



Rotary crossroads

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Proud of our Heritage, Committed to our Future

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Interact Coordinating Committee's Learning Journey

By: Rtn Dr Hoh Sek Tien



Rtn Dr Hoh Sek Tien

Almost 80 Interactors and students from 16 schools and clubs converged at Gleneagles Hospital on the 23 November 2019 for the Interact Coordinating Committee's (ICC) learning journey event on careers in doctoring, nursing and the allied healthcare sector.

Healthcare professionals from a wide range of disciplines took turns to share their motivations and insights to the challenges they face. The speakers included a dietitian, a physiotherapist, a speech therapist, two radiographers, a nurse educator and a doctor.

This was followed by a tour of the hospital's laboratories, wards as well as the radiology and endoscopy facilities.

In the second segment, the students stepped up to share their club activities and their plans for 2020.

Thank you Gleneagles Hospital for hosting our Interactors and sponsoring the event. They had a wonderful and fruitful session of learning and fellowship.



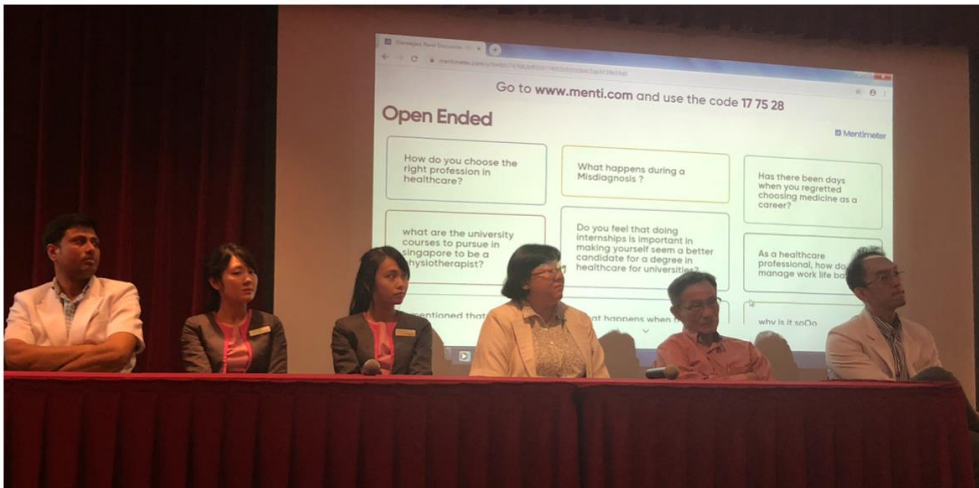
Rtn Sek Tien with the Interactors



Seated from left – President Deepak with son, Krish & Satellite Club Rtn Frederick Ee



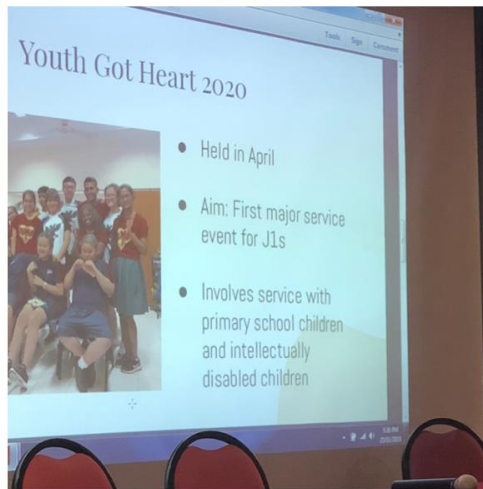
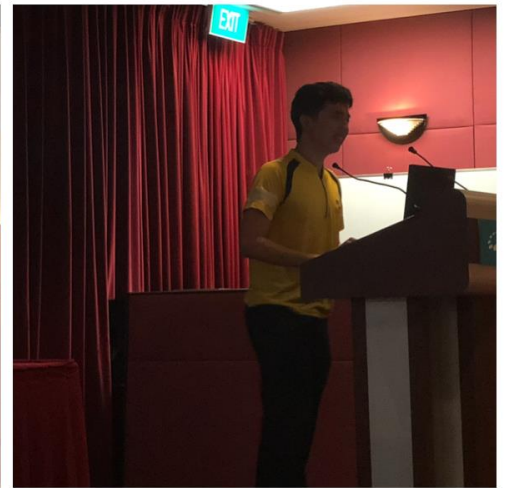
Interact Coordinating Committee's Learning Journey...contd



Interact Coordinating Committee's Learning Journey...contd



Interact Coordinating Committee's Learning Journey...contd



The Spirit of Fellow Rotarian lives on

Celebrating Kanak Mehta's 85th birthday

By: Past President (PP) Perlita Tiro



PP Perlita & Mrs Kanak Mehta

On Sunday, 24th November 2019 Rotarians and spouses gathered at the Singapore Swimming Club to celebrate the 85th birthday of Kanak Mehta, widow of our late member, most exuberant Sergeant-At-Arms KS Mehta. We were invited by their son PP Manish Mehta from Rotary Club of Ann Arbor who was in town with his wife Dr Varsha and two sons, Anshul and Vishal to celebrate both the birthday of his beloved Mom Kanak as well as the forthcoming marriage of his eldest son Anshul to lovely Shreena in Chicago. A good number of Past Presidents and Members of the Inner Wheel Club of Singapore of which Kanak was an active member were also present to attend the great occasion.

The Rotarians and their family members who attended were Honorary Member (HM) PP Bhagwan Melwani and daughter Asha Melwani, HM Rewa and Geeta Mirpuri, President Deepak Nagrani & First Lady Bianca, PE Dinesh and Rekha Sharma, PP Paliath and Vatsala Mohandas, Rtn Joseph and Maria Chia, Rtn Suresh and Meera Keerthi, Rtn M M Patel and Lily, Mrs Prabha Rao, Mrs Roshan Mistri.



Kanak cutting her birthday cake, as Varsha, Shreena, Anshul & PP Manish Mehta look on (from left)



Celebrating Kanak Mehta's 85th birthday...contd



From left: Mrs Vatsala Mohandas, Mrs Rekha Sharma, Mrs Prabha Rao, PE Dinesh Sharma & PP Paliath "Mohan" Mohandas



Rotarians, families and friends wishing Mrs Kanak Mehta the very best



Last Week – Report on the Meeting – Wednesday 27 November 2019

OPENING REMARKS

Acting Sergeant-at-Arms, Rtn Bertrand De Mil opened the meeting and invited President Deepak to take the Chair. President Deepak warmly thanked Honorary Secretary Rtn Shamin Vaswani who chaired last week's meeting whilst he was away with his lovely wife, celebrating their 20th wedding anniversary.

WELCOME

The welcome of guests of members and visiting Rotarians was performed by Rtn Sunil Kalra:

Guests:

Speaker Ms Nur Hasibah binte Abu Bakar, 1st Lady Bianca, Ms Shania & Krish Nagrani, Mrs Janet Phua, Mrs Rachael Yap, Ms Cai Kai Xian, Mr Gerald Gan

Visiting Rotarians:

Camila Andrade – Fatima, Brazil

Luiz Andrade – Pissarra, Brazil

Matthias Sulzer – Brig, Switzerland

Nader Rostom – Fiesole, Italy



Rtn Sunil Kalra

TOAST & EXCHANGE OF BANNERS

Toastmaster Rtn Brigitte Holtschneider called on visiting Rtn Luiz Andrade from the Rotary Club of Pissarra to address the Club. Rtn Luiz advised that both, he and his wife, Camila are Rotarians but from different Rotary Clubs in Brazil. He added that they have recently relocated to Singapore and were looking forward to dedicating their time to Rotary again. (Photo from left – President Deepak, Rtn Brigitte & Rtn Luiz)



Rtns Luiz & Camilla Andrade receive the Club banners



Exchange of banners with Rtn Matthias Sulzer from RC Brig



Pres Deepak with Rtn Nader from RC Fiesole who hopes to collaborate in a joint project

INDUCTION OF NEW MEMBER

President Deepak called upon Rtn Manish Tibrewal to introduce his candidate Rtn Mahesh Kumar Bolimbala, who had attended several Club meetings and was inspired to join the Club. President Deepak noted that Rtn Mahesh had also participated in the Vocational Service Committee “Dine in the Dark” event. Rtn Mahesh’s classification is “Law : Tax” and was recommended to join the Community Service Committee. His Mentor will be PP Mansoor Hassanbhai.



Rtn Mahesh Kumar Bolimbala



President Deepak inducts Rtn Mahesh as proposer Rtn Manish looks on

OUR HERO – PP KEITH HARRISON IN MIRI



PP Keith Harrison

President Deepak called on PP Keith Harrison who highlighted his recent participation in Miri, Sarawak dam project for remote community in the jungles of Sarawak. He was with 20 other Rotarians from Rotary Clubs in Bandar Seri Begawan, Miri and Singapore assisting in this project.

President Deepak thanked PP Keith for his efforts which made the Club very proud.

MOVEMBER FOUNDATION FUNDRAISER BY RTN VARUN GULATI



President Deepak invited Rtn Varun Gulati (seen in the photos with his father, Avinash) to say a few about the Movember Foundation – the only global charity focused solely on men’s health to tackle some of the biggest health issues faced by men: prostate cancer, testicular cancer and poor mental health.

Note from Rtn Varun: *It’s that time of the year again, it’s the third year in a row that I am trying to raise awareness and raise funds for Men. As Mental health matters. #Movember is working to help men stay mentally healthy, but they can’t do it alone. Please donate to my Movember efforts and support men's health. <https://mobro.co/varung?mc=1>*

Last Week

Speakers: **Ms Nur Hasibah Binte Abu Bakar**
Assistant Manager/ Fostering Service at Ministry of Social and Family Development

Topic: **“Be a Foster Parent. Foster Hope”**



Rtn Dr Suresh Mahtani

To introduce the Speaker, Ms Nur Hasibah, President Deepak called on Rtn Dr Suresh Mahtani. Rtn Dr Suresh noted that Ms Nur Hasibah has more than 10 years of working experience with the Ministry of Social and Family Development with the last 2 years with the Publicity and Recruitment team of the Children in Care Service, Rehabilitation and Protection Group. She regularly conducts outreach activities together with the team including roadshows and lunchtime talks to partners to recruit new foster parents and to raise awareness of the Fostering Scheme. To date, the team has reached out to more than 95,000 members of the public. Ms Nur Hasibah graduated with a Bachelor of Arts Degree from NUS and Master Degree in Community Leadership and Social Development from SIM University. She has also been accredited as a Registered Social Service Practitioner by the Social Work Accreditation and Advisory Board.



Speaker, Ms Nur Hasibah Binte Abu Bakar



From Left: President Deepak, Rtn Dr Ganesh & Ms Nur Hasibah

Prior to her presentation, Ms Nur Hasibah showed a touching video of a young girl, Meixian, and her journey with the Ministry of Social and Family Development (MSF) Fostering Scheme. Ms Nur Hasibah advised that the MSF administers this Scheme to help vulnerable children and young persons below the age of 18 to find foster families who will offer them a safe and loving home. She highlighted that these children were unable to live with their own families as they could have been abused, neglected or abandoned. She further advised that fostering was a temporary care arrangement where families provide foster children with necessities, more importantly, shower them with the love, care, and nurture every child deserves. She added that MSF hope was for these children to benefit from a safe, stable and conducive home environment where they can have a positive family experience.

Ms Nur Hasibah graciously answered the queries posed to her at the end of her presentation which she hoped would inspire members to join the Fostering community and help foster children like Meixian. (For further information on the Fostering Scheme, please refer to www.msf.gov.sg/fostering .

President Deepak invited Rtn Dr Ganesh Ramalingam to extend the Club's vote of thanks to Ms Nur Hasibah. Rtn Dr Ganesh noted that it was an awe-inspiring presentation which showed segments of society which were not well known, and added that Ms Nur Hasibah and her team were amazing in their efforts to help the children.

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Coming Club Events...

SAVE THE DATE!



VIETNAM



DISTRICT 3310 INTERNATIONAL SERVICE COMMITTEE
INVITES YOU TO

Rotary GG Inspection & Fellowship Trip to Central Vietnam

7 - 10 JAN 2020
DANANG - HUE

*Option to extend to Hoi An (10-12 Jan)

GG # 1863930

- Classroom Based Library for Elementary Schools

GG # 1982710

- Chicken Rearing Program for Economic Livelihood

GG # 1746552

- Water & Sanitation for The Ethnic Minority Community



FOR DETAILS, CONTACT AG JIMMY OOI AT
rtnjimmyooi@gmail.com

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ITINERARY MAIN PROGRAMME

dd 03Oct19

DAY 01, TUE 07 JAN 2020: SINGAPORE - DA NANG ARRIVAL - HUE (L/D)

09.15: Depart Singapore by MI632 for Da Nang

11.00: Arrive in Da Nang, transfer and lunch before drive to Hue. Reach Hue, check into hotel or those keen, visit the **Imperial Citadel** from where the Nguyen dynasty ruled between 1802 and 1945. Some shopping time at the lively **Dong Ba** market

Overnight in Hue (IndoChine Palace Hue 5*)

Meals Lunch at Madame Lan restaurant - Vietnamese Cuisine
Dinner at Royal Park restaurant - Royal Feast Dinner

DAY 02, WED 08 JAN 2020: HUE FULL DAY - ROTARY GG 1746552 & 1982710 PROJECTS (B/L/D)

Breakfast at hotel & check out, meet PDG Do & transfer to **Vinh Thai commune, Phu Vang District**. Following lunch, transfer to **Huong Nguyen Commune**, A Luoi District, Thua Thien Hue Province (60 km far from Hue City). After that, return to hotel in Hue city.

Overnight in Hue (IndoChine Palace Hue 5*)

Meals Breakfast at hotel
Lunch hosted by Huong Nguyen Commune
Dinner at Y Thao restaurant - Vietnamese Cuisine

DAY 03, THU 09 JAN 2020: HUE - ROTARY GG 1863930 PROJECT (B/L/D) - DA NANG

Breakfast at hotel, transfer to **Cam Lo @ Quang Tri province** (90 km far from Hue City ~ 2 hrs' transfer by transportation). After that, return to Hue city for lunch and then transfer to Da Nang

Overnight in Da Nang (Hyatt Regency Da Nang Resort & Spa)

Meals Breakfast at hotel
Lunch at Full Moon restaurant - Vietnamese Cuisine
Dinner at Madame Lan restaurant - Vietnamese Cuisine

DAY 04, FRI 10 JAN 2020: DA NANG - SINGAPORE (B)

Breakfast and at leisure till check out & transfer to airport for flight home on MI631 dep 1150hrs.

Meal Breakfast at hotel

Hotel: Hue – Indochine Palace Hue
Da Nang – Hyatt Regency Da Nang Resort & Spa
Hoi An – Almanity Hoi An Wellness Resort

For those extending stay over the leisure weekend, see next page

DAY 04, FRI 10 JAN 2020: DA NANG – BA NA HILLS– MARBLE MOUNTAIN (B/L/D)



Breakfast at hotel, check out and depart for **Ba Na Hill Station**, at 1,500 msl 48km west of Da Nang. Visit **Old French Villas** enroute as well as **the suspension bridge, Nui Chua & the Mountain Peak** (at the height of 1,487m) where we take cable car to Vong Nguyet villa visiting Linh Ung Pagoda, Sakyamuni Buddha statue.

Then visit **Golden Bridge** located in Thien Thai Garden of Sun World Ba Na Hills at 1,414m above sea level. The bridge is connected to the Marseille and Bordeaux stations taking guests from the foot of the mountain of the French village to the flower garden. The bridge looking like a brilliant silk is 150m in length, including 8 spans, the longest span being 21.2m.

Visit the **Fantasy Park - Ba Na Hills Fantasy Park**- third largest indoor amusement park in the world and free time around Ba Na Hill till we go down to the foot of mountain.

After lunch, transfer back to **Danang**. Enroute visit Marble Mountain "five elements mountains", a cluster of five marble (**Kim – metal; Moc – wood; Thuy – water; Hoa – fire; Tho – earth**) and limestone hills located in Ngu Hanh Son ward.

Overnight in Danang (Hyatt Regency Da Nang Resort & Spa)

Meals

Breakfast at hotel

Buffet Lunch in Bana Hill – Vietnamese Cuisine

Dinner at Full Moon restaurant or similar – Vietnamese Cuisine

DAY 05, SAT 11 JAN 2020: DA NANG – HOI AN – ANCIENT TOWN (B/L/D)

Breakfast and transfer to **Hoi an Ancient Town** for sights visiting **Family Chapel** built by prominent, merchant or official families as the center of ancestor worship, a Chinese style Pagoda or **Assembly Hall; Japanese Covered Bridge Pagoda** constructed in 1593 by Japanese community of Hoi An to link the Town with the **Chinese Quarter** across the stream, **Fukien Association temple, Ceramic Museum** and **Chua Ong Temple**.

Overnight in Hoi An (Almanity Hoi An Wellness Resort)

Meals

Breakfast at hotel

Lunch at Lantern restaurant or similar – Vietnamese Cuisine

Dinner at Home Villa Hoi An restaurant or similar – Vietnamese Cuisine

Distance

Hoi An - Danang: 35 km → 35 minutes' transfer

DAY 06, SUN 12 JAN 2020: HOI AN – DA NANG – SINGAPORE (B)

Breakfast & check out. At leisure time till transfer to Da Nang airport back to Singapore on MI639 Dep 1630hrs

Meal

Breakfast at hotel

Programme Cost

Programme (Land Only)	Cost Twin Share PP	Cost Single Room PP
Main Programme 4D3N (GG inspections)	SGD673	SGD973
Weekend Extension to Ba Na Hill and Hoi An (3D2N)	SGD463	SGD633

Notes

1. Please book your own air ticket online (current fare to Da Nang on SQ is \$435 (taxes ~ \$81)
2. Above cost is based on min 16 persons travelling and subject to availability of rooms. If we have more participants, we will work down and advise the cost
3. We prefer everyone to stay together at same accommodation for main programme but if you have own accommodation arrangements, you can deduct SGD298 from the main programme cost (twin share)
4. For booking, please contact AG Jimmy Ooi (rtmjimmyooi@gmail.com or 9844 6007)

03 Oct 2019



ANNUAL GENERAL MEETING
WEDNESDAY
11th DECEMBER 2019

Mark Your Diary

Birthday Celebrants

RC sends Birthday greetings to celebrants this week:

Sunil Kalra

T K Chew

Jessica Lim

PP Tan Chin Ngiap

Anniversary Celebrants

There are no Wedding Anniversary celebrants this week.

Committee Meetings

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

COMMUNITY SERVICE:
Wednesday, 4 December

VOCATIONAL SERVICE:
Wednesday, 11 December

INTERNATIONAL SERVICE:
Wednesday, 18 December

This Meeting

4 December 2019

Reception Desk duty: Ivan Lew, Dr Suresh Mahtani

Sunshine Box: Noshir Mistri, Hassan Moosa

Speaker: Ms Lynette Lee, a pharmacist with 50 years experience

Topic: 7 Ways to Strengthen your Immune System



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

Next Meeting

11 December 2019

Reception Desk duty: Sanjeev Shah, Adnan Ansari

Sunshine Box: Dr Irina Francken, Suresh Hathiramani

Speaker: Mr David Llewelyn, Managing Director, David Llewelyn & Co LLC, Prof (Practice) at SMU's School of Law

Topic: Intellectual Property

Coming Rotary Events

December

Disease Prevention and Treatment Month

11 Dec – Annual General Meeting

13-15 Dec – Visit to Phnom Penh for the Opening Ceremony of the Khmer Sight Clinic, Cambodia

January

Vocational Service Month

7-10 Jan – Rotary GG Inspection & Fellowship Trip to Central Vietnam

29 Jan – 3rd Club Assembly

February

Peace and Conflict

Prevention/Resolution Month

March

Water and Sanitation 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?

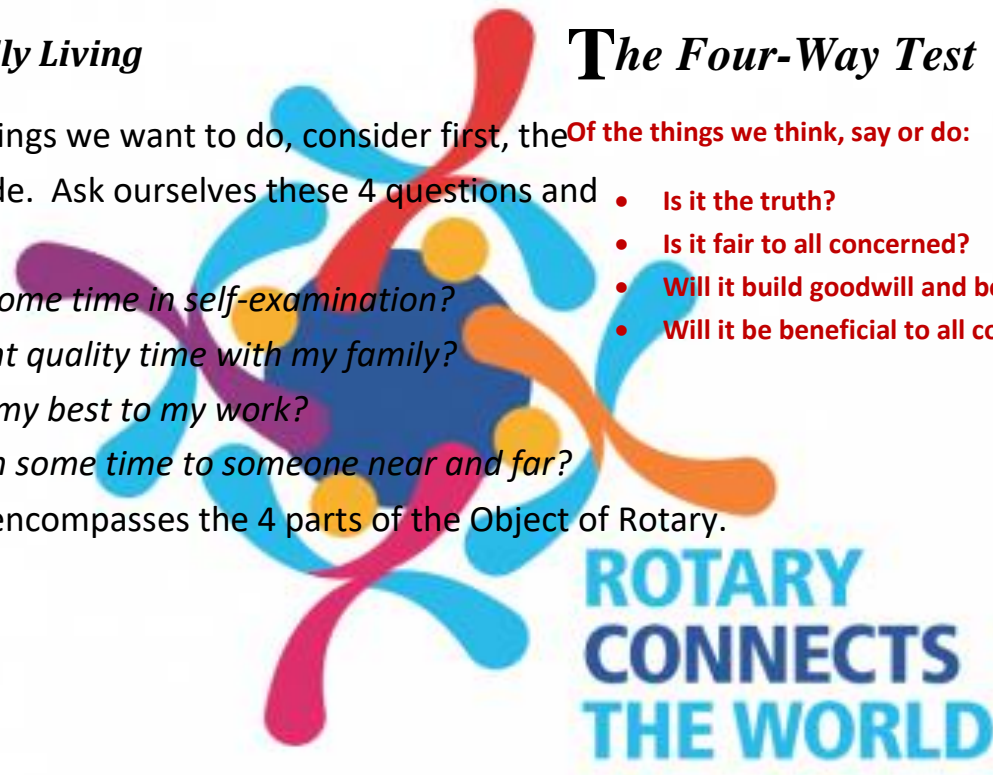
Second: Have I spent quality time with my family?

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

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Immediate Past President	Mark Wang
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