



# GRASSROOTS

A publication of The Grassroots' Club

MCI(P)020/06/2015

*with passion*



**Tips on How  
to Enjoy Your  
Holidays**

**6 Things  
to Do on  
Christmas  
in Singapore**

**VOICES**  
What does  
Christmas mean  
to you and how  
do you spend it?



# > CONTENTS



Issue 104 (Nov-Dec 2016)

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Message by Mr Abel Tan, Chairman, Youth & Sports

03

Editor's Notebook

04

## Spotlight

Warm Welcome to Our New Members

04

7 Happiness Therapies

05

Tips on How to Enjoy Your Holidays

07

Voices: What does Christmas mean to you and how do you spend it?

12

## In Focus

6 Things to Do on Christmas in Singapore

09

## Member Activities

Saturday Nite 'Live'

15

Free Movie Screen Nite: Finding Dory"

Christmas Light Up & Dinner Celebration

16


# MESSAGE BY CHAIRMAN YOUTH & SPORTS




**Mr Abel Tan**

Chairman Youth & Sports Committee  
The Grassroots' Club

Dear members and grassroots leaders,

This is my first term as the Chairman of Youth and Sports Committee. I am very  honoured to be able to serve in this capacity. It will be my foremost focus in this term to appeal to all young members and grassroots leaders with meaningful activities and events that could enhance our cohesiveness and meaningful character building.

Secondly, I would hope to appeal to the youth at large via these activities and events in stepping out of their comfort zone and do their part in serving the community and be a responsible, social minded young adult.

I sincerely hope to have the support and assistance of all members and grassroots leaders in helping me to fulfil the aspiration of developing our youth into leaders of our nation tomorrow. 



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# EDITOR'S NOTEBOOK

Dear TGC Members,

➤ Brexit and now Donald Trump... 2016 will be the year that marked disruption in politics that were fuelled by anger against establishments and rejection of economic systems that have left many behind. Notwithstanding, these uncertainties will not deter us to enjoy our year-end holidays and Christmas.

We have prepared a series of interesting activities for you to enjoy the new facilities in the club. Do look out for the activities and join us!

We are exploring new approaches to publicise our activities to you, and we would like to hear your voices in our magazine. Do start writing now!

**Toh Sze Wei**, PBM  
Editor

*Welcome* **TO OUR  
NEW MEMBERS!**

Appoo Innera  
Cheng Tian Hoon  
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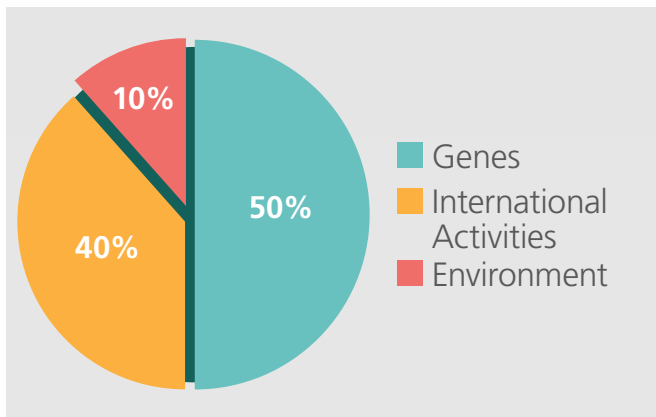
## SPOTLIGHT



# 7 HAPPINESS THERAPIES

by C. Joshi, PB.PBS.CMSAC (Consultant Counsellor)

Although happiness is a timeless and universal human quest, only in recent years has research turned its focus on how happiness can be sustained and increased. Science has now confirmed that with certain practices we can change the neural pathways of our brain. Happiness is a set of skills we can learn through practice.



The research proves that happiness is possible through intentional habit changes, more than circumstantial changes. In fact, only 10% of our happiness is due to our external circumstances and a full 90% is based on our inner environment, with 50% of our happiness level coming from our genes and as much as 40% being accounted for by our intentional daily activities and the choices we make.

## THERAPY ONE

Mindfulness, the ancient practice of focusing non-judgmental awareness on the present moment, is increasingly recognised in today's scientific community as an effective way to reduce stress, increase self-awareness, enhance emotional intelligence, and effectively manage painful thoughts and feelings. Anyone can stand to benefit from cultivating the skills of mindfulness – particularly in our busy modern lifestyles that are often characterised by stress, sleep deprivation, multitasking and digital distractions

## THERAPY TWO

Research has found that gratitude can significantly increase your happiness, and protect you from stress, negativity, anxiety and depression.

Developing a regular gratitude practice is one of the easiest ways to counter the brain's negativity bias – the tendency to cling to the negative things in our environment. By intentionally focusing on the good parts of our day, the positivity grows. Moral of the story: Count your blessings, it has a measurably positive effect on our well-being.

## THERAPY THREE

Happiness is good for your health. And vice versa. A review of hundreds of studies has found compelling evidence that happier people have better overall health and live longer than their less happy peers. Anxiety, depression, pessimism and a lack of enjoyment of daily activities have all been found to be associated with higher rates of stress, disease and shorter lifespans. What's more, if you have a good sense of well-being, it's easier to maintain good habits: Research shows that exercising, eating a balanced diet and getting enough sleep are good. People who have an optimistic mindset may be more likely to engage in healthy behaviour because they perceive them as helpful in achieving their goals. Taking care of your physical wellness may well be the most effective instant happiness booster of all.

## THERAPY FOUR

Happiness and altruism are intimately linked – doing good is an essential ingredient to being happy and happiness helps spur kindness and generosity.

Research suggests that how we spend our time and resources is as important, if not more important, than the amount of money we make. Giving to others releases endorphins, activating the parts of our brains that are associated with trust, pleasure and social connection. Being altruistic and spending money on others leads to higher levels of happiness than spending it on oneself.

## SPOTLIGHT

Happiness, in turn, increases the chance that we'll be altruistic in the future, creating a positive feedback loop of generosity and happiness.

### THERAPY FIVE

A psychologist conducted thousands of interviews to find out what lies at the root of social connection, and a thorough analysis of the data revealed what it was: vulnerability. To be clear, vulnerability does not mean being weak or submissive. To the contrary, it implies the courage to be your authentic self. The rewards of vulnerability are immeasurable. When you embrace an authentic and vulnerable stance to life, people will meet you there in that openness, allowing you to experience true connection.

Forgiveness is a byproduct of living authentically and vulnerably. Forgiveness doesn't mean tolerance of error but rather a patient encouragement of growth. Practising forgiveness doesn't only benefit the person we forgive, recent research shows that it has tangible benefits for ourselves as well. So the next time you're holding a grudge, try letting it go for your own happiness !

### THERAPY SIX

Our busy lives often leave us stretched for time to connect with others, but science suggests that social connection should be tops on our to-do lists. The findings of a study conducted

in the United States says that when connection with others is present, it can boost mental and physical health, and even increase immunity and longevity.

Relatedly, happiness is collective. Our happiness depends on the happiness of those we are connected to. Science shows that through practising happiness, we make those we come into contact with happier. In other words, happiness is contagious!

### THERAPY FIVE

Many people tell themselves, "If I work hard, I'll be successful. If I'm successful, I'll be happy." But recent discoveries in psychology and neuroscience show that this formula is backward: Happiness fuels success, not the other way around. In fact, science has shown that, the type of work you do is key: engaging in meaningful activity is a big indicator of happiness. "Happiness lies at the intersection of pleasure and meaning." If we are actively involved in trying to reach a goal, or an activity that is challenging but well suited to our skills, we experience a joyful state and the leisure activities lead to increased positive effect, performance, and commitment to long-term meaningful goals.



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# TIPS ON HOW TO ENJOY YOUR HOLIDAYS

This is the time of the year when you should be the happiest, with work being relegated to a remote dark corner in your brain and taking its place are wonderful holiday travel plans. You are beaming with joy of anticipation of your holiday trip. Or are you?

Why is it that in the end you will be tormented with scenarios such as clenched teeth and raised voice quarrels or anxiety that make you want to clam up instead?

> Holiday stress will result from many different factors, but you can take control. Round up the familiar reasons that keep surfacing, work out some solutions and sit back to enjoy your holiday with the frame that it will turn out much better after some planning.

### **Travelling with Parents or In-Laws**

Many of us face this dilemma; we want to be filial and bring our mums and dads or in-laws on holiday but the prospect of them handling us as children make us want to think otherwise.

Solution: Communicate ahead of the trip some ground rules. If you are not footing all bills, make it clear from beginning which ones you are and which ones not. Involve them in the planning of itineraries to accommodate the different interests and preferences. This will help ensure there be no squabbles later. Include alone times with your spouse and let the parents do their own activity.

### **No space in the overhead luggage compartment**

If we end up with extra pieces of luggage from fruitful shopping sprees during the trip – certainly a common occurrence – be sure to keep to onboard limit both in terms of weight as well as number of pieces, especially if travelling on budget flights.

Get into the queue to board early for a better chance to obtain overhead bin compartment space above your seat.



Stay eagle-eyed and look out for overhead bin spaces, never mind that they may be away from your seat; you can always retrieve them when alighting. Another way is to get the crew to help gate-check your bags on the plane. Rest assured that they will follow you back to your destination.

### **Cab rides in unfamiliar places**

When travelling in taxis overseas we often have the nagging feeling that the driver is taking us for a long ride with the intention to overcharge. Put your mind at ease with prior research of the route; you could also ask the hotel front desk for a rough estimate of travel time and fare. Or, make use of maps in your smartphones to ascertain you are not taken for a ride.



### Airport Security

With today's terrorism rife, many airports are tightening security. The anxiety of slow security clearance and long waits causing you to be late for your flight is, therefore, not totally unfounded. To circumvent this, arrive early for check-in – at least one and a half hours before your flight schedule. Find out how much gate screening time you need with TSA (Transportation Security Administration) at [tsa.gov](http://tsa.gov) or with GateGuru ([gateguru.com](http://gateguru.com)). Do not worry about ending up with spare time after the check-in. There is always shopping to indulge in, or just window-shopping, or web surfing or how about just doing nothing for some minutes? We Singaporeans need to learn to relax and not feel we have to fill our every second with an activity!

### Falling Sick

Suffer from diarrhoea or vomiting during trips? Get enough rest before and during the trip, drink plenty of water and eat well. Keep your hands clean by using antibacterial washes. Local delights are always enticing but be sure they are prepared under hygienic conditions before we consume them.

### Losing Photos

When travelling, we often click away vigorously and before you know it we would have accumulated thousands of photos. But one wrong click, and we can lose them all just as easily too!

To prevent that nightmare, get organised with a good social media service. Uploading your photos at the end of each day is a good habit. For example you can upload your pictures to Facebook or Instagram just before you go to bed. If travelling to places with limited internet access, be sure to have extra memory cards for your digital camera. Remove the card each night and insert a new card for the following day. Store the cards separately from your camera.

### Screaming Kids

The sound of a screaming child especially for a long time on end would be stressful for anyone. If you are an outgoing person who doesn't mind kids, you could offer some help to the parent with the hollering kid. If you are not one for babysitting stranger kids, consider cancelling out the noise with ear plugs or headphones. Relax with some nice thoughts such as visions of your holiday destinations.

### Getting lost

The chances of losing your way are high in a foreign land. Make sure you know how to say your destination in the local language or at least write it down in a card so that you can show it to the locals. Also ascertain your phone has updated maps of your destination, or carry along a map. Even if you are really lost, fret not as you can take the chance to embark on some sightseeing particularly if you have time.

### Forgetting to pack stuff

Do you over-pack or do you forget essentials? Maybe you do both! One way to make sure you have everything you need in your bag is to brainstorm with travelling partners on the list of things to bring. The list may comprise swimming suits, medication, toiletries, passports and so on. To cut down on the clothing to pack with you, plan on using the hotel laundry service to create a supply of fresh clothings throughout the trip. ➤



IN FOCUS

# SIX THINGS TO DO ON CHRISTMAS IN SINGAPORE



It's time to ring in the Yuletide joy again. Instead of slouching in your couch, there are things aplenty to do even in tropical Singapore this Christmas holiday. Apart from its religiosity, Christmas has become a magical season to enjoy with loved ones. Here are some ideas you can expand on or mix-match with to create some magnificent moments for yourself and your family.

## Catch the Lights at Orchard Road

Orchard Road – the place to be at this time of the year! It's every shutterbug's dream come true at Orchard Road. From Tanglin Mall to Plaza Singapura, the great street measures some three km long ablaze with a blinding enchantment of blue, turquoise and sapphire.

Look out for the winner of the coveted Best Dressed Building award. Participating buildings include Forum The Shopping Mall, ION Orchard, Orchard Central, orchardgateway, Paragon, Plaza Singapura, Tanglin Mall, TANGS at Tang Plaza, The Centrepoint and Wheelock Place.

Be sure to whip out your camera for the likes of giant bows and fairy-tale castles, reindeer sleighs and nutcracker soldiers. Soak up the Christmas cheer with street performances that present themselves as part of an enchanting carnival. While you make a beeline for the Christmas discounts do drop by to feel the "snow" at Tanglin Mall boasting a wintry wonderland and go ooh and ahh at the humongous Christmas trees that at Ngee Ann City and ION Orchard.



## Visit Churches

Trip down to our historical churches to appreciate the colonial architecture and explore the diversity of the country's Christian population.

Begin with Singapore's oldest, the **Armenian Church of St Gregory the Illuminator** to take in the sights of this elegant white building, a masterpiece of renowned architect George Coleman. Don't miss the tombstone at the well-manicured gardens, that of horticulturalist creator Agnes Joaquim.

Nestled on the corner of Victoria Street and Bras Basah Road stands the **Cathedral of the Good Shepherd**. It is named after the French missionary, St Laurent-Marie-Joseph Imbert. The **St Joseph's Church** on Victoria Street has a distinct octagonal domed tower and pale blue and white façade to echo the Gothic Revival style.

And of course, there is the grand dame **St Andrew's Cathedral**, Singapore's largest church, of Anglican denomination and overlooking a large square near City Hall MRT.



## Have a Hearty Christmas Buffet

What's Christmas without food? Think Christmas turkey, hams, roasts, log cakes. Embark on early research into the offerings of the various restaurants to find a favourite without burning a hole in your pocket. Remember to check if you can apply dining offers like 1-for-1 deals. Even more important, make your booking well in advance to avoid disappointments – you don't want to end up at second-best places only. If you don't fancy the usual festive food, you can also opt for local buffets or even vegetarian ones at Chinese restaurants.





### Winter Wonderland at Garden by the Bay

If you visit Garden by the Bay this Christmas, you may be excused for wondering if you have been transported to wintry Europe!

At Singapore's own winter wonderland, indulge in festive binging by swigging mulled wine and biting off a limb of a gingerbread treat. The festive market will mesmerise you with its handmade accessories and festive food and drinks. Catch the dazzling light sculptures made with whitewood from South of Italy. Get high on some Christmas thrills such as trying out the vintage style carousel or just drink in the sights around on a Christmas train, or try your luck at a game booth. Additionally, put on some warm clothes and brace yourself for admission into Ice Palace for some skating on a rink made of real ice or start a snowball brawl at the snow playground.



### Lowen by Dempsey Hill Christmas Market

Here's your chance to do both your Christmas shopping and your bit for charity at one go. To be located at Block 71 Loewen Road from December 9–11, 9.30am to 5.30pm, this Christmas market has a wide array of buys from fashion and handmade jewellery to toys and home furnishings, spanning some 20 plus stalls. Children can engage in fun activities like balloon art and even meet Santa Claus personally. Part of the sales will go to charity.

While there, check out this historical building that's steeped in mystery having started as a military barrack before becoming a home to the Singapore Armed Forces Music and Dance company. Be sure to tell Santa how good you have been all this year.

### All Star Nick Jr. Christmas at City Square Mall

Let the kids meet and greet the characters from popular preschool entertainment brand Nick Jr. from 18 November to 1 January at this themed event at City Square Mall shopping centre. Also catch the live appearances by Dora the Explorer and the spunky pups of PAW Patrol and Gil and Molly of the Bubble Guppies. For a minimum spend of \$40, you can redeem a pass to fun games and activities such as obstacle course, dress up events, and life-sized displays. Snap pictures with your favourite cartoon characters or catch up on your Christmas shopping spree.



## VOICES

# WHAT DOES CHRISTMAS MEAN TO YOU AND HOW DO YOU SPEND IT?

To me Christmas is a time to be with your loved ones and people you know and just sharing the holiday together. Christmas is not just about the presents it is more about the true meaning of Christmas which is mainly about family and being together with Jesus.

**Mr K.K Tan**

I think Christmas is about spending time with your family or the ones you love and having a jolly good time :DD I will be bringing my family on a cruise during the Christmas weekend.

**Mr H.T Lim**

When I was a child, Christmas was this magical time of year when everyone seemed so happy and so loving. It was presents, family dinners, parties, laughing, music, and pretty lights. I now love Christmas for the gathering of friends and family and the feeling of love and warmth and the blessing of another year together. I will be spending half of my Christmas with my family at home and half with my friends outside.

**Mdm M.L Ng**

I think it is a time to make new memories with loved ones, and reminisce about Christmas gone by and also remembering loved ones who are no longer with us.

**Mdm S.Y Chua**

It means stopping to take a look at one's life, getting some rest and spending time with one's family. I will do exactly as stated above and use the holiday to reflect on my actions for the past year and catch a movie or musical with my family.

**Mr K.S Lee**

## Muslim Delights



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

MUSLIM Delights at TGC will provide theme parties such as Penang Fair, BBQ Fiesta, Arabian Night and much more.

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**MEMBER ACTIVITIES****CALENDAR OF EVENTS**

# SATURDAY NITE 'LIVE'



CATCH 'LIVE' TELECAST OF THE ENGLISH PREMIERE LEAGUE AT THE GRASSROOTS CLUB

For more information, please call us at 6554 2350 / 6550 2115 or email [services@grassrootsclub.org.sg](mailto:services@grassrootsclub.org.sg)

19 November 2016

8.30pm

Man Utd vs Arsenal

10 December 2016

11.00pm

Liverpool vs West Ham

14 January 2016

11.00pm

Man Utd vs Liverpool

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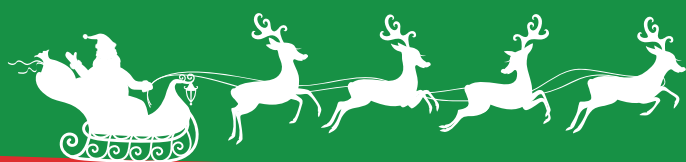
**VENUE: ATRIUM**

Popcorn & Candy Floss Coupons for Sale: \$2 Member / \$4 Guest

Please register at our reception or call us at 6550 2155 or email to [services@grassrootsclub.org.sg](mailto:services@grassrootsclub.org.sg)

**Closing Date: 25 November 2016**

Please produce your TGC membership card that day for F&B discounts.



# Christmas Light Up & Dinner Celebration

**Date:** 9 December 2016, Friday  
**Time:** 7pm – 10pm  
**Fees:** Members \$15 / Guest \$25  
**Venue:** Multi-Purpose Hall,  
The Grassroots' Club

We invite all TGC members, families and friends to join us for an evening of fun, joy and laughter celebrating Christmas at our Club.

Let's light up the Christmas tree at The Grassroots' Club together on 9 December 2016.

**Best-dressed Competition!**

**Come in your best-dressed Christmas outfit and win a prize.**



## Happenings!

- 🎁 Christmas Dinner Buffet Spread
- 🎁 Christmas Carolling
- 🎁 Table Games
- 🎁 Lucky Draw

*PLUS! Free flow of beer & wine!*

Hurry! Call us at 6554 2350 / 6550 2115  
or email to [services@grassrootsclub.org.sg](mailto:services@grassrootsclub.org.sg)  
to reserve your seats now.



THE GRASSROOTS' CLUB

