



# GRASSROOTS

A publication of The Grassroots' Club  
MCI(P)020/06/2015

*with passion*

## Year-end Wanderlust!

Getaways Without Getting Away  
Free & Easy Self-Drive Holiday in USA!

“...(TGC should) have programmes catering to an active and mainstream crowd.”

~ A TGC Gen Y Member

## In Focus

12 Ways to Give Back to Society

## HAVE YOUR SAY!

Which Country Would You Visit  
If Budget Were No Issue?



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Issue 100 (November 2015)

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## CHAIRMAN'S MESSAGE

### EDUCATION & PUBLICATION COMMITTEE

Dear Readers,



**John Lim**  
Chairman  
Education & Publication Committee

> *Grassroots with Passion* is TGC's main communications platform to reach out to our members. Nobel idea but the neat trick is, given our very busy lifestyles and schedules, to make the publication a **must-read** and not just a "good-to-read."

We are not there yet but the changes, both in editorial and design, have begun.

Over the past few months, you would have noticed that recent editions of our *Grassroots with Passion* magazine have undergone several changes mirroring the physical changes at TGC itself. Aside from a fresh design and more in-depth articles, the entire editorial slant of the magazine has shifted to become more engaging and outreaching. I would like to thank several readers who have noted and complimented these changes. Advertisers have also noticed the changes and I'm pleased that more are coming forward with support to make the magazine self-sustaining.

But we are not yet done. In the next few months we will introduce a **digital version of the magazine**, aimed at reaching out to our younger grassroots leaders. The digital version will be **available on android, ipad and desktop platforms** and will enable readers to leave comments or reactions to the stories and articles we publish or post.

All these developments would not have been possible without the strong support and commitment of the E&P committee, namely Edward See, Marie Lim, Lim Yen Lan, David Seah, Toh Sze Wei and Joey Koh as well as the help of the TGC Secretariat especially Iris Teh and Ethan Seet.

We also much acknowledge the guidance and leadership of the President Mr Lim Ang Hock as well as the entire Executive Committee. Thank you all for helping and contributing continuous feedback on our magazine.

Happy reading! >



## EDITORIAL TEAM

**Chairman**  
John Lim

**Vice Chairman**  
Edward See Chak Fei, PBM

### Members

Lim Yen Lan, PBM  
Marie Lim Soo Cheng  
Toh Sze Wei, PBM  
Joey Koh Eng Hwa, PBM  
David Seah Kah Long, PBS

### Secretariat

Chan Jee Siong  
Iris Teh  
Ethan Seet

### Design & Editorial

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# EDITOR'S NOTEBOOK

Dear TGC Members,

> As we open a book and start reading it, we may be filled with a sense of excitement or a rush of the thrill of the many twists and turns of emotions and many more, but these will not deter us from reading on to find out the plot or the conclusion. We want to be immersed in the storyline and imagine being part of the casts.

Likewise, here at The Grassroots' Club, there will also be a lot of "happenings", and we want to read those "plots" as well. We are looking forward to "writing your stories" that members will be able to experience and motivations that will compel us.

Please allow us to share your stories. We are looking forward to be part of that.

**Edward See Chak Fei**, PBM

Editor



**7th HEAVEN KTV**

190 Ang Mo Kio Avenue 8 #04-01  
The Grassroots' Club  
Singapore 568046  
Tel: 6458 5026  
email: 7thheavenktv@gmail.com

**Operating Hours:**  
3pm-1am (Sun~Thu & Public Holidays)  
3pm-2am (Fri~Sat & Eve of Public Holidays)

## Reciprocal Clubs

### Changi Beach Club

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Tel: 06-282 4940 / 284 2488 / 283 3518  
Fax: 06-284 8303 | 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

Chan Jee Siong @Tel: 6550 2100  
Chan\_je\_siong@grassrootsclub.org.sg

### Maintenance Manager

Raymond Chang @ Tel: 6550 2118  
Raymond\_changhy@grassrootsclub.org.sg

### Assistant Manager (Operations)

Richard Foo @ Tel: 6550 2117  
foo\_richard@grassrootsclub.org.sg

### Assistant Manager (Administration)

Ethan Seet @ Tel: 6550 2119  
Ethan\_seet@grassrootsclub.org.sg

### Assistant Manager (Business Development)

Iris Teh @ Tel: 6550 2115  
iris\_teh@grassrootsclub.org.sg

## Club Directory

### Finance @ Tel: 6550 2103 / 2110

diana\_er@grassrootsclub.org.sg  
yang\_rayner@grassrootsclub.org.sg

### Computer & Info System @ Tel: 6550 2111

raymond\_kwek@grassrootsclub.org.sg

### Admin & Human Resource @ Tel: 6550 2113

tan\_jenny@grassrootsclub.org.sg

### Membership @ Tel: 6550 2114

devaki@grassrootsclub.org.sg

### Publications @ Tel: 6550 2115

iris\_teh@grassrootsclub.org.sg

### Banqueting Services @ Tel: 6550 2121 / 6550 2120

kay@grassrootsclub.org.sg  
kavitha@grassrootsclub.org.sg

### Activities @ Tel: 6550 2119

ethan\_seet@grassrootsclub.org.sg

### Health Centre @ Tel: 6550 2128

Jackpot Room @ Tel: 6550 2132

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## SPOTLIGHT

LEADING A **HEALTHY LIFESTYLE**

*Grassroots* interviews two members to find out more about their healthy lifestyles and hear their tips for keeping fit. Meet Ms Audrey Tseng, 59, and Ms Helen Tan, 60, who frequent TGC's gym as part of their healthy lifestyle routine.

**How often do you exercise at our gym?**

**Audrey:** Every week day around noon.

**Helen:** I use the gym here about 2 – 3 days a week, either in the morning at 10 or about 1pm.

**What do you like about our gym?**

**A:** It is close to my office and very convenient for me.

**H:** It has the Jacuzzi, steam room and gym all in one; not many places have that convenience. I go to the Jacuzzi first and then to the gym. A good soak before my workout makes exercising relaxing and more enjoyable.

**Tell us your gym routine.**

**A:** I go on the treadmill, the rowing machine, bench press and sit-up bench. I enjoy using the treadmill and the rowing machine most, often alternating between the two.

**H:** I use all the gym equipment, but particularly enjoy being on the treadmill and the bench press.

**Despite the hectic lifestyle of many Singaporeans with low priority for keeping fit, what do you advise?**

**A:** They can go for after-dinner walks in their neighbourhoods. It is important to set aside time for exercising and to instill self-discipline no matter how busy.

**H:** Yes, Singaporeans should carve out time for exercising. I also get friends to exercise with me. Exercising for about 1 to 1.5 hours in a week will help one to keep fit.

**Any other tips for our members on keeping fit and staying healthy?**

**A:** Exercise well and eat right. Also, to have discipline to exercise regularly.

**H:** They could start with gentle exercises such as yoga at a CC/RC near their homes. This will motivate them since they do not need to travel far. Also, it would be more enjoyable when friends exercise together. One should make time to exercise to get into the momentum of exercising.

**How do you balance work, exercise and family life?**

**A:** I believe it is about self-discipline – I will always set aside time for exercising despite my busy schedule. This way, I make sure that I get to exercise every week.

**H:** As I am not working, I will prepare meals for my children and go for an exercise while they are having their meal. I will let them know that I am attending an exercise class at the nearby RC so that they can look for me if they wish. On weekends, my friends and I will go for swimming together while our children stay home to rest. This way, I balance my family life with exercise. ➤

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## TGC SUNDAY

# SISTERS, HERE WE COME!

Weekends come and go too quickly for me. A typical one is spent performing chauffeur duties. Thereafter, hunting down a Starbucks café or a MacDonald outlet, leeching on the free Wi-Fi while waiting for the wife and children to end their activities and classes. How does this resonate with daddies and parents out there?

By member Mr Han Wei Kwang Photo credits: Mr Richard Kuah



Destination coming into view, Little Island is seen here on the right and Big Island is on the left.

> Despite the humdrum I just described, whenever I can, I do make it a point to engage in some out of routine activities to promote healthy lifestyle among family and friends.

In this writeup, I would like to share with you on a recent weekend getaway I had with some good friends where we had a day of healthy mind and body activities.

## Sisters Island

The Sisters' Islands Marine Park spans about 40 hectares around the Islands and along both St John's Island and Pulau Tekukor. As home to a rich variety of habitats including coral reefs, sandy shores and seagrass areas, the marine park serves as a platform for outreach, educational, conservation and research activities related to native marine biodiversity.

Out of more than 500 species of hard corals thriving in the region, over 250



of them can be found in Singapore's waters. The Sisters' Islands Marine Park offers a safe refuge for the teeming biodiversity around the Southern Islands and its surrounding waters.

## The legend

Legend tells of a poor widow with two beautiful daughters, Minah and Linah, who were very close to each other. After the widow died, the sisters left the village to live with a distant uncle. One unlucky day, Linah met a group of pirates while fetching water from a well near the sea. Frightened, she ran back to her

house with the pirate chief giving chase. Reaching home, the pirate chief brandished a knife and made known his desire to marry Linah. That night the two sisters wept bitterly in the arms of each other.

At dawn, the pirate chief and his men came to take Linah away. While clinging to each other, Linah was forcefully taken away. The desperate Minah then swam after the boat but was drowned. Linah then plunged into the turbulent waters in an attempt to save her sister. Sadly she too drowned. The next day, the villagers were shocked to find two



Spotted! From top left (clockwise): A native islander, beautiful coastline and clear lagoon, soft coral and happy kids.

islands in the exact location where the two sisters had drowned. These two quiet islands, called Subar Laut and Subar Darat, became today's Sisters Island.

### The Sisters

Big Sister Island (Subar Laut) faces the open sea while Little Sister Island (Subar Darat) faces the mainland. The two islands are separated by a narrow but deep channel. Currents through this channel is dangerous and it is not possible to swim from one island to the other.

### Getting there

To get there, it's a half-hour bumboat ride from Marina South Jetty. The boat has a capacity of 12 persons and offers a quiet bumpy ride due to its small size. Nonetheless, it was an exciting and anticipating ride as it was our first visit to the island.

Upon arrival, a bright orange sign greeted us once the boat came alongside the jetty. A sense of tranquility from being one with nature promptly engulfed us as we left the hectic city life behind.

More amusing, a furry bunch of local natives welcomed us warmly. We soon encountered about 20 of these long-tailed macaques who roamed the island freely. These monkeys can

be aggressive and it is important not to leave any food unattended and to dispose all rubbish properly into the monkey-proof bins provided.

### Scenic scenery

We took in the scenic delight of the idyllic coastline of coconut trees swaying in the sea breeze. If not for the lack of 5-star luxury amenities, it has the like of a world-class beach resort. When the tide is in, it is perfect for snorkelling and swimming; and when the tide out, take a stroll down the lagoon to admire the biological diversity it homes.

### Good fun with good people

For me, I spent the day snorkelling, hunting down the vast variety of underwater lifeform around the island. When tired, I caught up with my friends, lazing under the warm sun, soaking in the environment of cool sea breeze and fresh air. What better time for a hearty get-together and building of relationships, and what better way than when we are all "marooned" on an island.

The children had their fill of fun on the sandy beach and clear water. Between them, the children collected a huge amount of seaweeds – so much that, there was enough for a seaweed fight. They began by grabbing a handful of the seaweeds,

pressing them into a ball and throwing them at one another. Talk about creative play!

The day on the island ended just before sunset. We arrived back on the mainland just before dark.

In retrospect, the day was truly fun and enjoyable for both the adults and the children. It is a rare occasion for us city folks to be able to embrace the warmth of Mother Nature and to smell the roses, as they say. But such trips do much to refresh the body and the mind, more than any designer latte can do... and even better, without the calories that we can accumulate if we overdo on the lattes.

This trip to Sisters Island is my first but will not be the last. I am sure we will be back again soon. What could be better than to immerse in some pristine island beauty. Sisters, we will be back soon! ▶



Sea anemone beauty

## FEATURE



With the year-end approaching, I would like to share my experience and some tips for planning a free-and-easy self-drive holiday to the USA. Generally, the more flexibility in your travel plan, the higher the cost. Since long haul air tickets and accommodations will be two of the largest cost drivers, travelling during off-peak periods when demands are low should yield attractive savings. Below are some tips for your planning.

### > Airfares

For long-haul trip to USA, take advantage of periodic airline promotions to enjoy cheap discounted air tickets. Or plan your travel itinerary three to six months in advance. Use the airline fare calendar to view the fare over a period to find the lowest fare (the fare difference can be up to 30 percent) within  $\pm 2$  weeks. Or make use of your frequent traveller miles to redeem limited air tickets for redemption.

### Car rental

While various American car rental companies provide competitive car rentals, most of them do not list their car insurance clearly in their websites. As the car insurances may add up to be more than the car rental rate, you may end up paying more. Be sure to purchase comprehensive insurance such as Theft Protection and Collision Damage Waiver while other insurance are optional.

Websites such as [www.rentalcars.com](http://www.rentalcars.com) include car Theft Protection insurance and Collision Damage Waiver as part of the car rental. A common gimmick among car rental companies is to offer free or cheap upgrade for your rental car vehicle at your car collection. Do check the condition of the upgrade as it may void the promotional rate of car insurance that came with your original car rental booking,

and you may end out paying more for the car rental. Usually pre-paid car rental is around 10-15 percent cheaper than post-paid one.

### Travel insurance

In these days of flight mishaps, travel insurance is hardly a luxury. A travel insurance policy can provide you with peace of mind to know that if a delay, cancellation or disaster does occur, you will be able to recover some of your loss and have access to assistance services that may not have otherwise been available to you.

Premium travel insurance plans are recommended over basic ones as most of them insure against flight cancellations, cover for car rental excess and liabilities.

### Hotel deals

For flexibility in your travel plan, book your accommodations through a reliable hotel chain. Many hotels allow free changes or cancellations before 24 hours of the booking. A personal favourite is Marriott Residence Inn ([www.residenceinn.marriott.com](http://www.residenceinn.marriott.com)) whose family suites include choices of 1- or 2-bedroom suites complete with a kitchenette. Do sign up for memberships to enjoy free



© Supanee Hickman



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nights or other perks. You can also book through such like Airbnb, but pay attention to their cancellation charges.

### SIM card

Get on the internet to find the best pre-paid SIM card (voice and data plan) before you leave for USA, and check for their price, package and most importantly coverage in the places that you will be visiting. Ordering online of your SIM card not only allows you to have it delivered, usually free, to your first stop hotel so that you can start using it upon arrival, it also commonly comes with discounts and free deliveries. SIM cards bought at physical stores are usually more costly plus they may not carry card type that you need. In fact, some SIM card plans are only available online ([www.readysim.com](http://www.readysim.com)). For example, I paid US\$100 for two SIM cards which were selling at a petrol station for recommended retail price US\$35 each; it is also not easy to find nano-SIM cards for iPhone.

### City passes

Major US cities (such as Los Angeles, Boston) packaged multiple attractions into a City Explorer Pass ([www.smartdestinations.com](http://www.smartdestinations.com)) that allows you to build your own package or choose from the 1- to 7-day package deals. The City Explorer also offers up to 45 percent savings on admission to top museums, tours and activities and allows pay nothing at the gate. Multiple day-passes come with

flexibility on which day to visit and which attractions to visit on the fly, plus a full refund if you do not activate the pass within a year of purchase.

### Outlet shopping

A must-do is outlet shopping, found in every major city. Literally, everything – clothes, shoes, bags, luggage, toys and kitchenware – at near crazy discounts. Member discounts and privileges are even crazier, so you may want to get a membership (online) before dropping in.

Timing your visit is also important: aim for their end-of-summer sales in July and August or their end-of-winter in February. In November, the Thanksgiving Day and sale of pre-Christmas merchandise are both big shopping days. From December 26 through mid-January, they hold big after-Christmas sales.

I had gone for outlet shopping twice during Thanksgiving (fourth Thursday in November) and enjoyed fantastic discounts (up to 70 percent) in several stores. Black Friday (day after Thanksgiving) and Cyber Monday (Monday after Thanksgiving) are also good shopping days.

### Safe driving

As USA is left-hand drive unlike Singapore's, do give yourself time to familiarise with driving in the opposite direction. All passengers must have their seat belts on and children must be secured with child seat. For long-distance driving, have a front-seat passenger chat with the driver throughout the journey and plan for a pit stop after two hours of driving. After the pit stop, rotate the driver and front passenger whenever possible. For example, during my six-hour driving from San Diego to Las Vegas, I planned for three pit stops at Lake Elsinore Outlets, Tanger Outlets and Fashion Outlets of Las Vegas so that I can have a-break-cum -outlet-shopping.

In summary, free and easy self-drive holiday in USA can be a lot of fun if ample planning is done before departure. What are you waiting for; grab a tablet and start planning now. ➤



© Supanee Hickman

## FEATURE

# GETAWAYS WITHOUT GETTING AWAY



Hotel Fort Canning

Vacations are a luxury as they cost both time and money – two rare commodities for many of us rat racers. But if you are in dire need of a break, what do you do? Go on a staycation! Here are some spots we recommend.

## > Sofitel So

In May 2014, the Sofitel So Singapore opened with much fanfare, mainly due to its association with Karl Lagerfeld, creative director at Chanel. The Kaiser's chief contribution? The creation of the hotel's emblem, "The Lion's Seal", which has been applied liberally onto flourishes and embellishments around the hotel, from bathrobes to doorknockers.

But the hotel's quirky 18th-century French decadence-meets-contemporary comfort is due in large part to the keen eye of French interior designer, Isabelle Miaja (MIAJA Design Group), who has also given the Trump Residences and a string of other prolific hotels and properties in Asia and the Middle East the midas touch.

Rooms are dressed to impress, each enhanced by three-metre high ceilings that render the rooms bright and spacious. Bespoke light boxes, set above each bed, feature images of palatial glass domes inspired by the traditional architecture of Europe and modern constructions in Singapore.



At Sofitel So Singapore, you can feel like a modern-day Marie Antoinette. Lounge in your guestroom, enjoy the in-room minibar that includes complimentary soft drinks/beer and snack, and control everything in the room – from the TV to the curtains – all at the touch of an iPad mini. And in true Parisian-meets-Singaporean style, Marie Anoinette can have a satay or two at Lau Pa Sat that's just next door.



### Grand Park Orchard

If you're a hardcore shopper, Grand Park Orchard is a good one to staycation at. Located in the heart of the Singapore's shopping district, Grand Park Orchard is designed with fashion in mind. Following an impressive S\$80 million makeover, Grand Park Orchard now boasts an outstanding herringbone-designed glass façade and dramatic eight-storey tall media wall that sure is glamorous.

The glamour doesn't end there. The full range of Bvlgari bathroom amenities also adds a touch of luxury to the experience. All this in addition to a DVD player and LCD TV, mini bar and coffee/tea making facilities.

If all these aren't reasons enough to do a staycation at Grand Park Orchard, its Staycation Special should be a push factor. From now till 31 December 2015, staycationers get to enjoy exclusive benefits such as S\$50 worth of daily F&B credit (Mitzo, the hotel's contemporary Chinese restaurant, serves up dim sum and other Cantonese favourites with a twist) and late check-out till 3pm, subject to availability. Staycationers also enjoy complimentary smartphone service with unlimited free 3G internet connectivity, local and international calls to selected countries.

### Hotel Fort Canning

Nature lovers would want to retreat into the Hotel Fort Canning, a magnificent conservation hotel tucked within 18 hectares of lush greenery of the historical Fort Canning Park that is within the city.

Interestingly, guests at the Hotel Fort Canning also get to share, if only temporarily, the exclusive address of many of Singapore's ancient rulers and colonial leaders. The iconic building, built in 1926, was the Administration Building of the British Far East Command HQ and the General-Officer-Commanding, Lt-General Percival, once had an office here. As if that's not enough history, it's also Singapore's only hotel to showcase an Archaeological Pit with 14th and 19th century artefacts. Showcased in four pits, the artefacts trace the history of the inhabitants of the Park, and highlight the ancient glory of this once "Forbidden Hill".

If exploring the property's history leaves you hungry, choose from excellent in-hotel dining options. There's Gattopardo

Italian Grill & Pizza Bar that's long been reputed to serve impressive Sicilian and Southern Italian food and Tisettanta Lounge that boasts an outstanding wine collection. For local flavours, head to The Glass House Restaurant for local dishes with a touch of sophistication such as Fried Mee Siam with Boston Lobster.

Guilty from all that eating? Take a dip in one of the hotel's three pools that are chlorine and chemical free, and are instead treated with ionising technology so you can swim in healthy, natural water.

### Naumi Liora

The infamous Keong Saik Road, once a redlight district, is now home to hip coffee joints, watering holes and restaurants. Naumi Liora, the second boutique hotel by Naumi Hospitality (the first being Naumi Hotel on Seah Street), joined the fun in November 2012.



Naumi Liora is essentially made up of several 1920s Peranakan-styled buildings with their original timber flooring, French-styled windows and 'five-foot way' traditionally preserved. The buildings were originally commissioned by a gentleman named Tan Chin and were built as townhouses, rather than shophouses. While the style of the building is much in line with the Westerhout tradition, comprising a refined neo-Classicism, its embellishments are very much influenced by the Chinese culture. Look out for the decorative bat reliefs beside the capitals of the main pilasters of the upper storey – these are meant to bring well-being and prosperity to those who occupy the building because the Chinese word for bat ("fú") sounds the same as the Chinese word for good fortune and wealth (both also pronounced "fú").

The rooms come in three sizes, ranging from small to big: Liora Quaint, Liora Heritage and Liora Porch. The latter two have in-room Nespresso machines so you can sip all the coffee you want. Otherwise, the hotel's reception lobby is also the spot of a complimentary 24-hour self-serve Nibbles snack bar, where you can treat yourself to ice-cream, biscuits, fine teas and yes, Nespresso coffee.

After all the munchies, burn some calories at the gym that doesn't close. Or, take a walk around Naumi Liora; charming Ann Siang Hill, Kreta Ayer, Maxwell Road and Tanjong Pagar are within the vicinity. ➤

VOICES

# WHICH COUNTRY WOULD YOU VISIT IF BUDGET WERE NO ISSUE?

With year end around the corner and holiday plans in the air, **Grassroots with passion** asked members where they would be headed for... if money were not an issue. Here is what they say.

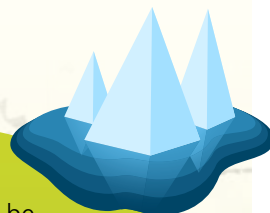
I would go to Egypt and South Asia. In South Asia, I previously visited China and India, so this time I would do Japan if I have the opportunity. Japanese cuisine alone would be enough for me to make the trip, but there's the beautiful scenery too of course.

~ Ms Wong Poh Lan, 66



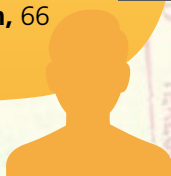
The moon! Haha! For a place on Earth, it would be Antarctica or the Arctic, the place of icebergs, penguins and landscapes in pure white – that would be a lovely scarce sight!

~ Mr Tan Meng, 59



Korea's Jeju and Hokkaido in Japan for sightseeing and to enjoy good food.

~ Mr Simon Sim, 66



Eastern Europe, Russia, USA, Iceland, Northern China...there are so many places I want to go if money were no concern.

~ Ms Tseng Pek Eng, 59



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## IN FOCUS

# 12 WAYS TO GIVE BACK TO SOCIETY

As Singapore's Golden Jubilee celebration draws to a close, TGC brings it to a new high in this season of Christmas giving.



> While Singapore is well reputed as a prosperous nation, the reality is the needy will always be with us. They are from all ages and walks of life, and to truly be an inclusive society, we mustn't leave them behind – those who suffer from ill-health, those abandoned by their families, the unemployed, the ex-convicts. The list goes on.

The Ministry of Social and Family Development, along with charities and other non-profit organisations, has devoted time and effort to offer assistance, be it through policies, welfare schemes or voluntary work. But is helping the less fortunate solely the job of the government and related organisations? Hardly. As individuals, there is much we can do to help. Here are 12 ways that we can give back, perhaps one for each day of Christmas.

- 1 Where better to start than at The Grassroots' Club? Join us and be involved in our many social programmes for the community.
- 2 Volunteer time to serve at a favourite charity organisation. This can be a day, a weekend or once a month – however long you can commit to. And it can be in food distribution, giving tuition, or caregiving duties.
- 3 Do a spring-clean of your home before the year ends to gather items that are in working condition for donation to the Salvation Army, be it clothes, books or furniture etc.
- 4 Organise a fundraiser amongst family and friends – this could be a fun fair or a simple bake sale where volunteers bake cakes, cookies and the likes to be sold to raise funds.
- 5 Pledge to give up some treat for a month (like designer's coffee, or chocolates, or clothes shopping) and donate money saved to your favourite charity.
- 6 Keep current on pressing needs through the social media. It only takes a click to share news and to help garner support for those in need.
- 7 Post on your social media page that for this coming Christmas, instead of presents, encourage family and friends to consider giving you "cash in lieu" which you will donate to a favourite cause.
- 8 If the company you work for does not yet have any Corporate Social Responsibility (CSR) programmes, volunteer to help it start and implement one.
- 9 Take part in sports events organised in conjunction with charities or non-profit organisations. The money collected goes to a good cause, while you get to enjoy a workout.
- 10 Participate in crowdfunding projects that aim to ease someone's plight or offer an innovative solution to a need.
- 11 Give second chances to those in need – ex-convicts, or those who have been ill.
- 12 Educate and nurture the young about the need to be compassionate. In the long run, this future generation would form an empathetic society that is willing to go out of its way to care for others. >



# TO TGC WITH LOVE

**Client:** JVCKENWOOD Singapore Pte Ltd, Ms Jessica Tan  
**Event:** Vision 2020 Mid To Long-Term Business Plan  
**Venue:** Banquet Hall

Dear Mdm Kay

You have set the tone for the year by helping us run a successful event. Appreciated all your efforts to compromise to our last-minute snags, and allowing us to use the Banquet Hall even though you are running a tight schedule on that day.



Much thanks also to Mr Rajan who has been so kind and helpful to our requests. He was key to making our event a smooth one.

Just a little disturbance was the false fire alarm that had rung twice, but it is something unexpected.

Nevertheless, on behalf of the JVCKENWOOD Singapore, I express heartfelt thanks for all you did. Thank you.

**Client:** Singapore Science Centre, Dr Sharon Chang  
**Event:** Singapore Science Centre Shell STEM Youth Innovation Challenge 2015 Final Judging & Prize Presentation Ceremony  
**Venue:** Theatrette

Hi Kay,

Just want to send a note of thanks to you and Mr Rajan for the well-organised and well-coordinated Shell STEM Youth Innovation Challenge event on 13 July 2015.

It was a pleasure working with you.

Looking forward to working with you again.

**Client:** SIM University, Ms Kristin Suaw, Manager (School of Human Development & Social Services)

**Event:** ICSD 2015 Closing Plenary and President's Dinner

**Venue:** Multipurpose Hall

On behalf of the Organising committee of ICSD015, thank you for the excellent service, Kay. You went the extra mile to delight your customers by ensuring that everything was in order and ready for this important event. You have way exceeded my expectations and I am most impressed by your cool, "Can Do" attitude, your initiative and your super-efficient team.



Well done, Kay and keep up the excellent work!

**Client:** Comfort Transportation Pte Ltd., Mr Mark Christopher Yeo  
**Event:** ComfortDelGro Study Achievement Award Ceremony  
**Venue:** Multipurpose Hall, Atrium Terrace and Meeting Room 1

Hi Kay

Allow me to pen down my thoughts.

Every time I step into The Grassroots' Club, I know I am in good hands. This is definitely an experience my colleagues and I have.

We wish to thank Rajan and especially yourself, for all the help you have rendered to us through the years. Please accept our heartfelt gratitude.

It has been five years since I have been with ComfortDelGro and it has been a tremendous honour to work with your dedicated team when we have functions at TGC.

We have held numerous events including our recent Study Achievement Award. The Multipurpose hall has transformed and it looks elegant!

I would like to personally thank you for your professionalism and assistance especially when we have last-minute requests. You never fail to find a solution and this definitely creates the best service experience which we are always grateful.

I hope that we will continue to have a good partnership in the long run as we grow into the near future.



**Client:** Singapore Corporation of Rehabilitative Enterprises (SCORE),  
Mr Chua Yi Qing, Manager (Special Projects)

**Event:** SCORE Appreciation Awards 2015

**Venue:** Multipurpose Hall

Dear Mdm Kay and team,

On behalf of Singapore Corporation of Rehabilitative Enterprises, we would like to extend our appreciation to everyone who has assisted in making our event – SCORE Appreciation Awards on 28 July 2015 a success. The effort and professionalism shown by your team can be seen throughout and the attention to every detail has made this a pleasant and memorable one.

On a personal note, I would like to thank Mdm Kay and Mr Rajan for the meticulous work and efforts put in to ensure all areas are looked into. The coordination for venue hall set up, table arrangement and potted plants have earned praises from the guests.

Thank you and we deeply appreciate all the hard work put in.



**Client:** People's Association, Mr Cayden Hong, Manager  
(Active Aging and Family Life)

**Event:** FLC Award 2015

**Venue:** Multipurpose Hall

Dear Kay

We would like to express our heartfelt appreciation to you and your team for providing us with great support and assistance towards our FLC Award Ceremony 2015, held on 26 July 2015. Thank you for accommodating our requests and for helping to ensure smooth operations. We really appreciate all the effort put in by you and your team to ensure that our guests had a pleasant experience at TGC.

Would also like to thank Rajan for the support rendered. He has been very helpful and efficient in acceding to our last-minute requests.

In addition, most of our guests gave us positive feedback on the food. Thank you for all the help and we look forward to working with you again.

**Welcome!**

**TO OUR NEW MEMBERS!**

*\*As of 30 October 2015*

Chin Yan Fong Felyn  
Chong Yaw Khian  
Christopher Vidhyasagar Nair  
Chun Thai Leng Irene  
Gay Choon Hooi  
Heng Teik Khoon  
Joanne Lin Li Xuan  
Li Weili  
Lim Kok Nam Kelvin  
Lim Kwang Kheng  
Lin Kuan Ting  
Nagarajan Vairalingam  
Ng Hai Kiew Doris  
Ong Cheng Kiat  
Peh Peck Hoon Wendy  
Philip Yong Kee Kok  
Tan Chong Seng Victor  
Tan Tong Meng  
Teo Irene  
Wong Kwong Chung Julian  
Wong Song Wang  
Woon Lee Han  
Yeo Swee Hau

**NEED A VENUE FOR  
YOUR NEXT EVENT?**

Please call

**BANQUETING SERVICES**

@ Tel: 6550 2121 / 6550 2120

or email:

[kay@grassrootsclub.org.sg](mailto:kay@grassrootsclub.org.sg)

[kavitha@grassrootsclub.org.sg](mailto:kavitha@grassrootsclub.org.sg)

**BUDDY BUNDLE PACKAGE \$1680**

Package signed allows sharing with up to 10 friends

**12 SESSIONS FREE**

**13 SESSIONS – option of Harmony Facial OR  
Full Body Detox Massage (60 MINS UP \$138)**

F.O.C: 1 Month Unlimited Chromo Light Full Body Detox Steam for Buddies

**\*Terms and Conditions:**

- 1) Valid for customers 21 years old and above
- 2) Package signed valid for 12 months
- 3) Valid for Singaporeans and Permanent Residents only
- 4) Not valid with other promotions and discounts
- 5) Package allows sharing with up to 20 friends

BEAUTY FACE™



# TGC THROUGH THE EYES OF A GEN Y



Abel Tan, a TGC member, serves in Aljunied GRC, Hougang Zone 4 RC and also in the Management Committee of the Institute of Company Accountants. At work he is a certified accountant running his own accounting practice.

## > *What Club facilities do you use now, and what facilities would you like to see in the future?*

**Abel:** The Health Centre. In future, I hope to see facilities such as a pub, BBQ pits, a western restaurant and reciprocal affiliations or tie-ups with other clubs or organisations.

## *Do you think the Club is attractive to young grassroots leaders? Why?*

**A:** Not at the moment. Even the Health Centre which is the main draw for the young, does not have enough gym equipment. All the other outlets such as F&B are also open to the public, so a membership offers us no real advantage.

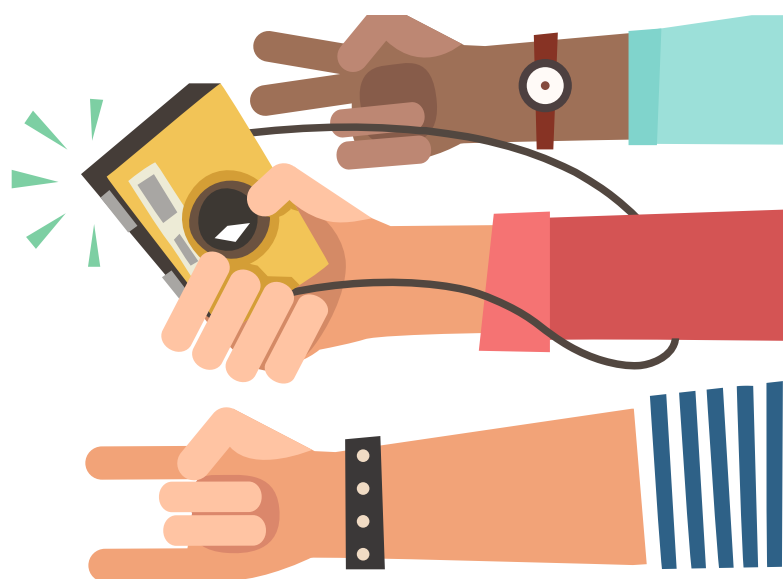
## *How can the Club further meet the needs of young grassroots leaders?*

**A:** Have programmes catering to an active and mainstream crowd. I think a good example is the SPANS Clubhouse by HomeTeamNS who has tailored its programmes to meet the needs of young members; they have attracted many new members.

## *How can young grassroots leaders be more involved in the grassroots movement?*

**A:** Many young grassroots leaders may not be aware of the different activities, hence the low participation rate.

I feel that courses at NACLI is valuable for young grassroots leaders like me to pick up knowledge of the different areas of grassroots movement. It is also a platform for us to learn from the experience of senior and experienced grassroots leaders. Since the NACLI campus is not easy to get to, we should consider holding some of the courses within TGC premises for member convenience and better participation. If properly negotiated, it can even mean extra rental income for TGC.



## *Tips for young grassroots leaders who are juggling work, family and grassroots involvement?*

**A:** Having a worklife balance is a real challenge for many young grassroots leaders who are still in the midst of building their career. In my opinion, it is important for each of us to set realistic targets and commitment according to our own circumstances. If not, many of us might just lose heart and the will to volunteer and give up in serving in the grassroots.

Secondly, it is important for young grassroots leaders to begin involvement in areas of interest close to their heart, so choose carefully from the range of grassroots activities and areas.

Thirdly, if things at work or in our families become too overwhelming, it is always helpful to speak up, seek advice and assistance from our peers or Grassroots Adviser. If there is a need, by all means take a short break to sort out personal matters before returning to serve; this would be better than letting our problems affect peer relationships or service quality. But be sure to return, grassroots need you! >

***Congratulations*** TO OUR CLUB MEMBERS WHO RECEIVED  
**NATIONAL DAY AWARDS 2015**

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



Mr Goh Yeow Tin,  
BBM



Ms Soh Geok Kee,  
BBM



Mr Chua Lai Teck,  
BBM



Mr Soh Tze Churn,  
Jack, JP, BBM



Mr Loy Chee Hiang,  
BBM

**THE PUBLIC SERVICE STAR / BINTANG BAKTI MASYARAKAT**



Mr Ng Cheok Yew,  
Lawrence, PBM



Mr A Marai Malai  
Maran, PBM



Mr Ho Kim Sai,  
Willie, PBM



Mr Koh Hock Siong,  
Lawrence, PBM



Mr Peh Seck Gee,  
George, PBM



Mr Kwek Kwee  
Hua, William, PBM



Mr Nai Kin Choon,  
PBM



Mr Goh Peng Hong,  
PBM



Mr Ng Kian Woon,  
PBM

**THE PUBLIC SERVICE MEDAL / PINGAT BAKTI MASYARAKAT**



Mr Leong Kai  
Chong, Simon  
TGC Honorary  
Secretary



Mr Toh Sze Wei  
TGC Honorary  
Assistant Secretary



Dr Tan Kow Wah  
TGC Honorary  
Assistant Secretary



Mr Chua Sock Kiang



Mr Lim Yew Ming,  
Ken



Mr Wong Peng Thim



Mr Wan Pak Khiong



Mr Yeo Swee Khiang



Mr Ng Moi Song



Mr Ramamoorthy  
s/o Krishanan



Mr Lim Yong Guan,  
Peter



Mr Ng Kok Hwee

MEMBER ACTIVITIES

# CALENDAR OF EVENTS

**18 November 2015**  
**TGC's BBQ THEMED NIGHT**

**KAMBING GOLEK / ROASTED LAMB**  
**KEPAK AYAM PANGGANG / BBQ CHICKEN WINGS**  
**IKAN PARI BAKAR/ SAMBAL STINGRAY**  
**MIX BBQ SATAY**

Tantalize your taste buds with this one of a kind BBQ night on Wednesday 18 November 2015.!! This night will include "Live Station" BBQ dishes as well as our mini buffet such as Fried Rice, Mee Goreng , Desserts and a free flow of Drinks

**CHARGES : \$16(TGC MEMBERS) & \$18(MEMBERS' GUESTS)**  
**TIME : 6.30pm Onwards**  
**VENUE : Muslim Delights Restaurant @ The Grassroots' Club**

**Call 96330261 to reserve your seats now!**  
 \* Advance booking is compulsory before Monday 16<sup>th</sup> Nov 2015

## BALLOON SCULPTING WORKSHOP

**Date:** 28 November 2015, Saturday  
**Time:** 10.00am to 12.00pm  
**Venue:** TGC  
**Fees:** \$36 (members), \$40 (GRLs), \$45 (guests)  
 Inclusive of 1 pump and balloon materials



Workshop outline:

- a) Introduction to the tools and materials required for balloon sculpting
- b) Learn core techniques to create your own designs
- c) Learn to make five types of balloon toys
- d) Step-by-step instruction by the trainer

## CHINESE KNOT WORKSHOP

**Date:** 5 December 2015, Saturday  
**Time:** 10.00am to 12.00pm  
**Venue:** TGC  
**Fees:** \$10 (members)  
 \$12 (GRLs)  
 \$15 (guests)  
 Inclusive of materials



Start a new hobby of an art form that not many know and build your own handmade Chinese knot collection, beginning with the two to four knots that you get to bring home after this class.

## TOMBOLA NIGHT

**Date:** Every 4<sup>th</sup> Friday of the month:  
 27th November 2015, 22th January 2016,  
 25th March 2016  
**Time:** 7.00pm to 10.00pm  
**Venue:** TGC  
**Price per ticket: \$2.00**



Come play the number games, make new friends and win exciting prizes.

For registration and more information please call or email Mr Ethan Seet at 65502119 or [ethan\\_seet@grassrootsclub.org.sg](mailto:ethan_seet@grassrootsclub.org.sg)

**Brighton**  
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The Grassroots' Club  
**#02-01**

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## GELATO APPRECIATION WORKSHOP FOR KIDS!

**Date:** 12 December 2015, Saturday  
**Time:** 10.00am to 11.30am  
**Venue:** Geladiso Café, TGC  
**Fees:** \$16 (members)  
 \$18 (GRLs)  
 \$20 (guests)



The workshop will cover

- Understanding the difference between traditional ice cream, sorbet, yogurt and artisan gelato.
- Why gelato is healthier than ice cream?
- Food preparation – hygiene aspect.
- Have lots of fun appreciating gelato – unlimited free sampling of gelato.

In addition to the above, every participant will get 1 waffle, 1 drink and 1 scoop of gelato of their choice.

## 48<sup>TH</sup> INTAKE YOGA CLASS

**Date:** 7 January to 31 March 2016  
 (Every Thursday) – 12 sessions  
**Time:** 6.45pm to 8.30pm  
**Fee:** \$16.00 (Member),  
 \$22.00 (GRL),  
 \$24.00 (Guest)

Pick up yoga to achieve total-body health. From the right poses, greater flexibility, to reduced stress and right breathing techniques.



For registration and more information please call or email Mr Ethan Seet at 65502119 or ethan\_seet@grassrootsclub.org.sg

## NAME OUR MEETING ROOMS AND WIN



In the naming the three meeting rooms in TGC, we would like to involve you by proposing suitable names that are creative and meaningful. Each submission should contain a set of three proposed names, one for each of the three rooms.

If your proposal is adopted, you will win dining vouchers from our generous sponsors: 7th Heaven KTV, Geladiso and Muslim Delights. Contest is open to members only.

Email your proposals to [iris\\_teh@grassrootsclub.org.sg](mailto:iris_teh@grassrootsclub.org.sg).

Closing Date: 15 December 2015



Celebrating Curiosity



## 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.**

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)

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# Muslim Delights

MUSLIM Delights needs little introduction. Voted Singapore's Top 5 "Nasi Padang Restaurants" by a local radio station, the halal restaurant is made famous by its fabulous offerings of *nasi padang* Indonesian style such as *ayam masak merah*, *sotong hitam*, *sambal goreng* and much more.

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

MUSLIM Delights at TGC will provide theme parties such as Penang Fair, BBQ Fiesta, Arabian Night and much more. So if you are planning a function or seminar at TGC, choose from our corporate packages for seminars, company retreats, annual dinner & dance, even kids' birthday parties.

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



## Geladise



Retail Price - \$12.00  
TGC Members - \$9.50