



Rotary crossroads

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The Four-Way Test, created in 1932 by Rotarian Herbert J. Taylor (served as Rotary International President 1954-55)

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By HM PP Raymon Huang

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Report on Wed. 11 Sept
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What's ahead? Don't miss
the forthcoming events and
Birthday / Anniversary
celebrants and more...

The Four-Way Test & Us!

By: Honorary Member (HM) Past President (PP) Raymon Huang



HM PP Raymon Huang

Of course, every member of Rotary knows THE FOUR-WAY TEST. But “knowing of” and “knowing it” are two different things. Frankly, how many of us can really recite chapter and verse this famous and iconic Rotary masterpiece? Do give it a try. Go on!

And even harder is its application in our daily living as professional, business people, industrialists, or even just a sports person.

To recap: THE FOUR-WAY TEST says:

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned?

Just four, short, simple and direct questions, but loaded with not-so easy-to-give answers. Honest answers, that is. Take the first question, “Is it the truth?” Well, what so difficult about it? The “truth” is “the truth”. That is it. In reality, however – in the realities of daily life – what does “the truth” really mean? There are “twisted truths”, “untruths” and “semi-truths” bandied about as “truths”. Everywhere. All the time. Galore! Used in the same context as “truth”. A discussion and a debate on this question can go on and on, ad infinitum. Quo Vadis!

But it leads to the point I have in mind: self-examination. Self-examination! At first mention, looks easy enough – like THE FOUR-WAY TEST. On deeper thought, it turns out to be otherwise. Of course, we can do a frivolous self-examination. Might as well not do it.

A real self-examination needs digging deep into the conscience. A lot of shining stars will come out. So will a cloud of dust and debris. And the mix is often not easy to separate in honest terms. So it is not an easy thing to do. Yes, difficult. Then why do it? Why do we want to go through all that? What is the purpose? Good for the soul! It is of immense value. The reflections form a compass of sorts for our onward journey in life. I have been doing it since I was 12 or thereabouts. I still take the wrong road now and then.



In Focus

In the process of self-examination, the digging must be genuine and the answers honest. Otherwise the whole exercise is futile. Answering the four simple questions in THE FOUR-WAY TEST is the same. You and I know, hard, and honest answers are often hard to come by. Take Question 2. “Is it fair to all concerned?” In your professional and business dealings, how do you ensure that? But it is there as your guiding star. Your compass of sorts.

Self-examination is in many ways a self-evaluation. As we journey through life we have to evaluate the many actions we take, the many decisions we make. Taking proper stock of them is a good responsibility. For from these evaluations we can stop dwelling on the errors, and move on. From the negativities. We can then re-phrase and re-adjust our life compass. A re-focus to the positives.

We know that Business, for example, consists in persuading crowds – persuading people to believe in what you have to offer, to accept it, and to invest in it. It is the same for us in Rotary. For we know too that Rotary is our business.

For the benefit of our newer Rotarians, THE FOUR-WAY TEST was adopted by Rotary in 1943. It has been translated into over 100 languages. It is also said to be “one of the most widely printed and quoted statement of business ethics in the world. Created by a Chicago Rotarian named Herbert Taylor in 1932, this 24-word code of ethics for businessmen and professionals, is one of our main flagships for Rotarians too. The message is clean, simple. The application needs sincerity. With this guideline, Herbert turned around a bankrupt company he was given to take charge of. He became President of Rotary International in the Rotary Year 1954-1955.

THE FOUR-WAY TEST – four short, simple questions. Yet we often forget them! Cannot remember them! Well, as long as we remember – and put into practice – the message.

So! Let us all walk that “THE FOUR-WAY TEST” talk!



Last Week

Last Week – Report on the Meeting – Wednesday 11 September 2019

OPENING REMARKS

Acting Sergeant-at-Arms Rtn Bertrand De Mil called the Meeting to order and invited President Deepak Nagrani to start the Meeting.

WELCOME

The welcome of guests of members and visiting Rotarians was performed by Rtn Asheesh Khaneja:

Guests:

Speaker Ms Genevieve Chua,
1st Lady Bianca Nagrani, Mrs Jessie Huang, Mrs Kawita Vaswani, Mrs Rachael Yap, Ms Bertha, Mr Krish Nagrani, Mr Ujjal Nandi

Visiting Rotarians:

PDG Saliu Ahmed – Kaduna, Nigeria
Farid Schoucair – Manila, Philippines



Rtn Asheesh Khaneja

TOAST & BANNER PRESENTATION



From left: President Deepak, PDG Saliu Ahmed and Toastmaster, PP Dr Shahul Hameed who called on members to raise a toast to Rotary Club of Kadun, Nigeria in District 9125. PP Dr Shahul advised that PDG Saliu joined the Club's delegation to Malang for the "Help The Children" project and participated in an earlier project to provide heart surgery to Nigerian children in Belur, India.



President Deepak hands a club banner to PDG Saliu who was in Singapore for the first time. Noting the project with the Club for heart surgery for 50 Nigerian children, he hoped to have collaboration on a water and sanitation project.



Last Week

RECAP OF FELLOWSHIP AND SERVICE EVENTS FOR THE WEEK



Hon Member (HM) Rtn Mohan with some of the orphans at Bhakti Luhur Orphanage



Our sincere thanks to HM Mohan & Kawita Vaswani for their warm hospitality during the “Help the Children 2019” visit to Surabaya, Malang & Batu from 6-8.9.19 (Photo above shows the delegation at the grounds of HM Mohan & Kawita’s residence)



The Club’s delegation with family and friends



ROTARY FOUNDATION PRESENTATION

Prior to calling Club Rotary Foundation (CRF) Director Rtn James Lee to make his presentation, President Deepak advised that first time Paul Harris Fellows (PHF) need only contribute US\$500 (instead of US\$1,000) and requested members to donate generously.

Rtn James highlighted the Club's significant total contribution of US\$1,649,493 as of 6 May 2019. He showed a poignant video taken at the recent "Help the Children 2019" project visit, adding how every contribution benefitted the children's future. He advised that contributions to The Rotary Foundation's Annual Fund, 50% would be returned to the Club in 3 years and RI would match the amount for every Global Grant project. Rtn James called on first time PHFs to contribute US\$500 and for other members to become Major Donors, which he plans to do so this Rotary year.



CRF Director Rtn James Lee

FRCS CHARITY MOVIE SCREENING

Vice President See Mee Lee announced the Rotary Charity Movie Screening being organised by the Foundation of Rotary Clubs Singapore (FRCS) in aid of the Rotary Eldercare & Caregivers Centre. The movie screening of "Charlie's Angels" will be held on 14 November 2019.

VP Mee Lee advised that contributions would be matched by the Bicentennial Community Fund and donations would receive tax exempt receipts.



VP See Mee Lee

HEARTIEST CONGRATULATIONS

President Deepak extended heartiest congratulations to PP Dr Shahul Hameed who was inducted to Honorary Membership of the Rotary Club of Murshidabad in District 3291. President Deepak noted that PP Shahul's service has made the Club proud.



PP Dr Shahul Hameed



Last Week

Speaker: Ms Genevieve Chua

Topic: “Regain Your Brain!”



PP Philip Leong

President Deepak invited PP Philip Leong to introduce the Speaker, Ms Genevieve Chua, who is a passionate health advocate. Ms Chua is currently the CEO of leading paper merchant OVOL Singapore. She is a Fellow Chartered Accountant of the Institute of Singapore Chartered Accountants and holds various pro-bono voluntary positions.



Speaker, Ms Genevieve Chua with Rotarians

Ms Chua introduced “**HAPPY Exercises**” – **H**ealthy, **A**geing **P**romotion **P**rogramme for **Y**ou, which are cognitive and physical dual task exercise to improve mental well-being, memory functional ability and strength. Members gamely participated in these HAPPY exercises for a couple of minutes, after which Ms Chua presented her informative talk on key essentials to optimal health.



*From left: President Deepak, Rtn Uttam Kripalani
& Speaker, Ms Genevieve Chua*

In her comprehensive presentation, Ms Chua highlighted that by 2030; there would be almost a million seniors with 2 in 5 persons who would be pre frail, 1 in 10 persons with dementia. She noted that with stress on rise in chronic ailments, 1 in 4-5 would develop cancer, a leading cause of death in Singapore. She noted that longevity studies have indicated 20-30% were genetics based with 70-80% were lifestyle choices which are under our control to delay onset of dementia and ageing problems.

Ms Chua noted the importance of social connections which studies have shown lowered the dementia risk and cognitive decline. She not only gave tips on what types of food to avoid but also advised on the foods to be included in our daily diet.

To conclude, Ms Chua spoke on volunteering for better health in her capacity of Vice Chair of RSVP, which she added was formed by PDG Dr Philbert Chin who was present at the meeting. (A copy of Ms Chua’s presentation is available from the Secretariat)

President Deepak called on Rtn Uttam Kripalani who extended the vote of thanks to Ms Chua on behalf of the Club.

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GET READY TO TUMBLE!

FAMILY ZUMBA & POTLUCK

JOIN US AS WE KICK UP SOME FUN
SATURDAY SEPT 28 | 10 AM TO 2 PM
LEONIE TOWER CLUBHOUSE
20 LEONIE HILL (239222)

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email: rtinfo@rotary.org.sg Website: www.rotary.org.sg
Save our Forests! Save Paper - Print only if absolutely necessary.



21 September 2019 (Saturday)
10am-2pm
Registration \$50 (\$25 child)
Donations are welcome

Rotary
 Club of Singapore

River Safari
 The River is Calling

SOCIETY FOR THE AGED SICK

20 Rotarians & Friends
To bring 15 residents from the Society for the Aged Sick to the River Safari




Rotary | **District 3310** | **The Rotary Foundation**

DISTRICT ROTARY FOUNDATION DINNER
A Night with Trustee Chair
GARY HUANG



Date 8 October 2019
Time 6:30 PM
Venue Singapore Marriot Tang Plaza Hotel, Grand Ballroom, Level 3
Attire Formal
Tickets S\$1,000 per table of 10 (Chinese dinner)
 Individual tickets available for Muslims and Vegetarians

RSVP Joanne Kam +65-8808 3134 Christina Chin +60-19 757 0155
 Dato' Jimmy Pang +60-16 826 3899 Dato' Thomas Ngu +60-16 863 0516

Payment Register with payment to Rotary Club of Garden City by 18 September 2019



SYMPHONY OF MOTHERHOOD



Sunday, 13 October, 5 pm
The Arts House
 1 Old Parliament Lane,
 Singapore 179429

General admission \$38
www.symphonymotherhood.com





Design by Maxine Greenaway



Rotary Eldercare & Caregivers Centre (RECC)



FRCS CHARITY MOVIE SCREENING



Movie: Charlie's Angels
 Date: 14 Nov 2019 Time: TBC
 Movie Rating To Be Advised
 Cinema: Shaw Theatres Lido, Lido 4
 1 complimentary movie ticket for every S\$100 donation

Your SUPPORT is important to THEM



Mark Your Diary

Birthday Celebrants

RC sends best wishes to Birthday celebrant this week:

PP Tapan Rao

This Meeting

18 September 2019

Reception Desk duty: PPs Mansoor Hassanbhai & Dr Oliver Henedige

Sunshine Box: Winston Khoo & Matei Iurascu

Speaker: Our member, PP Dr Yap Lip Kee

Topic: Project Freedom from Pain

Next Meeting

25 September 2019

Reception Desk duty: Willi Hess & Hena Hoda

Sunshine Box: Sunil Kalra & Uttam Kripalani

Speaker: His Excellency (H E) Mr Florian Marius Tacu, Ambassador of Romania to Singapore

Topic: To be advised

Anniversary Celebrants

RC sends best wishes to Wedding Anniversary celebrants this week:

Jeff & Lorraine Rajeck
Director Rajkumar & Selina
Director Stuart & Michelle Pearce

Committee Meetings

All Service Committee Meetings at Grand Hyatt Singapore From 7.00pm to 8.00pm

VOCATIONAL SERVICE:
Wednesday, 11 September

INTERNATIONAL SERVICE:
Wednesday, 18 September

YOUTH SERVICE:
Wednesday, 25 September



GIFT OF LIFE

Children with cardiac problems to get help from Rotary's District 3300 & 3310

A full set of 3 editions - Book of Humour, Best of Humour & Bank of Humour, come in a beautifully designed box housing this set for only \$25.00

Please order a few sets of books for the Gift of Life Project, and place your orders with :
Hon. Member Rtn Rewa Mirpuri @
tel: 6241 9157 or
email: rewamirpuri@gmail.com

Coming Rotary Events

September

Basic Education and Literacy Month

21 Sept – CSC Event – River Safari Tour with Society for the Aged Sick*

28 Sept – Family Zumba

***Service Events**

October

Economic and Community Development Month

5 Oct – White Cane Day @ Waterway Point B2 Event Square (East Wing) from 10.30am – 7.00pm

8 Oct – District Rotary Foundation Dinner @ S'pore Marriot Tang Plaza

13 Oct – Symphony of Motherhood concert @The Arts House from 5-7pm

30 Oct – District Governor Jeff Yong's Official Visit to the Club & the 2nd Club Assembly

November

Rotary Foundation Month



The Guide to Daily Living

The Four-Way Test

Before doing the things we want to do, consider first, the **Of the things we think, say or do:**

Precepts of the guide. Ask ourselves these 4 questions and act upon them:

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

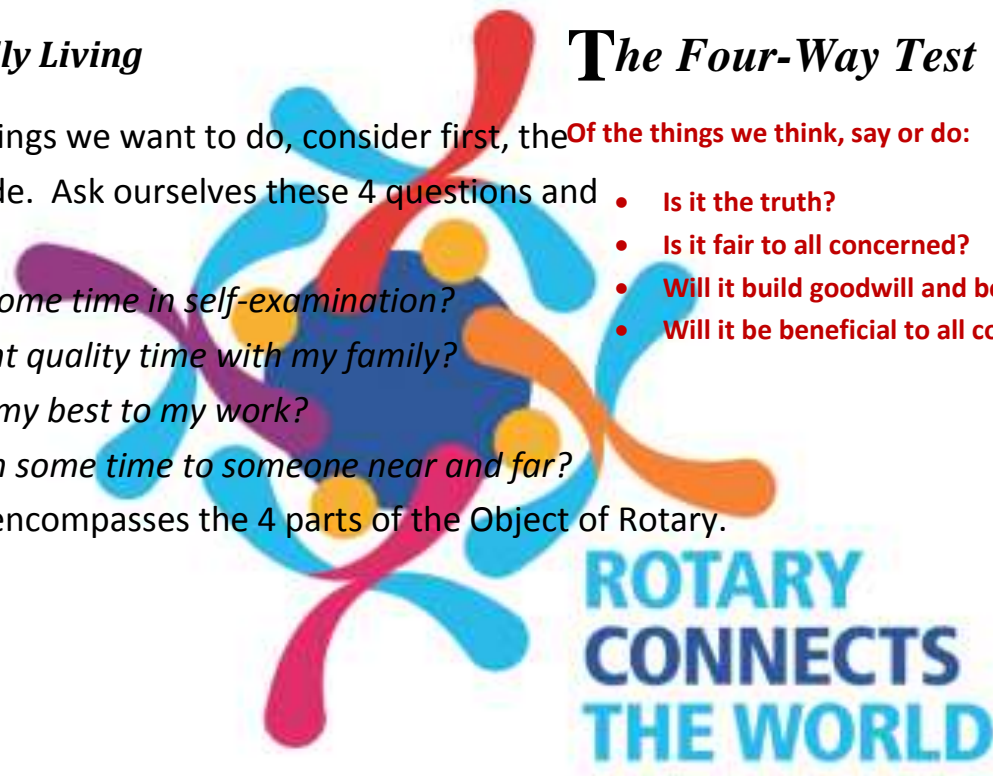
Second: Have I spent quality time with my family?

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.

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



BOARD OF DIRECTORS 2019/2020

President	Deepak Nagrani
Immediate Past President	Mark Wang
President Elect	Dinesh Sharma
Vice President (Community & International Service)	See Mee Lee
Vice President (Vocational & Youth Service)	Bala Venkatesan
Hon. Secretary (Administration)	Shamin Vaswani
Hon. Treasurer (Finance)	S "Mali" Malaiappan
<i>Directors</i>	
Chair, Community Service	Dr Chan Siew Luen
Chair, Vocational Service	Stuart Pearce
Chair, International Service	Mamta Shahani
Chair, New Generations Service	Ronald Wong
Director (Club Rotary Foundation)	James Lee
Director (Rotary Spirit)	Rajkumar Perumal Suppiah

