



Rotary crossroads

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Proud of our Heritage, Committed to our Future

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9 December 2019

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The Entrepreneur of the Year Award 2019

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

Photo Album of The Entrepreneur of the Year Award 2019

The Rotary Club of Singapore Vocational Service Committee, in collaboration with the Association of Small and Medium Enterprises (ASME), held the Entrepreneur of the Year Award (EYA) Ceremony on 24th November 2019. In its 31st year, the award identifies and recognizes dynamic entrepreneurs, especially those with a strong keenness to create positive social impact in the community. Big thanks to PP Alan Tan, Thomas Fernandez, the Rotarians on the organizing committee, the ASME secretariat and everyone who supported the event. The Rotarians on the EYA Committee were PP Alan Tan (Chairman), Vice Presidents See Mee Lee, Bala Venkatesan, Vocational Director Stuart Pearce and Rtn Joseph Chia.

Winner of the Established Entrepreneur was Ms Rachel Wong, Managing Director of Marunda Utama Engineering, whilst the Winner of the New Entrepreneur was Dr Collin Ang, Managing Director of Decision Science Agency.



Guest of Honour (GOH) Mrs Josephine Teo, Minister for Manpower and Second Minister for Home Affairs (centre) with Rotarians and family members.

Photo Album of The Entrepreneur of the Year Award 2019

...contd



Welcoming GOH Mrs Josephine Teo



At the VIP Table – Mr Kurt Wee, GOH Mrs Josephine Teo, President Deepak & PP Alan Tan



With the Winners of The Entrepreneur of the Year Award 2019



Photo Album of The Entrepreneur of the Year Award 2019

...contd



From left: Rtn Dr Ganesh Ramalingam, Director (Dir) Rajkumar Perumal Suppiah, and Rtn Ujjal Nandi



From left: President Deepak & 1st Lady Bianca Nagrani, GOH Mrs Josephine Teo, Mrs Lisa & Dr Ganesh Ramalingam



Standing from left: PP Paliath Mohandas, PP Mansoor Hassanbhai, Rtn Joseph Chia, PDG Chew Ghim Bok, Rtn Ujjal Nandi, VP Bala Venkatesan, Rtn Michelle Pearce, President Deepak, Rtn Dr Ganesh, IPP Mark Wang, PP Garry Taylor, PP Stan Low, Hon Secretary Shamin Vaswani, PE Dinesh Sharma, Director Stuart Pearce (partially hidden) Dir Rajkumar, Mr Krish Nagrani, Rtn Vikrant Kanyal, Hon Treasurer S Malaiappan, Dir Dr Chan Siew Luen, DG Jeff Yong
Seated from left: Rtn Tina Tang, 1st Lady Bianca, Ms Shania Nagrani, Mrs Ujjal Nandi, Mrs Lisa Ramalingam, Rtn Brenda Lee & VP See Mee Lee



Photo Album of Rotary Institute Manila – 29 November to 1 December 2019



The Rotary Institute Manila's focal topics



Rotary Speaker at the Institute



Representing the Rotary Club of Singapore at the Rotary Institute were PP Dr Shahul Hameed, IPP Mark Wang & VP See Mee Lee... see if you can spot them in the above photos

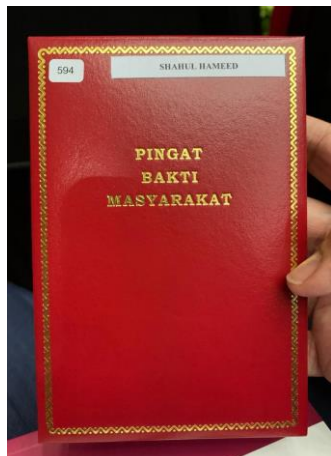


Next year's Rotary Institute will be held in Singapore



Celebrating our Rotarians...

*Heartiest Congratulations to
PP Dr Shahul Hameed
who was conferred the
Pingat Bakti Masyarakat (PBM)
at this year's
National Day Awards*



We are proud of you, PP Dr Shahul!



*PP Dr Shahul, Michelle & Mirza with Prime Minister
Mr Lee Hsien Loong*



*Sharing the proud moment with President Halimah Yacob &
Mr Mohammed Abdullah Alhabshee*



Celebrating our Rotarians...

PP Keith Harrison – our hero in Miri!



PP Keith (left) with the happy children enjoying their clean water



PP Keith (left) receiving on behalf of the Club, a Certificate of Appreciation from President Jimmy Chung from sister club Rotary Club of Bandar Seri Begawan for the support and participation in the Water Project at Long Kawa, Ulu Sarawak, Malaysia from 14 to 17 November 2019



Rotarians in action in Miri, Sarawak



Last Week

Last Week – Report on the Meeting – Wednesday 4 December 2019

OPENING REMARKS

Sergeant-at-Arms, Rtn Horst Hagemann called the meeting to order and reminded members to switch their mobile phones to silent. He then invited President Deepak to conduct the exciting programme for the meeting.

President Deepak warmly welcomed the spouses of members present, visiting Rotarians as well as a team of Rotaractors from Rotaract Club of Singapore.

WELCOME

President Deepak called upon newly married Rtn Dr Claus Dusemund to welcome guests and visiting Rotarians:

Guests:

Speaker Ms Lynette Lee and her daughter Melanie Lee,
1st Lady Bianca & Krish Nagrani, Mrs Zerin Medora,
Ms Li Weijun (Rtn Miha Hribernik's wife), Mr Frank Brown

Visiting Rotarians:

PP Manish Mehta – Ann Arbor North, USA
PP/Treasurer Moira de Vos – North Sydney Sunrise, Australia
Sonali Sinha – Mumbai Queen's Necklace, India
Camila Andrade – Fatima, Brazil
Luiz Andrade – Pisarra, Brazil
Brent Nicholas - Queenstown

Rotaractors from Rotaract Club of Singapore:

Tan Yam Chyi, Sim Yin Wei, Eng Kok Wee, Cheryl Chan Jia Lien, Lim Kang Mei, Goh Ching Wen, Yeo Jia Jun, Andrea Mong, Foo Yun Wei & Nur Lidiya bte Abdul Rashid



Rtn Dr Claus Dusemund

TOAST TO A ROTARY CLUB & ROTARY INTERNATIONAL

Toastmaster PP Garry Taylor invited visiting Rotarian, PP/Treasurer Moira de Vos to address the Club. PP Moira highlighted many aspects of her club, its fund-raising activities and projects.

PP Garry called on members to join him in a toast to the Rotary Club of North Sydney Sunrise coupled with the toast to Rotary International.



From left: PP Moira, PP Garry & President Deepak



INDUCTION OF NEW MEMBER



From right: President Deepak, Hon Secretary Shamin, Rtn Miha Hribernik and his wife, Li Weijun

President Deepak had the pleasant task of inducting a new member to the Club. He called upon proposer, Honorary Secretary Shamin Vaswani to introduce her candidate Rtn Miha Hribernik, who has demonstrated his eagerness to join the Club. Rtn Shamin noted that Rtn Miha hails from Slovenia and has lived in several countries, however, he advised that Singapore felt like home and he wanted to give back to the community. President Deepak formally inducted Rtn Miha who holds the classification “Energy: Research” and was recommended to join the International Service Committee with the mentorship of PP Paliath “Mohan” Mohandas.

BOARD OF DIRECTORS – ROTARY YEAR 2020/2021

President Deepak highlighted the Board of Directors for the next Rotary year as follows and gave notice that the adoption would take place at the Annual General Meeting on Wednesday, 11 December 2019:

1	President	Dinesh Sharma
2	Immediate Past President	Deepak Nagrani
3	President Elect	See Mee Lee
4	Vice President – Public Relations	Colin Miles
5	Vice President – Membership	Suresh Keerthi
6	Club Administration – Hon Secretary	
7	Club Finance – Hon Treasurer	Manish Tibrewal
8	Club Rotary Foundation	Dr Irina Francken
9	Chair Community Service Committee	Dr Chan Siew Luen
10	Chair Vocational Service Committee	Asheesh Khaneja
11	Chair International Service Committee	Varun Gulati
12	Chair Youth Service Committee	Dr Ganesh Ramalingam

Last Week

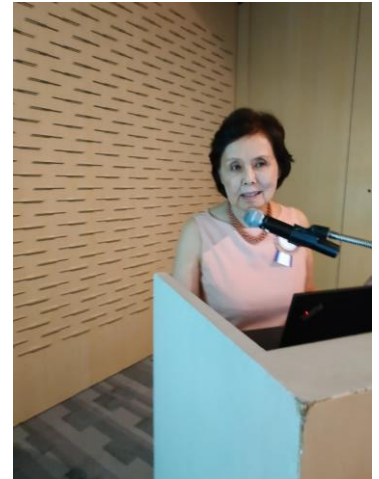
Speaker: Ms Lynette Lee

Topic: "7 Ways to Strengthen your Immune System"



PP Perlita Tiro

PP Perlita Tiro had the pleasure of introducing a friend, Ms Lynette Lee, a pharmacist by profession. Ms Lee held senior positions for 20 years with multinationals like Pfizer and Johnson & Johnson, in charge of the pharmaceutical and medical businesses. She has also served as Consultant and Director to various healthcare companies. She founded Oculex Asia Pharmaceuticals, a research company based in Singapore that developed a drug delivery systems for the eye. The company was eventually sold to NYSE listed company Allergan. She used to be active in the



Speaker, Ms Lynette Lee

Singapore Association of Pharmaceutical

Industries, serving as VP, when our Hon Member PP Koh Choon Hui was President. She also served on the Drug Advisory Board for Ministry of Health. In the past few years, Ms Lee's interest has moved to nutrition to beat disease, offering natural medicine and other health modalities. She and her lawyer daughter Melanie developed a product called Santivia Immune. Her family's health transformation story has driven Ms Lee and her daughter to bring Santivia Immune to the world and empower others to live healthier lives.

In her presentation, Ms Lee highlighted the importance of the immune system and factors that depress the immune system, which she termed as PITSS! The

acronym was for **P**oor nutrition, **I**nfections, **T**oxins, **S**leep deprivation and last but not least, **S**tress. Ms Lee then presented the 7 ways to strengthen our Immune System :

1. Eat a Healthy Diet
2. Go Easy on Antibiotics
3. Be Mindful of Pollutants & Toxins
4. Get Good Quality Sleep
5. Reduce Stress
6. Engage in an exercise routine
7. Take a daily immune regulating supplement

(A copy of Ms Lee's presentation is available from the Secretariat.)

To extend the Club's vote of thanks, President Deepak called upon PP Dr Oliver Hennedige.



From left: Ms Lee, President Deepak & PP Dr Oliver

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HEALTH EDUCATION PROGRAMME

By: Rotaract Club of Singapore



From left: Rotaractors Foo Yun Wei & Lim Kang Mei

Next in the meeting programme, President Deepak called upon Rotaractors (Rotr) Yun Wei and Kang Mei to present a brief health education talk.

Rotr Yun Wei noted the trend of the common diseases over a period of 25 years from 1992 to 2017. The majority of which stayed approximately within the same range, however she noted the most worrying trend was the sudden increase of nearly 10% for hyperlipidaemia from 2010 to 2017. Yun Wei advised that in 2017, nearly one in every three Singapore residents had hyperlipidaemia or high blood cholesterol, and that would be the focus of their talk.

Rotr Yun Wei gave a succinct presentation on what was Hyperlipidaemia, its causes and complications. She further highlighted the importance to recognize stroke in a timely manner and what signs to look out for in order to call for an ambulance immediately. She added that patients have to be treated within 4.5 hours to limit the damage done to the brain from the lack of oxygen. Rotr Yun Wei shared with members some good tips on how to manage blood cholesterol levels, through dietary control, physical activity and weight reduction.

After this presentation, President Deepak warmly thanked the team of Rotaractors for their presence, and closed the meeting.

Coming Club Events...



ANNUAL GENERAL MEETING

WEDNESDAY
11th DECEMBER 2019

SAVE THE DATE !

Rotary 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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Mark Your Diary

Birthday Celebrants

RC sends Birthday greetings to celebrants this week:

Hon Members PP Koh Choon Hui, PP Bhagwan Melwani, PPs Mansoor Hassanbhai, Garry Taylor, Rtns Aarti Wadhwa & Sanjeev Shah

Anniversary Celebrants

RC sends best wishes to Wedding Anniversary celebrants this week:

Robert & Jenny Chien
Hon Member Rewa & Geeta Mirpuri
Jessie Ang & Eugene
PP Sajjad & Ruby Akhtar

Committee Meetings

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

INTERNATIONAL SERVICE:
Wednesday, 18 December

YOUTH SERVICE:
Wednesday, 25 December
Meeting cancelled in view of public holiday - Christmas

This Meeting

11 December 2019

Reception Desk duty: Sanjeev Shah

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: IP: What's it all about?



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

18 December 2019

Reception Desk duty: PP Sajjad Akhtar, Debasree Chakrabarti

Sunshine Box: PP Dr Oliver Hennedige, Kannan Krishnan

Christmas Fellowship

Speaker: To be advised

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

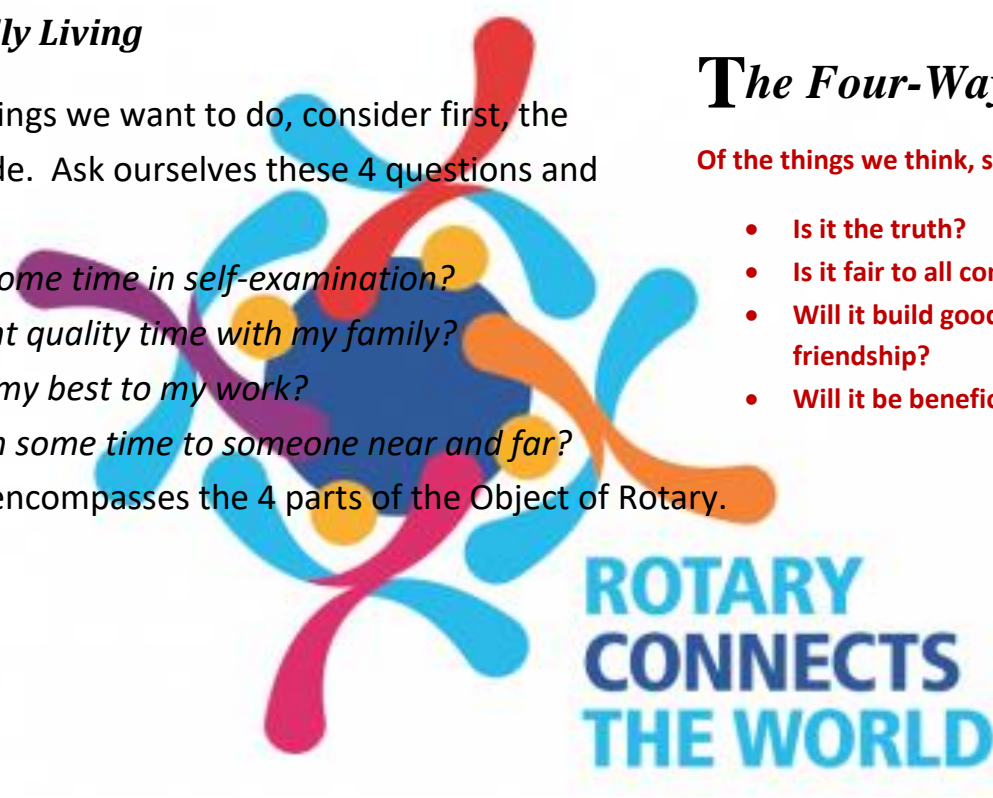


The Guide to Daily Living

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.



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?

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

