



Issue
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GRASSROOTS *With Passion*



www.grassrootsclub.org.sg

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CONTENTS

04

Chairman's Message
Mr Ho Chin Thiam, PBM
Tender Committee

05

Editor's Message
Miss Ng Liza

06

SPOTLIGHT
Getting to know our Grassroots Leaders

08

Live Well, Laugh More

09

Congratulations to National Day
Award 2021 Recipients!

10

Membership Privileges

04

**MORE ISSUES
BEFORE WE GO
DIGITAL!**

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WHATSAPP AND TELEGRAM
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WHATSAPP



TELEGRAM

The latest updated Club's Constitution can be found on
<https://www.grassrootsclub.org.sg/about-us/history/>

ISSUE 120 (DECEMBER 2021)

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MESSAGE FROM THE CHAIRMAN

Tender Committee

Dear Fellow Members,

As we head towards the end of 2021, it is a good time to look ahead and anticipate what the new year may bring.

But first, let's take a step back. Over the past year, we have continued to see a lot of changes. We learnt to adapt to unprecedented events and navigated a completely new way of working and living. The Club continues to play an important role in members' lives and we have been doing our best to safeguard your interests.

As your Tender Committee, we have the responsibility of ensuring that the Club's procurement needs are fairly, transparently and prudently met. This has always been our promise to you. In the current climate of economic uncertainty, it is even more important that we exercise good governance in all areas of the Club's management, especially in terms of necessary expenditure.

Entering the new year, I would like to express my hope that 2021 has been a fruitful year for you. I would also like to thank my fellow Committee Members for their dedication and support.

Let us all enjoy the festive season and take a well-deserved break as we anticipate what the new year may bring.

Here's wishing everyone the best of health and a joyous 2022!

Mr Ho Chin Thiam, PBM

Chairman

Tender Committee

The Grassroots' Club

WELCOME NEW MEMBERS!

Andre Widiarto Darmono

Chan Sook Kuen

Chow Tee Kit

Chua Chun Wei

Goh Kian Soon Alvin

Koh Gaik Joo Margaret

Lam Yen Li Gabriel

Lee Zi Quan Jeffrey

Tan Hui Ping Adeline

Tan See Kiat Roy

Tan Teng Lee Thomas

Tan Wei Jie



EDITOR'S MESSAGE

As the New Year approaches, I would like to take this opportunity to share my warmest holiday greetings and express my gratitude to everyone for their hard work this year. The Grassroots' Club's success is built on the efforts of our members and staff, so thank you, everyone!

In this final issue of 2021, we are honoured to turn the spotlight on one of our most prominent grassroots leaders, Mr Gopala Krishnan, JP, BBM. Mr Gopal is the Chairman of the Business Development Committee. In our conversation with him on page 6, he gives us valuable insights into his aspirations for the Club.

The Grassroots' Club is first and foremost a members' club, so this issue is packed with everything you need for a restful and enjoyable year-end.

Want to make the most of your day while simultaneously taking care of your mental health? Turn to page 8 for some amazing tips!

Want the best deals in town? See page 10 for the latest Members' Privileges across partner merchants in Food & Beverage, Apparel and Accessories, Beauty and Spa, Healthcare Products and Services, and Recreation.

If you want to stay updated with the latest club happenings, please like us on Facebook and subscribe to TGC Whatsapp and Telegram for news, updates, deals and discounts at your fingertips.

May the new year bring good health, happiness, and good fortune. Let's welcome 2022 warmly together, take care and see you at TGC!

Miss Ng Liza

Editor

Chairman, Marketing and Communications Committee

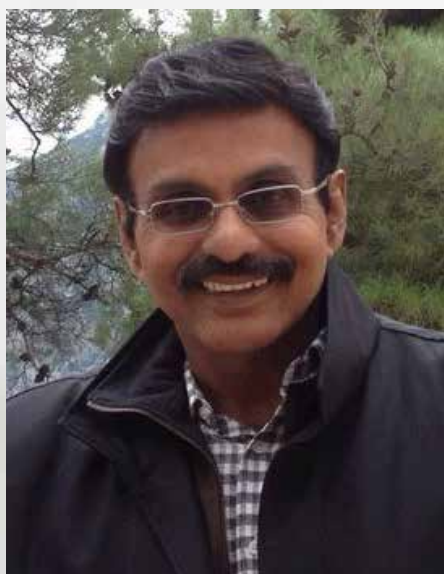
Honorary Assistant Secretary

The Grassroots' Club

GETTING TO KNOW OUR GRASSROOTS LEADERS

Meet Mr Gopala Krishnan, JP, BBM!

In this new series, we turn the spotlight on our grassroots leaders, starting with Mr Gopala Krishnan.



Q: What inspired you to be a grassroots leader?

My late parents instilled in me a strong desire to help others. My late mother had a charitable nature and was always willing to help neighbours in need. I also experienced the kampong life. I started out as an observer in community work at Toa Payoh. Then, I moved to Nee Soon when it was a new estate, and began community service work under a few MPs.

Over 30 years have passed and I continue to serve the community. It was my passion for the community that sparked my desire to start social outreach programs.

Q: What is your role in TGC Management Committee and what is your vision for the club?

I am involved as Chairman of the Business Development Committee. I wanted to transform the club with fresh innovative ideas in facilities and programmes to meet the new demands of a younger generation. I believe that the club should be inviting, with excellent customer service. Members need to feel a sense of pride in their membership while they rest, relax and enjoy the facilities and services available. Apart from the regular cafe, Muslim and Chinese restaurants, gym and spa, we recently introduced prawn fishing and alfresco dining with liquor.

Given the competing offers from other social clubs, we are still re-inventing the wheel to explore what more can be done with the limited space at the club.

We have been toying with the idea of creating a mini pool for kids in front of the club. All these require funds and an extension of the current lease is a prerequisite for any long-term planning.

Our grassroots leaders will bear witness to the club's good name. We need to make TGC a household name, attract new members and grow our existing membership base. In order to do this, I believe branding is crucial. From communication and customer service to wholesome, welcoming, attractive signboards are all crucial basics for establishing a club's overall image — the start of a holistic and appealing image for the club.

Standalone SOHO (Small Office, Home Office) workspaces are available at TGC where members and visitors can do their work without interruptions. This, for example, will help us attract more members.

We need members to help think out of the box to come up with ideas. Digital innovation has become the new normal and our youth's natural affinity with technology and all things digital cannot be overlooked. We must evolve to keep up with the times. It may be easier said than done. It is still work in progress!

Q: What are your favourite hangout spots at The Grassroots' Club and why?

The cafe, members' room as well as gym and spa are my favourite areas. I enjoy having a quiet space to do my work or to meet my friends. I also use the gym for workouts followed by a refreshing and relaxing dip in the spa. I also enjoy club activities like durian parties, BBQs and Chinese New Year dinners. Through these, I also get to meet, become friends and exchange ideas with other grassroots leaders.

LIVE WELL, LAUGH MORE

This article was contributed by Tan Kok Yam. He is a Workplace Safety and Health professional, an active citizen and a believer of lifelong learning.

Thank goodness, it's Friday.

Looking at this app message the previous Friday...I felt at ease with the thought of a nice weekend ahead. The very thought of being able to put down my workload after a couple of hours put me at ease and reduced my stress. On the contrary, on Monday morning, with the whole working week ahead, I feel less ecstatic but more prepared to face the days to come.

I believe many of us share the same experience, and yet we continue to go through this circle of life on a daily basis.

I have come to terms with this. It strains both our physical and mental capacities as it affects how we feel: whether we feel happy, relaxed, composed, agitated or constantly worried.

While there are many factors that can affect how we feel, we can live and adopt a lifestyle that is more pleasant for us.

Let me share my experience with a few pointers as a guide:

1. During the course of the day, take small breaks.

If you are confined to a desk and are continuously working on a computer, take appropriate breaks to stretch yourself. Walk to the pantry or kitchen for a drink; have a tea break alone or with coworkers. Many tasks, particularly those requiring coordination and information exchange, can be completed during the so-called tea or team break. It can lead to you being productive even when you're relaxing.

2. Reward yourself.

Midweek or midway through a hectic time period seems to be an appropriate time to treat ourselves. Gather your buddies to chill out and enjoy your 'happy hour' after a hard day's work. Pre-COVID, I enjoyed short vacations to nearby places such as Malaysia and Indonesia. Every other year, I would also reward myself with trips to farther destinations, which include free-and-easy travelling with the intention to experience how others live in their part of the world.

3. Pay attention to your health.

Exercise, in addition to its physical advantages, aids in the reduction of mental stress. I brisk-walk frequently, and this is an exercise you can do during the work day. Instead of taking a feeder bus, walk the extra distance to your train station. When you have the option, use the stairs instead of the elevator. This manner, you may incorporate exercise into your regular routine.

Do not ignore other aspects besides physical exercise. Sleep and having proper rest is important to our health. I require six to eight hours of sleep everyday. Listen to your body especially if you feel lethargic, or start becoming forgetful -- you may be sleep deprived. Take care of your nutritional intake and eating habits (like drinking a cup of water before every meal, having a balanced diet, etc). Have screen time breaks. Many of us, my past self included, sleep with our mobile phones near us. Any vibration will be answered as if it is an urgent call. This does not have to be the case!

To learn more, consider seeking guidance from Active Health, an initiative by Sport Singapore (www.activehealth.sg).

4. Nourish your mind.

I recommend reading a good book. Best of all, you do not always have to buy books; instead, you may borrow them from the library! You may also use the Internet for information to enrich yourself too.

Without a doubt, whatever will be, will be. We don't have complete control over anything. This is a reality. I choose to be flexible. Live in the present, learn from the past and plan for the future.

A teacher asked his student about the weight of a bottle of mineral water in his hand. It weighed only 600 grams but as he held it for a prolonged period of time, it seemed to become heavier.

Similarly, if we set our load down and rest for a moment, it's easier to pick it up again and continue our journey. In other words, we need to slow down at times, and rest before we can go on again, or even accelerate.

We only have one life. Do not sell our life at the expense of our job. Work-life balance is essential. Work diligently and conscientiously, and be mindful that as one problem is solved, we will soon be confronted with another challenge. So, instead of casting everything other than work aside now, let's learn to live in the present, reflect on the past and prepare for the future.

Live well, laugh more.

Congratulations

**TO NATIONAL DAY
AWARD 2021 RECIPIENTS!**

Thank you for your contributions to nation building



Mdm Wong Gue Kuew
Heidi, BBM(L)



Mdm N Kumari Devi,
BBM



Mdm Chiang Ah Choo,
BBM



Mr Lim Eng Koo,
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Mr Cheong Kee Loke,
PBM



Mr Wee Toon Fok
Raymond, PBM



Ms Iris Lim Ai Keng,
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Mr Ng Leng Kim,
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Mr Chia Soo Pheng,
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- Rates not applicable during the 15 days of Chinese New Year, Eve of PH & PH.
- Promo codes cannot be used with other promo codes.
- Promotion is valid from 8 November 2021 to 7 November 2022.
- Offer is valid for Grassroot Club members only. Grassroot Club members to flash ID upon check-in.
- Prior reservation is required and subject to availability upon confirmation.
- A valid credit card is required to proceed with the reservation.
- Cancellations are to be made at least 48 hours prior to local check-in time to avoid a one night charge.
- This offer is not valid in conjunction with other promotions, discounts and privileges.
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ZODIAC PREDICTIONS FOR 2022
BY MASTER PAN JUNHUI

Learn More About Your Zodiac Luck for the Year of Tiger, in This Informative 2 Hour Talk by Master Pan Junhui.

About Master Pan: A Master practitioner in the ancient art of metaphysics, Mr Pan specialises in destiny analysis, fengshui and Qimen Dunjia. In addition to his professional knowledge and high accuracy in bazi reading and Fengshui, Mr Pan is very well versed with Qimen Dunjia which is a powerful tool in forecasting and formulating strategy to help others attain their desired outcomes.

14 JANUARY 2022, FRIDAY
4PM - 6PM
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COMPLIMENTARY FOR TGC MEMBERS
*MAXIMUM 50 PARTICIPANTS



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CLOSING DATE FOR REGISTRATION:
7 JANUARY 2022

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Chinese Painting Workshop

Materials Provided.

Date: 9 January 2022 (Sunday)
Time: 2PM - 4PM
Venue: The Grassroots' Club, Dance Studio (Level 2)

Minimum: 5 Pax
Maximum: 10 Pax
*For participants aged 12 and above.
*Lessons conducted in English.

Member: \$20 NETT
Public: \$40 NETT
Closing Date: 3 January 2022 (Monday)

About the Instructor:
Toh Chee Hao currently lectures in National Institute of Education (NIE) and Nanyang Technological University (NTU), teaching Chinese Painting. His works are collected both locally as well as overseas. Currently, Mr Toh is the Vice President of Evergreen Chinese Arts Society and the General Secretary of Siaw Tao Seal-Carving Chinese Calligraphy and Painting Association.

CONDUCTED BY
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**Step
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