots Club Members**

**THE GRASSROOTS CLUB**

Terms & Conditions apply. 10% discount on cake price only, not applicable to Artistic Labour Charge, Delivery Charge, Amendment Charge, etc. Valid for retail purchase or advance ordering. Valid for standard whole cakes and design cake orders. Original membership card must be presented at point of purchase. Discount not to be used in conjunction with other on-going discounts, promotions, deals and privileges. The Management reserves the rights to make changes to T&Cs without prior notice. Discount valid till from 01 July 2018 to 30 June 2019.

**Lunch Promotion**

**自助午餐 现点任吃**

**IMPERIAL COURT**

**ALA-CARTE BUFFET LUNCH**  
 From 11.30am to 2.30pm (last order 1.45pm)

**MONDAY TO FRIDAY**  
 \$16.80++ CHILD  
 \$24.80++ ADULT

**SATURDAY, SUNDAY & PUBLIC HOLIDAY**  
 \$19.80++ CHILD  
 \$27.80++ ADULT

**1位免费 DINE FREE**  
 with 4 Adults Dine  
 每4位成人用餐

**小食 APPETIZER**  
**港式点心 HONG KONG DIM SUM**  
**海鲜肉类 SEAFOOD & MEAT**  
**饭面 NOODLE & RICE**  
**煲汤时蔬 SOUP & VEGETABLE**  
**甜品 DESSERT**  
**厨师精选 CHEF SELECTION**

**鳳珍閣**  
**IMPERIAL COURT**  
 190 Ang Mo Kio Ave 8 #03-01 The Grassroots' Club S 568046.  
 Website : [www.gimtim.com.sg](http://www.gimtim.com.sg) / Email : [imperial@gimtim.com.sg](mailto:imperial@gimtim.com.sg)  
 Call us **6553 2777** for reservations.

# 26th Annual General Meeting 2018

27 July 2018

The Club's 26th Annual General Meeting was held on 27th July 2018 at the TGC Auditorium. 206 members attended the meeting. Matters of the meeting were transacted smoothly and swiftly.

Club President Mr Lim Ang Hock, BBM (L) announced that he would be stepping down after accomplishing the tasks that PA asked of him six years ago. He felt that the younger generation should be given a chance to take up challenges and excel. Incoming Club President Mr Simon Leong, PBM also briefly outlined the focus of his term. Confirming the changeover was PA Group Director Ms Tan Mui Hwoon, who presented the respective Letters of Appointment to the two gentlemen.

At the conclusion of the meeting agenda, all members adjourned to the Multipurpose Hall to enjoy a sit-down dinner with accompanying entertainment.



---

*Congratulations* TO OUR CLUB MEMBERS WHO RECEIVED  
**NATIONAL DAY AWARDS 2018**

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



Mr Lim Ang Hock  
BBM (L)



Mr Tan Nguan Teck  
BBM (L)



Mr Tan Thiam Lye  
BBM (L)



Mr Tay Poey Cher,  
David, BBM (L)



Mr Teo Choon Hock,  
JP, BBM (L)



Dr Kee Wei Heong,  
JP, BBM (L)



Mr Kuek Chiew  
Peng, BBM (L)

---

**PUBLIC SERVICE STAR / BINTANG BAKTI MASYARAKAT**



Mr Chua Chip Hock  
BBM



Mr Koh Hock Thye,  
Sam, BBM



Mrs Liew-Sim Soo  
Wah, BBM



Mr Ng Choon Teck  
BBM



Mr See Cheng Chai  
Johnny, BBM



Mr Ho Nai Chuen  
BBM

---

**PUBLIC SERVICE MEDAL / PINGAT BAKTI MASYARAKAT**



Mr Seah Kah Long,  
David, PBM



Dr Vinod A  
Devathas, PBM



Ms Wong Pui Ling  
PBM



Mr Yang Chee  
Chiang, Vincent  
PBM



Dr Mak Lee Onn  
PBM

# Activity Room

Mahjong Rooms

Pool Table

Electronic Darts

Table Games

Massage Chair



Exclusively for TGC members and guests of members only.  
For more information and for the booking of the Mahjong Room,  
Please call 6550 2128.  
Terms and Conditions Apply.

