



ROTARY:
MAKING A
DIFFERENCE

Rotary crossroads

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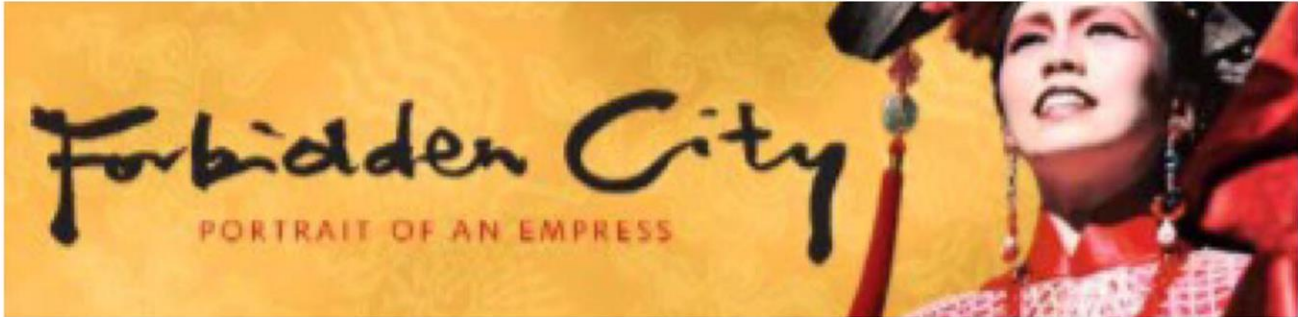
Proud of our Heritage, Committed to our Future

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1 IN FOCUS

Fellowship at the
Forbidden City
Musical

3 LAST WEEK

Report on Wed, 30 Aug
2017 Meeting

6 MARK YOUR DIARY

What's ahead? Don't miss
the forthcoming events and
Birthday / Anniversary
celebrants and more...

Fellowship at the Forbidden City Musical

By: Membership Director, Rtn Rajkumar Perumal Suppiah



Rtn Rajkumar Perumal Suppiah

On 24th August 2017, Director Rtn Rajkumar Perumal Suppiah had organized a successful Rotary Fellowship Event at the Singapore Esplanade to watch the most spectacular musical show, Forbidden City: Portrait of an Empress, presented by Singapore Repertory Theatre. A total of 34 tickets were booked for the Rotary Fellows to attend this most amazing epic musical ever in Singapore. Though the show was scheduled to start at 8:00pm, several Rotarians came as early as 7:15pm to enjoy some extra bonding time with complimentary drinks. All attendees were given goodie bags containing a selection of sponsors' items at the beginning of the play. All Rotarians had a wonderful evening and enjoyed their time together. They expressed their appreciation for getting this opportunity to experience the musical extravaganza about the life of Empress Dowager Cixi and showed curiosity for the forthcoming fellowship events.

A big "Thank You" for making this fellowship event a success and I promise more such exciting events coming soon.



Members with families and friends at the Singapore Esplanade

Photo Album of the Fellowship at the Forbidden City Musical...



From left: Rtns Dr Suresh Mahtani, Bala & Suvidha Venkatesan, Dir See Mee Lee, Dir Rajkumar, President Jenni Lau (RC Marina City), Bernie, Rtn Shamin Vaswani



The wonderful cast of the Forbidden City musical taking a bow



Last Week

Last Week – Report on the Wednesday Meeting – 30 August 2017

OPENING REMARKS

Acting Sergeant-at-Arms PE Mark Wang opened the meeting and invited Vice President Andrew Mankiewicz OBE to start the meeting. Upon taking the Chair, VP Andy remarked that PE Mark was one of only three persons who would call him “Andrew” – the other two being his mother and his wife!

VP Andy extended President Keith Harrison’s apologies for being unable to attend the Meeting, and gave a warm welcome to Guest Speaker, Ms Mallika Kripalani, none other than Rtn Uttam’s daughter.



PE Mark Wang & VP Andy Mankiewicz

WELCOME

The welcome of Guests and Visiting Rotarians was performed by Rtn Ronald Wong:

Guests:

Speaker Ms Mallika Kripalani
Mrs Laxmi Kripalani
Former member, Mr Frankie Goh
Mr Tim Oehme

Visiting Rotarian:

Filip Biljecki – Hague Metropolitan, Netherlands



Rtn Ronald Wong

TOAST & EXCHANGE OF BANNERS



Visiting Rtn Filip Biljecki, currently working in Singapore, saying a few words about his Club, Hague Metropolitan, as Toastmaster Director Rajkumar Perumal Suppiah (centre) and VP Andy look on.



Exchange of club banners – Dir Rajkumar, VP Andy & Rtn Filip (from right)



From right: VP Andy, PDG Dr Philbert Chin, Rtns Connie Ho, Manesh Tibrewal, PP Dr Shahul Hameed & Hon Member Mohan Vaswani

INDUCTION OF MEMBERS

VP Andy was given the pleasant task of inducting two members to the Club. He called upon Proposers PDG Dr Philbert Chin and PP Dr Shahul Hameed to introduce their candidates Rtns Connie Ho and Manish Tibrewal respectively.

In his introduction, PDG Philbert noted that it was the duty of every Rotarian to share the values of Rotary and he hoped to have at least 20 new members joining the Club. He advised that Rtn Connie has transferred her membership from the Rotary Club of Shanghai. Rtn Connie is the Finance Director of Citrix Systems Singapore Pte Ltd and her classification is “CFO – Regional Finance”. She will join both the Youth and International Service Committees for this Rotary year.

PP Shahul advised that Rtn Manish is the CEO-Family Office of the Tolaram Group and the father of two daughters, the youngest born just three weeks ago! Rtn Manish’s classification is “Business Conglomerate Management” and he was recommended to join the International Service Committee.

HELP THE CHILDREN 2017 PROJECT

VP Andy called upon PP Dr Shahul Hameed who advised that currently about 50 persons, including Rotarians from Malaysia and Taiwan, would be participating in the Club’s Help the Children Project in Malang and Batu, East Java, Indonesia from 6 to 8 October.

PP Shahul added that the project would provide basic school going necessities as well as school fees for the whole academic year for 1025 children. The total cost of the project is US\$129,000. PP Shahul advised that \$20,000 was still needed for the project, and called for members continued support.



PP Dr Shahul Hameed

Last Week

Speaker: Ms Mallika Kripalani, Founder – The Conscious Zone

Topic: “Mindfulness @ Work and beyond”



Rtn Hena Hoda

VP Andy called on Rtn Hena Hoda to introduce the Speaker, Ms Mallika Kripalani, founder of The Conscious Zone, a company that specialises in bringing mindfulness and stress-management solutions into schools, homes and businesses. She started her career in the reinsurance industry, where she held many high-stress and demanding roles in sales, marketing and business development. She draws upon these years of international corporate experience to help clients identify problems and integrate mindfulness practices in the workplace.

Since leaving the corporate world, Mallika has taught in the international school system for several years. She started implementing mindfulness in her classes in school and finds that it has made a remarkable difference to her students’ ability to focus and perform. She also conducts seminars for educators in both the international and local school systems, and runs workshops for adults and children where she has come to appreciate the importance of teaching the life skills of resilience and stress management.

Mallika has a B.A. from the University of Exeter and a GradDip in Teaching from Charles Sturt University. She has completed several professional mindfulness courses, including on mindful communication and difficult emotions.



Speaker, Mallika with her mother Mrs Laxmi Kripalani and PP Peter Tan & VP Andy (standing)



Speaker, Mallika flanked by PP Perlita Tiro & VP Andy

Mallika’s animated talk highlighted how incorporating mindfulness added value to life. She noted that these days lives were tense, stress filled and packed with back-to-back meetings, appointments and things to do. She added the perpetual ‘busyness’ was made worse with smartphones, tablets and laptops, as we are never out of touch, and continuing at this breakneck pace was not sustainable. Mindfulness provides you with a brief pause, a moment to reconnect, even in our frantic world. Mallika introduced some helpful techniques on how to include mindful moments in our day to make a difference and ended her talk by graciously answering members’ questions.

VP Andy called on PP Perlita Tiro who warmly thanked Mallika for her wonderful talk and added that she would try to be mindful and take purposeful pauses, although she too confessed to being a culprit of multi-tasking!

Mark Your Diary

Birthday Celebrants

RC sends Birthday greetings to celebrants:

6 September – Atul Merchant
8 September – Horst Hagemann
9 September – Joseph Chia & Hassan Moosa
10 September – Kapil Hinduja

Anniversary Celebrants

RC sends best wishes to Wedding Anniversary celebrants this week:

8 September – Joseph & Maria Chia
9 September – Reinhard & Sabine Klemmer

Community Service Meeting

Community Service Committee Meeting will be held as follows:

Date: Thursday, 7 September
Time: 7.30pm

Venue: Foreign Domestic Worker Association for Social Support and Training (FAST) Befrienders Clubhouse, 2985 Jalan Bukit Merah #01-1B, S159457

Hosts: Satellite Club members – Rtns Ng Kian Seng, Norhayati Mohammad Ali, Siti Noorashikin & Nur Azarina

This Meeting

6 September 2017

Reception Desk duty: PP Dr Oliver Hennedige & Anant Jain

Sunshine Box: PP Peter Tan & Dir See Mee Lee

Speaker: Hon Member PP Raymon Huang

Topic: "A Rotary PP Fellowship like no other"

Next Meeting

13 September 2017

Reception Desk duty: Deepu Joseph & Suresh Keerthi

Sunshine Box: Shamin Vaswani & Paul Phua

Speaker: His Excellency, Mr Hakan Jevrell, Ambassador of Sweden

Topic: To be advised

Vocational Service Meeting

Vocational Service Committee Meeting will be held as follows:

Date: Thursday, 14 September

Time: 7.30pm

Venue: Spoon Room, Singapore Island Country Club (Bukit Location, off Adam Road), 240 Sime Road, S288303

Hosts: Rtns Dr Claus Dusemund, Dir Rajkumar Perumal Suppiah, Renate Noessler & Stuart Pearce

Coming Rotary Events

September

Basic Education and Literacy Month

7 Sept – Tanjong Katong Girls' School Interact Club Installation from 11.00am - 12.45pm at 2 Bedok South Rd, S469268

20 Sep – DG Datuk Lee Chuen Wan's Official Visit

21 Sep – 2nd Club Assembly at Senior Police Officers' Mess

24 Sep – Zoo outing with Seniors from Bukit Gombak rental flats

October

Economic and Community Development Month

6-8 Oct – Launch of Help the Children 2017 Project

November

Rotary Foundation Month

December

Disease Prevention and Treatment Month





The Four-Way Test

Of the things we think, say or do:

- Is it the truth?
- Is it fair to all concerned?
- Will it build goodwill and better friendship?
- Will it be beneficial to all concerned?

**ROTARY:
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The Guide to Daily Living

Before doing the things we want to do, consider first, the Precepts of the guide. Ask ourselves these 4 questions and act upon them:

First: *Have I spent some time in self-examination?*

Second: *Have I spent quality time with my family?*

Third: *Have I given my best to my work?*

Fourth: *Have I given some time to someone near and far?*

The Guide, in fact, encompasses the 4 parts of the Object of Rotary.

BOARD OF DIRECTORS 2017/2018

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Immediate Past President	Garry Taylor
President Elect	Mark Wang
Vice President (Club Rotary Foundation)	James Lee
Vice President (Public Relations)	Andy Mankiewicz, OBE
Hon. Secretary (Administration)	Deepti Lalchandani
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Chair, Vocational Service	Deepak Nagrani
Chair, International Service	Dr Rupesh Agrawal
Chair, New Generations Service	Dr Hoh Sek Tien
Director (Membership)	Rajkumar Perumal Suppiah

