

Grassroots

WWW.GRASSROOTSCLUB.ORG.SG



Akarumbi • 基层 • அடித்தளம்



Issue 109
Nov 2018 - Jan 2019
MCI(P)055/03/2018

With Passion

Cheers to

20

Fabulous Years

A PUBLICATION OF THE GRASSROOTS' CLUB



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Club Directory

GENERAL FACILITIES

Concierge / General Enquiries	6554 2350
Room Bookings	6550 2120 / 6550 2121
Membership	6550 2114 / 6550 2120
Club Events	6550 2115 / 6550 2120

MEMBER FACILITIES

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

FOOD & BEVERAGE

MILK & HONEY 10am to 10pm daily	8749 5342
Muslim Delights 11am to 7pm daily, closed on Mondays	8121 2286
Imperial Court 11am to 10pm daily	6553 2777

ENTERTAINMENT

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

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

ISSUE 109 (NOV 2018 - JAN 2019)

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THE GRASSROOTS' CLUB 190 Ang Mo Kio Avenue 8 Singapore 568046 | Tel: 6554 2350 | Fax: 6554 2347 | www.grassrootsclub.org.sg



Dear MEMBERS



Mr Simon Leong Kai Chong, PBM
President
The Grassroots' Club

The Grassroots' Club (TGC) is set up specially for Grassroots Leaders in recognition of their valuable contributions to community service. TGC is much more than your normal neighbourhood Community Club; it is a special place for Grassroots members to unwind from their busy community commitments and an incubator for members all across Singapore to meet and exchange great ideas.

On 27 July 2018, TGC concluded its AGM 2018 successfully with a high turnout rate of 206 voting members – the highest turnout in the last 16 years. This is most heartwarming and encouraging to the new Management Committee (MC) to see so many members taking an interest in our AGM. Together with the Management & staff, we are confident to build a better club for our members. I would also like to take this opportunity to thank all previous MCs, People's Association and all staff for their support and hard work through the years.

On the same note, I would like to encourage members to step forward to join any of the subcommittees so that improvement can be initiated from users' perspectives. Some of the subcommittees are Building & Facility, Business Development, Corporate Governance & Disciplinary, Finance, Human Resource, Membership & Social, Publication & Publicity and Tender.

Lastly, for those who are unaware, TGC has been at its current location serving its members since 1998 and we are turning 20 this year! To celebrate our 20th Anniversary in Yio Chu Kang, we have prepared a special carnival on 25 Nov 2018 for all of you. It will be a day of fun-filled activities, delicious food and games. I urge all members to join us in this celebration because it's you that TGC exists till today.

Spread the word to your fellow Grassroots peers to join us at the Carnival and celebrate with us. Last but not least, I would like to wish all members Happy Deepavali and Season's greetings!

President's MESSAGE

Editorial TEAM

Chairman
Liza Ng

Vice Chairman
Chee Yi Long

Member
Marie Lim Soo Cheng

Secretariat
Seow Hing Hock
Ethan Seet

Design & Editorial
Words Worth Media
wordsworth.com.sg



General Manager's MESSAGE

Seow Hing Hock, General Manager

Greetings FROM THE CLUB

It is a significant time for all of us at The Grassroots' Club. On 25 November 2018, we celebrate another milestone, our 20th Anniversary in Yio Chu Kang.

Looking back, The Grassroots' Club has definitely come a long way since our beginnings. As we celebrate this special occasion and look back on all our great times, join us at our 20th Anniversary Carnival for a walk down memory lane and meet fellow grassroots leaders that make our Club a wonderful one. In commemoration, we are having an exclusive membership promotion to honour long-serving Grassroots Leaders. Grassroots Leaders with at least 20 years of service and who are still active in the Grassroots can enjoy an additional four years of free membership when they sign up for a one-year membership!

Happy Anniversary to The Grassroots' Club! Thank you for 20 fabulous years and here's to many more to come!

TO OUR NEW MEMBERS!

Welcome!

Ang Jing Yi Alvin
Chao Wei Liang
Cui Kewei Joshua
Gayathri Viswanathan
Ho Nai Kiong, BBM
Ho Yuan Tian, Joyce
Khong Zhi Yi
Koh Boon Kian Aaron
Kwok Cham Fei
Lim Siong Hock
Ng Wee Leng
Ong Kian Lee
Pravena Mohan
Soh Nga Kok, James, BBM
Sumathy Damodaran
Tan Gek Hoon
Tan Siam Choo
Tham Weng Yong Daniel
Tjia Swee Lin Corinna
Tuty Norashikin Binte Suhaiemi

Greetings

TO ALL CLUB MEMBERS

Welcome to the Anniversary issue of the *Grassroots With Passion*. If you noticed our special cover, that's because The Grassroots' Club is marking our significant 20-year milestone and one of the best ways to commemorate this is to feature our club members who have made our success possible in a photo collage as seen on the next page. This 20-year milestone also marks two decades of passionate dedication from the staff of The Grassroots' Club, the People's Association and The Grassroots' Club Management Committee in managing the Club to offer members the best member experience.



Ng Liza
Editor

In this special 20th Anniversary edition of the magazine, we bring you a *Walk Through The Grassroots' Club from 1998 to 2018*. Due to its long beginnings since 1998, the Club has built a stronger and more cohesive Grassroots network. Today, we are the Club of choice for Grassroots Leaders which meets their social, educational, recreational and development needs. With the successful completion of a series of upgrading projects last year, The Grassroots' Club continues to stay relevant and create new and different experiences for the Club members. Strategically located next to Yio Chu Kang MRT Station, The Grassroots' Club is easily accessible to Grassroots Leaders from all over Singapore.

To thank all Club Members for staying on board with us through these 20 years, we would like to invite you to celebrate with us at our 20th Anniversary Carnival on Sunday, 25 November 2018 at 2pm to 6pm. Do bring your family and friends along!

On behalf of the staff from The Grassroots' Club, the People's Association and The Grassroots' Club Management Committee, I offer you my best wishes for a most memorable anniversary celebration and for every success in the future. I will also like to extend my appreciation to all our Club members for your utmost support for the last 20 years. Cheers to 20 fabulous years!

Editor's MESSAGE

RECIPROCAL CLUBS

CHANGI BEACH CLUB

No. 2 Andover Road
Singapore 509984
Tel: 6546 5215 | Fax: 6545 6883
www.changibc.org.sg

ORCHID COUNTRY CLUB

1 Orchid Club Road
Singapore 769162
Tel: 6755 9811 | Fax: 6755 8874
www.orchidclub.com

THE ARENA COUNTRY CLUB

511 Upper Jurong Road
Singapore 638366
Tel: 6897 9997 | Fax: 6897 8778
www.arenaclub.com.sg

THE MALACCA CLUB

New Townhouse:
No. 18, 5th Floor
Jalan Syed Abdul Aziz,
75000 Melaka
Tel: 06-282 4940 / 284 2488 /
283 3518
Fax: 06-284 8303
www.malaccaclub.com.my

ROTUNDA:

Jalan Kampung Hailam,
Tanjung Kling,
76400 Melaka
Tel: 06-351 1543 / 351 1544
Fax: 06-351 6309

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

A Walk Through of *The Grassroots' Club* 1998-2018





THE GRASSROOTS' CLUB

The Grassroots' Club's 20th Anniversary Carnival!



TGC Carnival

SUN, 25 NOVEMBER 2018
2.00PM - 6.00PM



TGC Member
\$2.00

GRL
\$3.00

Guest
\$4.00



**BOUNCY
CASTLE**



**SNACK
BOOTHs**



**MOVIE
SCREENING**



**ZUMBA &
DANCE JAM**



**CHILDREN'S
ART & CRAFT**



**LUCKY
DRAW**



**GAME
BOOTHs**



**LOCAL
DELIGHTS**



SING-ALONG

Kindly register at our Concierge

For more information, please call 6554 2350 / 6550 2115 / 6550 2121 or write to services@grassrootsclub.org.sg

Located at: 190 Ang Mo Kio Avenue 8, Singapore 568046 (Beside Yio Chu Kang MRT Station)



In Celebration of **20** Fabulous Years The Club Then & Now

The Grassroots' Club (previously known as Grassroots' Recreational Club) was first established in 1992 at former Sennett Community Centre. As times changed and membership grew, there was an acute need for a new building with more facilities and programmes.

On 29 April 1994, then Prime Minister Mr Goh Chok Tong, announced the government's decision to construct a new clubhouse for grassroots leaders near the Yio Chu Kang MRT Station – that was the start of The Grassroots' Club (TGC) as we know it today.

TGC was officially opened on 28 Nov 1998 by Mr Goh and since then it has served as a place for grassroots leaders to relax and catch up with one another. To keep up with the times as well as to give TGC a much needed facelift, TGC underwent a large scale renovation in 2013 and 2014 whereby many of the Club's

facilities were upgraded. TGC's main facility, the Health Centre which comprises of a Gym, Spa and Steam Room was upgraded in 2017.

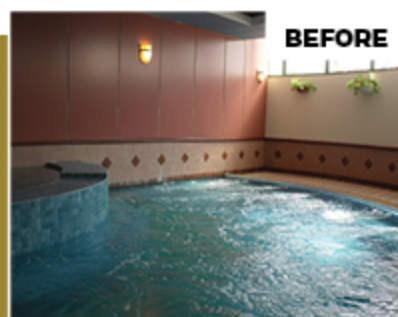


BEFORE

• MAIN ENTRANCE •



AFTER



BEFORE

• SPA •



AFTER



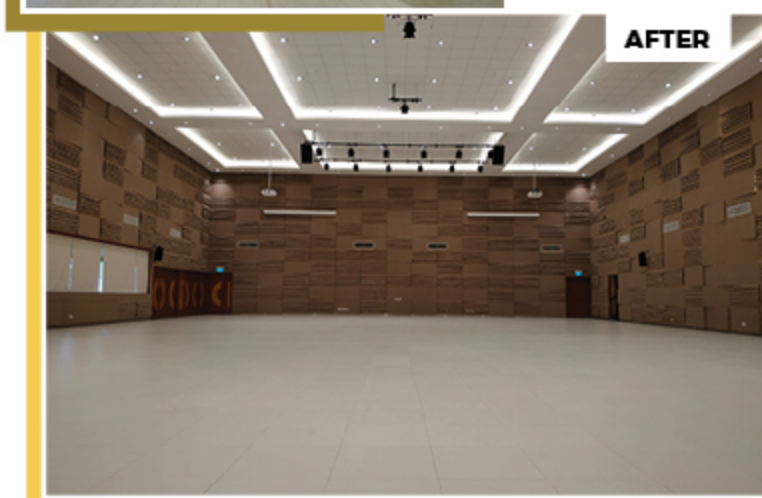
• ATRIUM •



• GYM •



• MPH •



• PASSENGER LIFT •



Reflections

BY PIONEER MEMBERS



We initiated from a humble footings of Macpherson CC under NCOC 20 years ago. Now, our Club's building stands tall next to YCK MRT station with all modern setup and up-to-date facilities to accommodate our members' satisfaction.

What we have achieved today, is thanks to the time and effort contributed from our members, staff, management, and especially PA's guidance and its dedicated officers.

I trust that our Management Committee is well prepared to face challenges ahead with those higher educated and modern digital era members. Keep it up!

I do urge you to make full use of the facilities tailored for our members and at the same time play a part to contribute to our community as a proud grassroots leader!

All the Best, The Grassroots' Club.

Mr Koh Lian Huat, JP, BBM(L), FCPA
(TGC Founder Member)



Personally I have seen TGC grown significantly from a novice club to a professional club. It is now so vibrant, full of diversity and synergy that it encapsulates maximum community bonding. TGC's building facade too is like a grand dame amidst its flora and fauna and the atmosphere within the Club is so conducive for any community event.

The activities organised for the members are so popular, and its dining outlets and café too are overwhelmed with bookings for its weddings and other parties. Truly, an awesome place to chill at.

I am sure the current committee will bring TGC to greater heights and beyond.

Mr C. Joshi, PhD (Hon) PB, PBS, CMSAC
(Pioneer TGC member)



So much has changed since I joined The Grassroots' Club 20 years ago. Celebrating the 20th anniversary milestone is a big achievement. The Club has made significant progress in its short history in making it an iconic place for Grassroots Leaders to network, partake in its many activities as well as being a conducive place to relax.

This is a celebration for the various Management Committees as well as the staff on completing two decades of innovation and hard work. I believe the Club will continue to prosper and I hope to see more grassroots leaders at the Club. Happy 20th birthday TGC!

Mr P. Thirunal Karasu, JP, BBM
(Pioneer TGC member and current MC member)



In my 20 years as a member of the Club, I am happy to see all the transformations and improvements made to the Club throughout the years.

Most recent improvement being the Health Centre which contains a modern gym and spa which benefits many members.

I hope more Grassroots Leaders can join TGC to enhance its efforts towards nation building and promoting of social cohesion.

Mr Murthy s/o Muthu
(Pioneer TGC member)



With the recent upgrading of The Grassroots' Club, the creation of a very stylish and cosy environment motivates me to visit the Club more often. The exclusivity for only members in the Health Centre has made it a perfect bonding and meeting place for members to network and interact.

Ms Ellen Lim
(Pioneer TGC member)

CHINESE NEW YEAR YUSHENG DINNER 2019 11 FEBRUARY 2019

More details will be revealed soon. Stay tuned for more updates!
For enquiries please contact 6550 2115/ 6550 2120



Staff

TEAMBUILDING



TGC had its second Staff Team Building session on 27 August 2018. The training was conducted at Kallang Community Club with a total participation of 21 staff. The objectives of the teambuilding were to create opportunities for TGC staff to bond, interact and to understand the need for team work and communication.

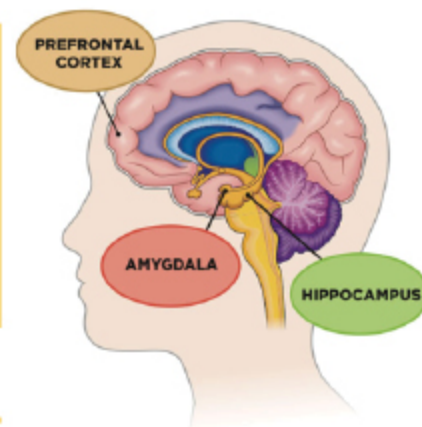
A number of committee members came to show their support (President Mr Simon Leong, Vice President Mr Gopal, Vice President Mr Ho Chin Thiam, Assistant Hon. Secretary Ms Liza Ng, Committee Members Mr Thiru, Mr Tan Kok Wei, and Ms Regina Chong).

By the end of the day, TGC staff got to know the importance of teamwork, communication and co-ordination. Through the interesting team challenges, staff understood that two-way communication played a very important role in any successful organisation. To achieve two-way communication, staff should be open-minded and able to accept differences in opinions. In the staff sharing session, staff also brainstormed on areas that TGC can improve on to serve members better.

All staff who attended the session enjoyed themselves and they obtained a deeper understanding of their working environment and the need for effective communication where both parties could express their ideas.



Biological Truth TO BECOMING A Great Speaker



MR AARON KOH

Vice President, Education, Grassroots' Toastmasters Club

People love to listen to great speeches but the question is what is great about the speeches? Many people believe that being a great speaker is an art. That is far from the truth, in fact there are many scientific patterns to a great speech that we can learn and replicate from. Here are the many truths that speak straight to our heart that leaves us awestruck and ready to pounce into action.

EMOTIONAL APPEAL AND THE BRAIN

Emotions is a powerful force for speakers to engage with. We often remember powerful speeches because it moved us and also because our brain is designed to remember things better when it is emotional. This is what happens in your brain when emotional appeal is used.

The amygdala is known as the emotional brain where it sits very closely to the memory storage known as hippocampus. When emotional appeal is used, your audience's amygdala gets fired up, the activity over the area is extremely active thereby transferring of that "emotional experience" to the next-door memory storage, hippocampus, is quite easy and quick.

On the other hand, when logical arguments in the speech is presented such as, procedures, specifications of the product, facts and figures, the prefrontal cortex also known as the logical brain, gets fired up and as you can imagine, takes a longer process to reach the hippocampus as compared with the emotional brain.

When you want to make an impactful speech, speak to the heart of things because it is impactful only when people remember it.

STORYTELLING AND THE BRAIN

One of the most powerful tool in making a great speech is to tell stories. Ask anyone what they remember most about a speech they last heard, they would most likely tell you the story they heard. Stories are easy to remember because we listen to them and create images in our head. When we recall a memory, the hippocampus first pulls out images then the emotional context and lastly the words. Think of your first heartbreak, did the images pop up first then the feeling and then the words said?

MIRRORING AND THE BRAIN

Mirroring makes our mind works an amazing way. When we share the emotions of a character in our speech, the audience's brain captures that emotion and actually makes the brain feel the same emotions. It works the same way when we watch a movie and cry with the actors because we are able to FEEL the same way. The same goes with motivating your audience to start doing something like volunteering. Recount the experience of an individual volunteering and the audience feels like that are actually doing it themselves!

We are able to "experience" the actor's feelings and the experience of volunteering without actually volunteering because of our mirror neurons in our brain.

REHEARSAL AND THE BRAIN

Rehearsing your speech works because of two reasons, your memory of the speech and the act of visualization. When you rehearse for the first time, the words, tone of voice and body language stores in your short-term memory. In order to transfer your speech into your long-term memory, you have to rehearse multiple times before it slowly "uploads" into your computer drive.

When you rehearse, you should practice to imagine yourself on the stage giving your speech. When you visualize, your brain actually thinks that you have been there and done that before. This will boost your confidence on stage and increase the performance of your speech.

PRACTISING PUBLIC SPEAKING

The Grassroots' Toastmasters Club is part of the worldwide toastmaster movement where passionate learners gather to learn and practise public speaking, communication and leadership skills. Guests are welcomed to the chapter meeting every 1st and 3rd Saturdays of the month.

LOCATION: Level 4 Room 2

TIME: 2pm to 5pm

ATTIRE: Smart Casual

Please email to excogtmc@gmail.com for enquiries.

7 December 2018

CURRY CURRY THEMED NIGHT



DUM BRIYANI



ALOO GOBI



TANDOOR CHICKEN



FISH CURRY



PEPPER PRAWNS



MUTTON MASALAH



BUTTER CHICKEN



RIB DALCHAR



RAITHA



ROTI NAAN



KEHSERI



HALVA



LIVE PRATA STATION



THOSAI STATION

Tantalise your taste buds with our "CURRY-CURRY" themed night on Friday 7th December 2018!! This night will include "Live Prata Station" Assortments of desserts & free flow of Drinks

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

Call 90019401 to reserve your seats now!

* Advance booking is compulsory before Saturday 1st Dec 2018

CHINESE NEW YEAR

Early Bird Special order before 21st January 2019

新春
优惠

买
BUY

富贵盆菜
PENG CAI

送
FREE

鱼生捞起, 明炉烧鸭, 腊味荷叶饭
YUSHENG, ROAST DUCK, LOTUS LEAF RICE

(T & C apply)

Celebrate TGC 20th Anniversary
30% DISCOUNT
Ala-Carte Menu
on November & December 2018
for Grassroots' Club Member
Valid for dine-in on every
Monday to Friday only
*Exclude public holidays
(T & C apply)

即日起至1月21日前
预定《丰收庆功宴》
4席或以上就能享用卡拉OK
服务及免费红酒(每席1支)

FREE RED WINE & KARAOKE SERVICE

Book Year End Celebration Menu
before 21st January 2019.
Call us for more enquiry.
(T & C apply)

鳳珍閣

IMPERIAL COURT

#03-01 The Grassroots' Club
Website : www.gimtim.com.sg

Hotline : 6553 2777

Membership Privileges

ESPECIALLY FOR TGC MEMBERS!

F&B

The Pine Garden	• 10% off standard whole cakes and design cakes at The Pine Garden outlets <i>Promotion valid till 30 June 2019</i>
Ply Baked Goods	• 10% off with minimum spending of \$10 in a single receipt <i>Promotion valid till 30 June 2019</i>
Kontiki	• 15% off on a la carte menu <i>Promotion valid till 30 June 2019</i>
Copper Chimney	• Present your TGC membership card to be entitled to a 10% discount (dine-in only) <i>Promotion valid till 30 November 2018</i>



Retail & Services

Crystal Time 	Enjoy 20% discount off the following range of watches at the selected stores: • LUMINOX Available at Tangs at Tang Plaza Level 3 and Vivo City Level 1, Robinsons The Hereen Level 4 and OG Orchard Point Level 1 • ARBUTUS Available at Tangs at Tang Plaza Level 3 and Vivo City Level 1, Robinsons The Hereen Level 4 and OG Orchard Point Level 1 • CLAUDE BERNARD Available at Tangs Vivo City Level 1, Robinsons The Hereen Level 4 and OG Orchard Point Level 1 • ELLE OG Orchard Point • LEE OG Orchard Point <i>Promotion valid till 31 August 2019</i>
Capitol Optical	• 25% off frames & sunglasses • 15% off ophthalmic lenses • 5% off contact lenses (With minimum purchase of 6 months' supply) • Complimentary eye health check (Prior appointment is required)
Luminous Dental Group	• Special rates for TGC members • Visit http://www.grassrootsclub.org.sg/membership/affiliated-club-privileges/ for more details
Kenko Reflexology & Spa	Enjoy 15% discount on a-la-carte services at all Kenko outlets: • Foot Reflexology • Shoulder and Head Massage • Body Massage • Spa Treatments <i>Promotion valid till 30 September 2019</i>
Ikeda Spa	• 20% off ala-carte spa treatment for the first time • 10% off ala-carte spa treatments for subsequent visits • Birthday 1-for-1 Spa treats (During birthday month) <i>Promotion valid till 31 October 2019</i>



Retail & Services

All Well Scoliosis Centre

- 10% off First Visit (Consultation & Treatment and 1 Free Treatment session)
 - 20% off Single Treatment session
 - 30% off Package of 10 sessions
- Promotion valid till 30 June 2019*

Hallmark Physiotherapy

CONSULTATION AND TREATMENT

- First visit at a special rate of \$130
- Subsequent visits at a special rate of \$120

CONSULTATION ONLY

- Enjoy 20% discount on your first visit and 10% discount on subsequent visits
- Promotion valid till 1 October 2019*

Ma Kuang Chinese Medicine & Research Centre

- Present your TGC membership card to be entitled to a 10% OFF your total bill!
- Promotion valid till 31 December 2018*



Lifestyle

GolfGreedy.com

- Enjoy discounts for your next Golf game!
- 10% off golf tee time Bookings on GolfGreedy.com
- Promotion valid till 31 July 2019*

The Plant Story

- Deluxe Experience (Individual) at an exclusive rate of \$80 (U.P. \$88)
- Premium Experience (Celebration for 2) at an exclusive rate of \$208 (U.P. \$228) which includes:
 - Complimentary photo with photo frame
 - Welcome drink
 - High-tea set for 2
- Lunch set with sweeping view of the Marina Bay at \$25 with complimentary premium ice cream

Promotion valid till 30 June 2019



Hospitality

Carlton Hotel Singapore

- 15% off Best Flexi Room Rates with complimentary room upgrade to the next room category
 - Enjoy 4-for-3 Adult Buffet Lunch at Café Mosaic or 1-for-1 Adult Buffet Dinner
- Promotion valid till 31 July 2019*

Bay Hotel

- 10% off Best Available Room Rates
 - 20% off a la carte menu at Rumah Rasa
 - 10% off a la carte menu at Propeller
 - 10% off Merrier Hours Buffet at Propeller
- Promotion valid till 31 August 2019*



Located conveniently within 3 minutes' walk from Harbourfront MRT station, you can now enjoy special promotions at Bay Hotel Singapore

- 10% off Best Available Room Rates (BAR)**
- 20% off a la carte menu at Rumah Rasa**
- 10% off a la carte menu at Propeller**
- 10% off Merrier Hours Buffet at Propeller**

Not valid on eve of and on public holidays, special occasions or with other voucher/promotions



THE GRASSROOTS' CLUB'S *Exclusive Membership Promotion*

Honouring Long Serving Grassroots Leaders

If you are still active in the Grassroots and have at least 20 years of service, then this is for you!

Enjoy **5 Years Subscription at \$120**
(Usual, 1 year subscription at \$120)



Sign up during our 20th Anniversary Carnival on 25th November 2018 at The Grassroots' Club.

Promotion Valid till 31st December 2018



Kindly sign up at our Concierge.

For more information, please call 6554 2350 / 6550 2114 / 6550 2120 or write to mship@grassrootsclub.org.sg

Located at: 190 Ang Mo Kio Avenue 8, Singapore 568046
(Beside Yio Chu Kang MRT Station)



THE GRASSROOTS' CLUB