



ISSUE 125- April 2024

GRASSROOTS

With Passion

*Salam
Aidilfitri*

maaf zahir dan batin

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Chairman's Message

Membership & Events Committee



Dear Esteemed Members,
As we wrap up the first quarter of 2024, we extend our heartfelt gratitude to everyone in the Club for navigating today's fast-paced environment with

grace under pressure. Our membership and events team has been working behind the scenes to bring you a variety of activities and programmes.

Amidst the hustle and bustle of life, The Grassroots' Club stands as a sanctuary for members of all backgrounds and interests. Whether you're a parent seeking activities for your children or an individual looking to explore new opportunities, our membership and events team is constantly exploring new benefits for members, including partnerships with reciprocal clubs and merchants, to enhance your experience.

We welcome your ideas and input on activities and initiatives you'd like to see at The Grassroots' Club. Your feedback helps us ensure that our offerings remain vibrant and relevant.

Thank you for being part of The Grassroots' Club family.

Sincerely,

Mr Jimmy New Cheng Tee, PBM
Chairman, Membership & Events Committee
The Grassroots' Club

Members Directory

Concierge / General Enquiries	6554 2350
Membership	6550 2114 / 6550 2120
Club Events	6554 2110 / 6550 2103
Facility Booking (Multi-Purpose Hall, Banquet Hall, Auditorium, Dance Studio, Meeting Rooms, Atrium)	6550 2121 / 6550 2115

Facilities

Gym / Spa / Member Room / Swimming Pool/ Activity Room	6550 2128
Mahjong Room / Table Tennis booking	6554 2350

Tenants

LEVEL 1

Common Folks	11am to 10pm (daily)
Muslim Delights	12pm to 8.30pm (daily), closed on Weekends
Sculpt Society	8am to 10pm (Mon-Fri), 8am to 5pm (Sat-Sun)
Kin Kao Mai Authentic Thai Restaurant	4pm to 12am (daily), closed on Mondays

Fish@Ang Mo Kio 9am to 6am (daily)

The School House by
Busy Bees 7am to 7pm (Mon-Fri)

LEVEL 2

Brighton Montessori 7am to 7pm (Mon-Fri)

LEVEL 3

Bright Path Inclusive
Preschool 7am to 7pm (Mon-Fri)

Small Wonder 7am to 7pm (Mon-Fri)

Qian Xi (Eternal Garden) 11.30am to 2.30pm,
6pm to 9.30pm (daily)



Editor's Message

Greetings Members,

I am delighted to address you all through our esteemed club magazine once again. As we step into 2024, I want to express my deepest gratitude to each of you for your dedication and passion towards The Grassroots' Club. Your enthusiasm and commitment are the driving forces behind our success.

Over the past year, we have celebrated significant milestones and unforgettable events that have strengthened the bond within The Grassroots' Club community. Looking ahead, I am excited about the possibilities that lie before us. As we embark on this journey, let us innovate, inspire, and impact The Grassroots' Club in profound ways and continue to strive for excellence in all our endeavors.

In conclusion, let's embrace the challenges and opportunities that await us with optimism and determination. Together, we will continue to write the next chapter in the storied history of The Grassroots' Club.

Thank you for your continuous support and dedication once again.

Warm regards,

Miss Ng Liza, PBM
Chairperson, Marketing and Communications Committee
Honorary Secretary
The Grassroots' Club

Reciprocal Clubs

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SINGAPORE POLYTECHNIC GRADUATES' GUILD 1010 Dover Road Singapore 139658
Tel: 6796 9988 | Fax: 6796 9989 | <https://www.spgg.org.sg/>

MALAYSIA

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

PAST EVENTS

Christmas Trip (16 December 2023)

This enchanting Christmas season, members from The Grassroots' Club immersed themselves in the captivating ambiance of Gardens by the Bay's Flower Dome and Christmas Wonderland. The stunning combination of vibrant flower blooms and dazzling lights created a magical atmosphere where members wove a tapestry of cherished memories. The evening buzzed with camaraderie, laughter, and the brilliant spirit of the season, making it a truly joyful experience.



CNY JB Shopping Trip (27 January 2024)

The Grassroots' Club organized an unforgettable Chinese New Year Malaysia Shopping Tour, inviting our members to embark on a festive odyssey filled with delightful discoveries. As they explored and shopped for an extensive array of goodies and festive products, our members set the stage for a joyous Lunar New Year celebration. This splendid opportunity not only prepared them for the festivities but also fostered a warm spirit of togetherness and abundance within the club community.



Yakult Factory Tour (15 March 2024)

On March 15, 2024, The Grassroots' Club organized an exciting excursion to the Yakult Factory, offering our members a unique opportunity to step behind the scenes. During the visit, they witnessed the intricate dance of cutting-edge machinery as they unravel the secrets behind the creation of Yakult, a beloved probiotic drink steeped in rich history and cultural significance. By observing the sophisticated production process and gaining valuable insights into the fascinating world of beverage manufacturing, our members deepened their appreciation for this iconic health drink, making the trip an informative and engaging experience.

PAST EVENT (CNY LOHEI DINNER 2024)

The Annual Chinese New Year Lohei Dinner, held on February 16, 2024, triumphed as a celebration, drawing in a sea of over 350 enthusiastic participants, including The Grassroots' Club members, their families, and esteemed guests. The event wove a vibrant tapestry of tradition and community, brimming with an array of engaging activities that delighted everyone.

One of the evening's highlights was the wide range of fringe activities available to attendees. Guests immersed themselves in the rich tapestry of cultural arts, from the elegant strokes of calligraphy to the intricate brushwork of CNY painting, while the photo-taking booth allowed them to create lasting memories and immortalize their joy in printed photographs.



As the night progressed, the atmosphere crackled with energy as the main performances took center stage. The mesmerizing Lion and Dragon Dance by Yi Quan Athletic Association dazzled the audience with their graceful movements and vibrant colors, symbolizing luck, prosperity, and the banishment of evil spirits. The Oriental Long Fan Dance further enchanted attendees, its elegance and grace transporting everyone to a realm where ancient traditions and modern artistry intertwined. Additionally, talented acrobatic performers dazzled the audience with their incredible skills, leaving everyone breathless with their gravity-defying stunts and breathtaking aerial routines.



Following the sumptuous feast prepared by Qian Xi restaurant and the uplifting mass singing, anticipation reached its zenith as the Grand Lucky Draw commenced. The air buzzed with excitement as participants eagerly awaited the announcement of the winner of the coveted Holiday Inn staycation package, valued at \$300. When the lucky recipient was revealed, cheers and applause erupted, adding an extra touch of joy to an already unforgettable evening.

In the end, the Annual Chinese New Year Lohei Dinner stood as not merely a celebration of a cultural milestone but a testament to the unbreakable bonds that unite our community. As guests departed, their hearts overflowing with joy and their spirits soaring, they carried with them memories of laughter, camaraderie, and the promise of prosperity in the year ahead.



UPCOMING EVENTS

Taiji Workshop (April 2024)



Embark on a transformative journey of self-discovery and inner harmony at our exclusive Taiji Workshop. Under the guidance of seasoned Taiji masters, this immersive experience will introduce you to the ancient Chinese martial art of Taijiquan, also known as Tai Chi, celebrated for its profound impact on physical and mental well-being. Through a series of guided exercises and meditative practices, you will learn to harness the power of gentle, flowing movements to reduce stress, improve balance, and cultivate a deep sense of inner peace. Embrace the opportunity to connect with your body, mind, and spirit as you unlock the secrets of this ancient art.

Step into the exhilarating world of pickleball in our immersive workshop, designed to cater to enthusiasts of all levels. Whether you're a curious novice eager to grasp the fundamentals or a seasoned player seeking to refine your techniques, this workshop promises an engaging and informative experience that will elevate your game. Our expert instructors will guide you through the rules, strategies, and essential skills needed to excel on the court, while fostering a supportive and inclusive environment that encourages growth and camaraderie. Dive into the fast-paced action, master the art of the serve, and discover the thrill of this addictive sport.

Pickleball Session (May 2024)



Dive into the essence of tropical indulgence through this durian farm trip with The Grassroots' Club; experience the unique thrill of harvesting and savoring durians right from the source. This concise journey not only promises the rich, creamy delight of durians but also introduces you to a spectrum of tropical flavors, making every moment a discovery. Join us for an unforgettable adventure where every taste is a story and every moment builds towards a lasting passion for tropical fruits. Keep an eye out for updates and prepare for a sensory revelation like no other.



Durian Trip (June 2024)

* Dates are subject confirmation. Lookout for our publicity in email blast and social media channels

Hari Raya Kitchen: Authentic Recipes for a Memorable Feast

Hari Raya Aidilfitri, or Eid al-Fitr, is a joyous occasion that marks the end of Ramadan, a month-long journey of fasting, self-reflection, and spiritual growth. As Muslims around the world gather to celebrate, traditional dishes play a crucial role in bringing families and communities together. These recipes, a passed down through generations, are more than just food -- they are a connection to our heritage and a way to create lasting memories with our loved ones.

Beef/Chicken Rendang: A Rich and Flavorful Delight

Rendang, a slow-cooked meat dish that originated in the Minangkabau region of Indonesia, has become a staple in Hari Raya celebrations across Southeast Asia. The meat, usually beef or chicken, is simmered in coconut milk and a blend of aromatic spices until tender and infused with a rich, caramelized flavor.

Ingredients:

- 1 kg beef or chicken, cut into cubes
- 2 cups thick coconut milk
- 2 lemongrass stalks, bruised
- 4 kaffir lime leaves
- 2 turmeric leaves (optional)
- Salt to taste

Spice Paste:

- 10 shallots
- 5 garlic cloves
- 2 inches galangal
- 2 inches ginger
- 10 dried chilies, soaked and deseeded
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp turmeric powder



INSTRUCTIONS:

1. Blend the spice paste ingredients until smooth.
2. In a large pot, combine the meat, spice paste, coconut milk, lemongrass, kaffir lime leaves, and turmeric leaves (if using).
3. Bring the mixture to a boil, then reduce heat and simmer, stirring occasionally, until the meat is tender and the sauce has thickened and turned deep brown (approximately 2-3 hours).
4. Season with salt to taste. Serve hot with steamed rice or ketupat.
- 5 Preparation time: 30 minutes. Cooking time: 2-3 hours
Serves: 6-8 people

For a healthier twist, try using lean cuts of meat and reducing the amount of coconut milk used. You can also substitute a portion of the coconut milk with yogurt or stock to lower the fat content without compromising on flavor.

Ondeh-Ondeh: Sweet Delights to Savor

No Hari Raya celebration is complete without an array of traditional desserts and snacks. These bite-sized treats, known as Ondeh-Ondeh, are perfect for enjoying with family and friends over tea or coffee. Here is a beloved Ondeh-Ondeh recipe to try:



Ingredients:

- 200g sweet potato, steamed and mashed
- 150g glutinous rice flour
- 50g tapioca flour
- 1/4 tsp salt
- 150ml water
- 100g gula melaka (palm sugar), chopped
- 100g grated coconut
- 1/4 tsp salt (for coating)

INSTRUCTIONS:

1. Mix mashed sweet potato, glutinous rice flour, tapioca flour, and salt until well combined.
2. Gradually add water and knead until a smooth dough forms.
3. Roll the dough into small balls and flatten each ball slightly. Place a small piece of gula melaka in the center and seal the dough around it.
4. Boil the balls in water until they float to the surface. Remove and drain.
5. Roll the cooked balls in grated coconut mixed with salt.
6. Preparation time: 30 minutes Cooking time: 10 minutes Makes: 20-25 pieces

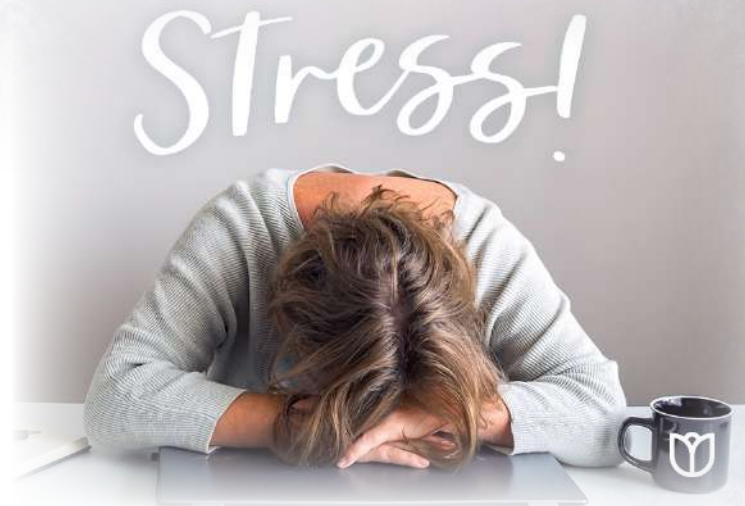
For a healthier alternative, try substituting the gula melaka with honey or dates, and the coconut coating with finely chopped nuts or sesame seeds.

Mental Health Awareness

IS IT STRESS?

“Stress is the general experience of physical, mental, emotional [and] relational factors that cause a person and their nervous system to feel overwhelmed,” With stress, counselors may hear clients say, “I have a lot going on right now,” but with anxiety, they might say, “I have a lot going on right now, and I don’t know how I’m going to handle it.”

“Stress can come on somewhat suddenly [or] without warning,” “It’s typically more short term in nature, and ideally ... once the stressor is removed, then not too long after that, the stress symptoms can noticeably decrease.”



IS IT ANXIETY?

Anxiety differs from stress not only in its internal nature but also in its intensity and duration. The physical symptoms of anxiety can include elevated heart rate, nausea, stomach pains, rapid breathing, shortness of breath, trembling, shaking, and an exaggerated startle reflex. Emotionally, anxiety is characterized by constant worry, rumination, racing thoughts, and feelings of helplessness, fear, and panic. Moreover, behavioral symptoms of anxiety may include insomnia, disrupted sleep, changes in appetite, substance use, inability to complete daily functions, and a higher likelihood of avoiding people and activities that cause distress.



While stress and occasional anxiety are normal parts of life, it’s important to note that failing to address them can lead to the development of more serious mental health issues, such as anxiety disorders. Therefore, it’s crucial to recognize and manage these symptoms to maintain overall well-being.

Burnout, on the other hand, is a condition that develops gradually over time. If left untreated, stress can progress into chronic stress and eventually cross over into burnout. Burnout is characterized by feelings of depletion and having nothing left to give, often resulting from a prolonged spike in stress or anxiety.

Interestingly, the physical signs of burnout are similar to those of stress and anxiety, including fatigue, insomnia, interrupted sleep, changes in appetite and caffeine use, tenseness or heaviness in the body, and an increased frequency of illness. However, emotionally and behaviorally, burnout can manifest as irritability, apathy, numbness, sarcasm, debilitating self-doubt, self-criticism, lack of motivation, procrastination, isolation, self-medication, potential for disordered eating, and a loss of enjoyment for life.

To learn more about these important topics and discover strategies for managing stress, anxiety, and burnout, stay tuned for more informative articles on mental health and well-being. By proactively addressing these issues, you can enhance your overall quality of life and build resilience in the face of challenges.

**Article provided by
Dr. C.Joshi,**

Clinical Director of The Grassroots Free Community Counseling Clinic

JAPANESE LANGUAGE INTEREST GROUP

Hello everyone, my name is Ong Kian Lee (Dominic Ong).

I have been teaching Japanese interest group at TGC for many years. Thanks to everyone's love for Japanese language, please come to our Japanese interest group to learn and communicate together. Learning Japanese can make our minds less likely to age fast. This is what I have seen from students over the years from others centre where I teach. So if you don't want to get old, please come and learn together, thank you.

大家好，我是王建理 (Dominic)，

我在 TGC 教日语多年。感谢大家对日语的热爱，欢迎大家来我们的日语兴趣小组一起学习交流。学习日语可以使我们的思想不易快速衰老。这是我多年来从我所任教的其他中心的学生身上看到的。所以如果你不想变老，请过来一起学习，谢谢。

みなさん、こんにちは。私(わたし)の名前(なまえ)はオン・キアン・リー(ノミ)です。私(わたし)はTGCで日本語(にほんご)を教(おし)えているのクラブのメンバのノミにです。皆(みな)さんの日本語(にほんご)への愛(あい)に感謝(かんしゃ)します。ぜひ私(わたし)たちの日本(にほん)の趣味(しゅみ)グル(ぐる)ープ(ぶ)に(き)て、一緒(いっしょ)に学(まな)び、コミュニケ(こみゆ)にけーション(しょん)をとってください。日本語(にほんご)を学(まな)ぶと、私(わたし)たちの心(こころ)が老化(ろうか)するのを防(ふせ)ぐことができます。これは、私(わたし)が教(おし)えている他(ほか)のセンタ(せんた)ーの生徒(せいと)たちから長年時間(ちょうねんじかん)にわたって見(み)てきたことです。だから、年(とし)を取(と)りたくないなら、ぜひ一緒(いっしょ)に学(まな)びに来(き)てください。見(み)てきてね!ありがとう。



I joined the Basic course to learn, speak and write Japanese. I think it's in the 5th year running. The course was conducted by Dominic Sensei who is a very experienced tutor with many years of experience. He is very knowledgeable indeed and was always very humble and kind to teach us, students, at a very comfortable phase. He told us it was his love for the Japanese language and culture.

We, students, gained a lot of knowledge and we also were taught some simple Japanese etiquette. We progressed to simple sentences then to conversations etc. At the end of it, I am proficient in communicating in Japanese.

On behalf of the students, we thank Dominic Sensei and The Grassroots' Club for this humble initiative.

Dr. C. Joshi

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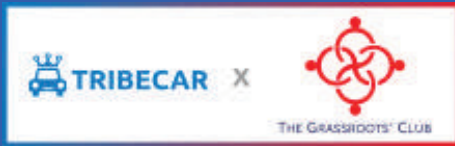


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If You're a GRASSROOTS LEADER, JOIN US TODAY!

The Grassroots' Club is set up specially for Grassroots Leaders in recognition of their contributions to community service.

For more information
contact: 6554 2350 or email MSHIP@TGC.ORG.SG



QR Code for Membership registration

MEMBER'S ROOM



EVENT FACILITIES



Multi-purpose Hall, Banquet Hall, Auditorium, Meeting rooms, Atrium

SPA & FITNESS



Members can make use of the gym to keep themselves fit and healthy or relax in our spa pool located in the male and female changing rooms.

SUBSCRIBE TO OUR SOCIAL MEDIA CHANNELS TO STAY UPDATED WITH THE CLUB'S LATEST NEWS AND ACTIVITIES



The links to the channels:

Whatsapp: <https://wa.me/message/WTRXZYTAPIHFN1>

Telegram: <https://t.me/TGC92>

Email: <https://acesse.dev/pgg0d>

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