



Akarumbi · 基层 · அடித்தளம்



Grassroots

Issue 113
Nov 2019 - Jan 2020
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WWW.GRASSROOTSCLUB.ORG.SG

With Passion

Merry
Christmas
&
A Happy New Year

Club Directory

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GENERAL FACILITIES

Concierge / General Enquiries	6554 2350
Multi-Purpose Hall / Banquet Hall / Auditorium / Dance Studio / Meeting Rooms / Atrium	6550 2121 / 6550 2112
Membership	6550 2114 / 6550 2120
Club Events	6550 2120

MEMBER FACILITIES

Gym	6550 2128
Spa	6550 2128
Member Room	6550 2128
Swimming Pool	6550 2128
Activity Room	6550 2128
Mahjong Room Booking	6554 2350
Massage Booking	6554 2350
Table Tennis	6554 2350

FOOD & BEVERAGE

Common Folks 10am to 10pm daily	9237 6650
Muslim Delights 11am to 7pm daily, closed on Mondays	8121 2286
Imperial Court 11am to 10pm daily	6553 2777

ENTERTAINMENT

7th Heaven KTV 3pm to 2am daily	6458 5026
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CHILDCARE CENTRES

Pat's Schoolhouse 7am to 7pm, Mon-Fri	6459 2382
Brighton's Montessori 7am to 7pm, Mon-Fri	6455 8830
Learning Vision 7am to 7pm, Mon-Fri	6459 9653

FITNESS

Soul Fit 8am to 10pm, Mon-Sat	92354789 / 91699306
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MESSAGE BY
Chairman
 Human Resource Committee



Mr Malik Bin Maksudi, JP, BBM
 Chairman
 Human Resource Committee

Dear Members,

Greetings from The Grassroots' Club (TGC) Human Resource Committee!

It can be said that the people of an organisation is its most significant asset. For any successful organisation, employees must be satisfied, motivated, developed and retained. One of the main tasks of my Committee is to ensure that the above are being looked into.

Human Resource Committee provides counsel to TGC on human resource matters such as staff recruitment, performance management, training, as well as benefits and compensation. My Committee is also helping to keep the Club updated on current HR policies. We are reviewing the staff welfare and benefits and bringing them in line with that of the People's Association.

How time flies and another year is drawing to a close. I hope that everyone has accomplished what we set out to do for the year. Let us enjoy the upcoming festive season and take a well-deserved rest to be ready for the new year.

On a final note, I would like to thank my fellow Management Committee Members for their support. Wishing everyone the best of health!

Editorial
TEAM

Chairman
 Liza Ng

Vice Chairman
 Chee Yi Long

Member
 Marie Lim Soo
 Cheng

Secretariat
 Seow Hing Hock
 Ethan Seet

Design & Editorial
 Words Worth Media
wordsworth.com.sg

Editor's MESSAGE



Greetings to all our Members! As the year draws to a close, The Grassroots' Club (TGC) is very grateful for all your support. We are always looking to improve and upgrade our facilities at the Club. As such, we are bringing in a prawn fishing tenant and I am sure that you will be just as excited as we are when they're open for business.

The festive season is now upon us and as we begin preparations to celebrate, it is inevitable that we may feel stressed at times. Did you know that stress can lead to type 2 diabetes? Turn to page 4 to learn about the relationship between stress and sugar. Thinking of ways to embrace the festive spirit this Christmas season? Page 6 will provide you with all the answers!

Mark your calendar for 31 January 2020 at 6.30pm. All Club Members, families and friends are warmly invited to join us in ushering in the auspicious Lunar New Year at one of the most anticipated annual club events of the Year, Chinese New Year Lohei Dinner at The Grassroots' Club. Stay tuned for more updates!

For all your hard work in the year, reward yourself with a staycation or massage and enjoy exclusive discounts as a TGC Member. Turn to page 9 for more information.

Do subscribe to TGC WhatsApp or like us on Facebook to get the latest exclusive news, updates, Club Members' deals and discounts at the tips of your fingers!

On behalf of The Grassroots' Club Management Committee and TGC staff, here's wishing everyone a Merry Christmas and a Happy New Year! May the warmth of the season bring joy to you and your family.

Miss Ng Liza
Editor,
Honorary Assistant Secretary
The Grassroots' Club

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

For detailed privileges at our reciprocal clubs, please visit
<http://www.grassrootsclub.org.sg/membership/affiliated-club-privileges/>

Welcome

To Our New Members

Mr Ng Hun Chew
 Mr Boey Ee Chung
 Mr Low Juay Hong
 Mr Munir Bin Mansoor Khan Surattee
 Mr Phang Soong Kong
 Mr Manigandan S/O Silvaraj
 Mr Thong Meng Chong
 Mr Ng Say Aw
 Ms Eileen Quek Cun Hwee
 Ms Ho Bee Bee
 Mr Raj Kumar Sutradhar

Mr Antony Jacob Kurunthodath
 Mdm Ohnmar
 Mdm Hong Yee Chen
 Mr Chen Guang
 Mr Tay Zhenqian
 Mr Tan Wei Siong Gabriel
 Ms Shee Hui Yi
 Mr Shobhit Sah
 Mr Yeo Liu Cheh
 Mr Teo Kim Hai
 Mr Chan Weng Thai

Level 1 Pat's Schoolhouse Tel: 6459 2382
 10% discount off monthly fees @ TGC

Common Folks Tel: 9237 6650
 10% discount on a la carte menu

Muslim Delights Tel: 96330261
 10% discount on a la carte menu

Soul Fit Tel: 92354789
 20% discount on all classes

Level 2 Brighton Montessori Tel: 6455 8830
 10% discount off monthly fees @ TGC

Level 3 Imperial Court Pte Ltd Tel: 6553 2777
 20% discount on a la carte menu

Learning Vision@TGC Tel: 6459 9653
 20% discount off monthly fees @ TGC

Level 4 7th Heaven KTV Tel: 6458 5026
 20% discount except for beer during Happy Hour

MEMBER

Discount

AT CLUB OUTLETS



STRESS & Sugar



Did you know that stress can lead to type 2 diabetes?

STRESS AND SUGAR RELATIONSHIP

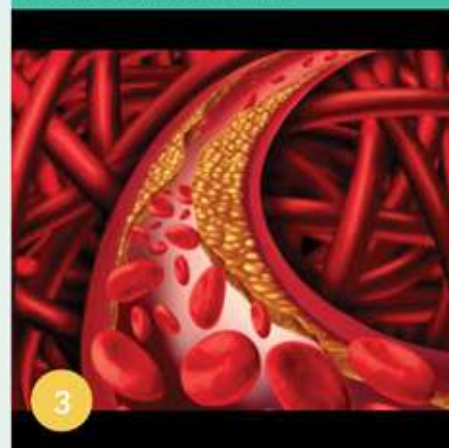
When we experience stress...



...our body releases stress hormones called cortisol.



Cortisol leads to an increase of sugar level in our bloodstream.



The 'Fight or Flight' Response

It is normal for our body to increase blood sugar level as a response to stressful events. Our body releases the stored sugar into the bloodstream so that we have the physical strength and energy to fight against stressful times.



What happens post-stress?

The body slows itself down to normal levels and starts to feel hungry after using up all the stored sugar. The body now learns to tell the brain that it is hungry. Guess what type of food gives energy? Carbohydrates and sugary foods!

This results to more eating, increasing sugar intake in the body. More stress is generated in the body which leads one to eat sugary food again, creating a vicious cycle.

How do I remove sugar from my body?

There is only 1 known way to **remove** sugar from the body - exercise! Of course, we need to reduce our sugar and carbohydrates intake in the first place through our diet.



Strategies to managing stress

By **EXERCISING**, our body releases endorphins that make us "feel good". Endorphins help us cope with stress. Moreover we are using our body's sugary energy that will keep us off of Type-2 diabetes. Exercising is thus an effective coping strategy.

TALKING TO SOMEONE boosts our awareness of the support from our social circles. Knowing that someone is there for us lowers our stress level. Engaging in social interaction boosts the level of oxytocin in our body. Oxytocin is produced when we feel close and comfortable with someone else, providing a sense of security and warmth.



DEEP BREATHING helps us to relax our body and mind in coping with stress.

Practice Breathing: Move to a comfortable and quiet place and sit down. Close your eyes and take slow deep breaths. Allow the air to fill your body and let your abdomen expand fully. Now slowly breathe the air out.

GETTING ENOUGH SLEEP helps us to manage stress and gives us many other benefits such as improved athletic performance, concentration, good appetite regulation and many other benefits as well.



Z Z Z



7 hours of quality sleep each night as recommended by My Active SG

RECOMMENDED SLEEP DURATION:

The Author

Aaron was previously a Mind Coach giving presentations and workshops to like-minded individuals who aim to achieve a healthy body through effective mental wellness strategies.



5 ways

**to embrace the festive spirit
this Christmas season**

It's the most wonderful time of the year!

It seems like Christmas festivities start a little earlier each year – and we're not complaining! It's a time to reconnect with family and friends, a time of gifts and goodwill, and a time to treat ourselves (and each other) before we embark on a new year. Singapore has no shortage of opportunities to immerse yourself in the joys of the season – here are five ways to get you started.

1. Soak up the atmosphere along Orchard Road

This year marks the 36th edition of one of Singapore's favourite Christmas traditions – the Orchard Road Christmas light-up. After taking on a Disney theme in 2018, the 2019 light-up will see Santa returning to his starring role along the world-famous shopping strip. With the theme "The Greatest Gift", the light-up will kick off on Nov 16 and continue until Jan 1, 2020. This year, the light-up will be extended to Grange Road and Orchard Link for the very first time, taking its total length up to 3.88km, with over 6km of LED rope lights.

Meanwhile, the popular Great Christmas Village (on from Nov 23 to Dec 26 this year) outside Ngee Ann City Civic Plaza will also be expanded, covering three additional sites (*Scape, the Grange Road car park and Shaw House Urban Plaza) with more food options and 30 carnival rides and game booths. Live performances will also take place at the Great Christmas Village, with the highlight being the Christmas Eve Countdown Concert, featuring the likes of Estelle Fly, Shye and Charlene Su.



If that's not enough, two additional pop-ups are being added to this year's event – 14 food trucks will be serving up street food at Nom Nom Nom and Mini Toybox will invite visitors to dive into the world of Hasbro (think Nerf, Monopoly and My Little Pony).

2. Shop till you drop

In case you still have some Christmas shopping to do, your visit to Orchard Road is the perfect time to pick up gifts for all the people who matter to you. Eleven malls around Orchard will be participating in Mastercard's Christmas Rewards program, where Mastercard cardholders will receive \$30 or \$50 shopping vouchers when they charge a minimum of \$300 or \$500 respectively to their credit or debit cards. The participating malls are: 313@Somerset, Mandarin Gallery, Ngee Ann City/Takashimaya Shopping Centre, Orchard Central, Orchardgateway, Paragon, Palais Renaissance, Scotts Square, The Centrepoint, Wheelock Place and Wisma Atria. Expect plenty more deals and discounts at a mall near you!



3. Tuck into some festive delights

Christmas is a particularly enjoyable time for foodies, with a mouth-watering array of seasonal specialities waiting to make their way into your belly. From turkey and other roasted meats to log cakes, candy canes, cookies and Christmassy beverages with a bit of spice, festive flavours will take over the town.

While most (if not all) of your favourite restaurants will pull out all the stops this time of year, there are a few standouts to look out for around the island. Ash & Elm at the InterContinental Singapore, The Carvery at Park Hotel Alexandra and The Line at Shangri-La Hotel Singapore are all known for their sumptuous Christmas spreads, while The English House over on Mohamed Sultan Road will look to tempt you with a menu that includes beef Wellington and a roast selection of turkey, lamb, pork belly and organic Scottish salmon - a meal best concluded with a serving of Christmas pudding.

4. Take in a festive show

With the Christmas season comes a parade of shows around the country with something for everyone regardless of their age. First up, children aged three and over will get the chance to help Santa save Christmas at The Super Santa Christmas Show, taking place from Dec 6 to 8 at the SOTA Drama Theatre. Next, from Dec 12 to 15, the Esplanade Theatre will host the magical show The Snowman, about a snowman that comes to life on Christmas Eve. Also happening on Dec 12 and 13 over at the Esplanade Concert Hall is a special Christmas performance by the Singapore Symphony Orchestra - expect all your favourite carols and yuletide standards at the SSO Christmas Concert. Finally, jazz things up at the Esplanade Concert Hall on Dec 21 as Cultural Medallion winner Jeremy Monteiro and his friends present A Sweet & Lovely Jazzy Christmas.

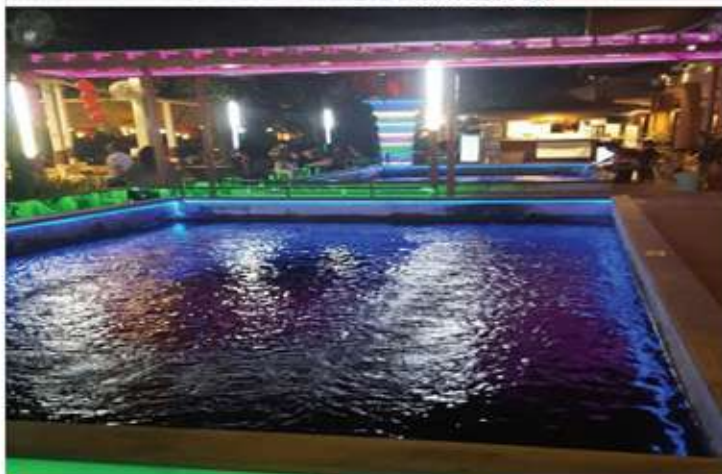
5. Volunteer to help spread the Christmas cheer

Of course, one must not forget the reason for the season, and Christmas presents the perfect opportunity for us to give back. Whether you're making a donation, or donating your time, there are many ways to bring the joy of the season to every corner of Singapore. Simply head over to giving.sg to see how you can help! Some campaigns to consider: Christmas Outreach for Seniors by Calvary Community Care; Children's Christmas Party by Morning Star Community Services; Light Up Our Patients' Lives this Christmas by Assissi Hospice; and Sparkling Lights, Gifting Dreams by AMKFSC Community Services.

Here's wishing one and all a very Merry Christmas!



COMING SOON TO THE GRASSROOTS' CLUB! FISH@ANG MO KIO



LUNAR NEW YEAR YUSHENG DINNER AT THE GRASSROOTS' CLUB ON 31 JANUARY 2020

More details will be revealed soon.
Stay tuned for more updates!

For enquiries, please contact 6550 2115 / 6550 2120



CRO CROWNE PLAZA
 changiairport.crowneplaza.com | #cpchangi | @cpchangiairport



THE GRASSROOTS' CLUB STAYCATION PACKAGE

Enjoy the closest thing to a vacation without leaving the country, complete with a trip to Changi Airport. Book and stay from 1 April 2019 till 31 March 2020 for 15% savings on our Best Flexible Rate. Applicable to all room types and includes complimentary Wi-Fi.



To reserve, contact +65-6823-5388 or email reservations.cpc@ihg.com

Black out dates apply during Formula 1 Singapore Grand Prix 19 to 21 September 2019 and Airshow 10 to 14 February 2020*. Dates subject to changes, other terms and conditions apply.



Kenko wellness

Est. 1991

15% OFF*

à-la-carte services

Our Outlets

- 199 South Bridge Road (6223 0303)
- Paragon (#05-02 / 6677 3636)
- Tanglin Shopping Centre (#01-01 / 6734 9909)
- 313 Somerset (Fish Spa) (#04-22 / 6887 0303)
- Marina Square 2 (#01-214 6333 0303)
- Marina Square 3 (#02-167/168 / 6988 3636)
- Vivocity (#02-209 / 6272 0303)

Our Services

- Foot Reflexology
- Foot, Hand & Shoulder Massage
- Hand Reflexology
- Acupressure Head Massage
- Shoulder Massage
- Body Massage
- IWA Hot Spa
- Ear Candling
- Fish Spa
- Beauty Backline
- Breast Care Massage



*Terms & Conditions
 1. Not applicable for other discounts, offer & promotional deals, purchase of services, treatment packages and spa packages membership.
 2. Treatments are non-refundable, non-transferable & non-accumulative.
 3. Promotions ends on 31 December 2019.
 4. Validity by appointment only.
 5. Employees of Wing Tai Holdings Ltd and its subsidiaries are required to produce their staff passes with photo (I) in any form for verification purposes.
 6. Family members and friends could also enjoy the discount in the presence of employees of Wing Tai Holdings Ltd and its subsidiaries.

Live Band Performance

@ The Grassroots' Club Atrium

Second Friday of every alternate month

Join us for our next live band performance on 13 December 2019 @ 6.30pm!



Flash your TGC membership card to redeem FREE drinks & snacks! *While stocks last!

Free Seating.

For more information, call us at 6554 2350 / 6550 2115 or email to services@grassrootsclub.org.sg



THE GRASSROOTS' CLUB

MOVIE Night

@ The Grassroots' Club Atrium

29 November 2019 @ 6.30pm!



Flash your TGC membership card to redeem FREE popcorn & drinks! *While stocks last!

Free Seating.

For more information, call us at 6554 2350 / 6550 2115 or email to services@grassrootsclub.org.sg



A



Soulfit
**MUAY THAI
 FITNESS**

FB.COM/FPMXSOUFIT . INSTAGRAM.COM/FPMXSOUFIT

B



Group Meal
 4 pax
\$38.80

10" pizza
 carnival | vegetarian | hawaiiian

Pasta
 cream chicken mushroom | seafood tomato
 aglio olio vegetarian

ice lemon tea | Barley | Lime juice x 4

2 Full waffle + 2 classic gelato

Common Folks

C

30%
OFF
 FOR ALL DIM SUM

*Terms & Conditions Apply

鳳珍閣
 IMPERIAL COURT
 By GIM TIM GROUP
#03-01



A. Soul Fit: #01-03 Please call 92354789 for enquiries.

B. Common Folks: #01-01 Please call 92376650 for enquiries.

C. Imperial Court: Please call 65532777 for enquiries.

Congratulations TO OUR CLUB MEMBERS WHO RECEIVED
National Day Awards 2019



Mr Low Beng Tin
BBM(L)



Mr Yeo Koon Poh, Peter
BBM(L)



**Mr Yong Yuen Sen,
Richard**
BBM



Mdm Ng Guat, Angle
BBM



Mr Ng Kok Wah, Edmund
BBM



**Mdm Kalyani d/o
Sinnakkalai Ramasamy**
BBM



Mr Shum Chong Kwai
BBM



Mr Lau Yongxing
BBM



Mr Chan Boon Siang, Philip
PBM



Mr Tang Wai Weng
PBM



Mr Lim Khee Khong, Jeffrey
PBM



TGC Partner Merchant Benefits

F&B

Ply Baked Goods

- 10% off with minimum spending of \$10 in a single receipt.
Promotion valid till 30 June 2020.
Email: starpinion@gmail.com

Kontiki

- 15% off on a la carte menu.
Promotion valid till 30 June 2020.
Address: 11 Rhu Cross, #01-02, PAssion Wave@Marina Bay, S(437440)
Email: support@handlebaroriginal.com
Contact: 6268 5225



Sky View Pavilion (Singapore Flyer)

- Complimentary Double Boiled Cabbage Soup with Bamboo Fungus & Mushroom with minimum spending of \$50 in a single receipt during Birthday Month
Promotion valid till 30 September 2020.
Address: 30 Raffles Ave, #01-04, S(039803)
Contact: 6854 5245

RETAIL & SERVICES

Capitol Optical

- 25% off frames & sunglasses.
- 15% off ophthalmic lenses.
- 5% off contact lenses (With minimum purchase of 6 months' supply).
- Complimentary eye health check (Prior appointment is required).
Visit <http://www.capitol.com.sg> for outlets address details.

Luminous Dental Group

- Special rates for TGC members.
Visit <http://www.grassrootsclub.org.sg/membership/affiliated-club-privileges/> for more details



Kenko Reflexology & Spa

Enjoy 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 2021.
Visit <http://www.kenko.com.sg> for outlets address details.



Crystal Time

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

- **LUMINOX**
VivoCity #01-k30, TANGS Tang Plaza Level 3, Robinsons The Hereen Level 4, OG Orchard Point Level 1
- **ARBUTUS**
VivoCity #01-k30, TANGS Tang Plaza Level 3, Robinsons The Hereen Level 4, OG Orchard Point Level 1
- **CLAUDE BERNARD**
VivoCity #01-k30, Robinsons The Hereen Level 4 and OG Orchard Point Level 1
- **EDOX**
VivoCity #01-k30, TANGS Tang Plaza Level 3, Robinsons The Hereen Level 4
- **REEBOK WATCHES:**
Robinsons The Hereen Level 4 and OG Orchard Point Level 1
Promotion valid till 31 August 2021.



RETAIL & SERVICES

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 2022.

Address: 545 Orchard Road, Far East Shopping Centre, #10-05, S(238882)

Email: admin@allwellscoliosis.com

Contact: 6610 6562



Hallmark Physiotherapy

Consultation and Treatment

- First visit at a special rate of \$140
- Subsequent visits at a special rate of \$130

Consultation only

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

Promotion valid till 1 October 2021.

Address: 320 Thomson Road, S(307663)

Email: vaishu@hallmarkphysio.com

Contact: 6258 8707



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.

Visit <http://www.ikedaspa.com> for outlets address details.

Ma Kuang Chinese Medicine & Research Centre

10% OFF your total bill!

Promotion valid till 31 December 2019.

Visit <http://www.makuang.com.sg> for outlets address details.

LIFESTYLE

GolfGreedy.com

- Enjoy discounts for your next Golf game!
 - 10% off golf tee time Bookings on GolfGreedy.com
- Promotion valid till 31 July 2020.

Boats, Boats and Boats Services (Private Yacht Charter)

- 12% off listed rates for Private Yacht Charter
- Promotion valid till 30 April 2020.
Visit <http://www.bbboats.com>
Email: kathy@bbboats.com or enquiries@bbboats.com
Contact: 6861 6965

Ryders Singapore (Wakeboarding)

- \$50 off for 3 hours booking (Usual: \$390)
 - Promotion includes wakeboarding equipment, coaching, and mineral water, ice and ice box.
- Promotion valid till 30 April 2020.
Visit <https://www.rydersatponggol.com/>
Email: phaantw@yahoo.com.sg



The Eaqlia Studio (Fitness & Beauty)

- \$10 per class
 - 10% off Beauty Package
- Promotion valid till 30 September 2021
Contact: 8222 8829

HOSPITALITY

Crowne Plaza Changi Airport

- 15% off Best Flexible Room Rates
- Promotion valid till 31 March 2020.
Address: Changi Airport, 75 Airport Boulevard, S(819664)
Email: reservations.cpc@ihg.com
Contact: 6823 5388



Activity Room



Mahjong Rooms

Pool Tables

Electronic Darts

Table Games

Massage Chair

Carrom Board



Exclusively for TGC members and guests of members only.
For more information and for the booking of the Mahjong Room,
Please call 6550 2350
Terms and Conditions Apply.



THE GRASSROOTS' CLUB