



Rotary crossroads

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Project Accendo

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In Focus

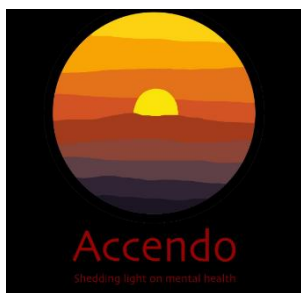
Project Accendo – Part 1, Webinar

By: Youth Service Committee (YSC) Director Ronald Wong



YSC Director
Ronald Wong

Project Accendo – Part 1, Webinar (illuminating mental wellbeing)



The Interact Coordinating Committee (ICC) and Youth Service Committee successfully launched Project Accendo, a joint major project with a 2.5 hours webinar on 9 May 2020, that shed light surrounding various aspects on mental wellbeing. The webinar was attended by close to 140 participants, mostly interactors from various interact clubs in Singapore.

The webinar started with Mr Arthur Goh, Psychologist working in the REACH team Institute of Mental Health (IMH), sharing on what mental health is, how to identify mental disorders. This aims to reduce stigma individuals with mental health disorders and enhance public's help-behavior.



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Next, Lynn Chiang, a Communications Executive at Samaritans of Singapore (SOS) tackled the challenge on starting a conversation on the topic of suicide and mental health with family and friends who are at risk. Lynn highlighted the importance of reaching out to those at risk as it can provide a source of affirmation and support to those in crisis.

The webinar continued with Ms Emmeline Lim, one of the team that launched Resilience Collective, which has a mission to the way we approach mental health. She shared her own journey with mental health crisis. She discussed the approaches and tips with mental illness e.g. breathing exercises to calm oneself and motivational videos to self-encourage. It was an insightful and presentation, allowing us into her world and understanding the step by step journey to recovery and eventually emerging as a stronger person.



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In Focus



The last topic saw Ms Bettina Yeap, a registered counsellor with Singapore Association for Counselling and currently heading INSIGHT (the mental health department of Care Corner Singapore Ltd) asking participants how do we “take temperature” on our emotional and mental wellbeing. She shared with the participants the various states of wellbeing and

importance of achieving mental wellbeing during both good and bad times. She drew attention to key areas to achieve mental wellbeing - physical, emotional, spiritual, environmental, academic/career and provided useful considerations.

Live Q&As throughout the webinar made the session interactive.

Following this successful launch, stay tuned for part 2 which will involve rolling the awareness on mental wellbeing via campaigns into the interact clubs and part 3, collaborating with IMH in piloting a mental literacy program to educate our youths.

Thanks to the ICC, YSC, partners, sponsors and Rotarians for supporting Project Accendo.



Last Week

Last Week – Report on the Online Meeting – Wednesday 13 May 2020

OPENING REMARKS

President Deepak opened the Club's 39th online meeting with a warm welcome to members and guests, including the Club's new Friends of VSC – Ms Rachel Wong and Mr Dennis Teo. To officially welcome guests, President Deepak invited recently inducted member, Rtn Lisa Gwee to do the honours. Next, Rtn Lisa's husband, Rtn Dr Ganesh Ramalingam extended the toast to Rotary International.

VOCATIONAL SERVICE COMMITTEE (VSC) REPORT

Standing in for VSC Director Rtn Stuart Pearce, President Deepak gave a summary report of the Committee's activities, starting with its themes/goals for the year that projects would be Impactful, Sustainable and Participative. President Deepak highlighted the many projects and activities such as the Entrepreneur of the Year Award, co-chaired by PP Alan Tan and present at the meeting were two winners of the Award. He further described the vocational visits as well as the Junior Engineers programme. He further mentioned the Clean Hands programme which provided hygiene certification to participants and enabled them to participate in the joint project with Community Service Committee at APSN to help bake cookies for the Chinese New Year.

President Deepak also spoke of the VSC's Major Project with HCSA Academy to help those who come from a challenged socio-economic background or have a prior criminal record, to equip them with culinary skills, and upon completion of the course, they would be placed in paying jobs. He added that the project was launched and needs about \$26,000 for the first cohorts. President Deepak called on members support.

RECAP OF ACTIVITIES

President Deepak gave a brief summary of activities undertaken during the week:

- Project Accendo Webinar was held on 9 May, as reported by Youth Service Director Ronald Wong featured in this bulletin.
- The Community Service Committee held a Zoom online concert with musicians from the Symphony of Motherhood and the Chamber Music Singapore, with an interesting talk given by Rtn Dr Ganesh Ramalingam.
- The Club hosted a fantastic Happy Hour organised by Director of Rotary Spirit Rajkumar "Raj" Perumal Suppiah and Honorary Secretary Shamin Vaswani.
- President Deepak added that Club's Major Project comprised of four small great projects which have a holistic approach. He added that all four projects were launched, and were supposed to be completed and funded by the Swimathon, but unfortunately with the COVID 19 situation, it cannot be completed as yet. However, the projects need support and President Deepak called on members to donate to the Club's Major Project.



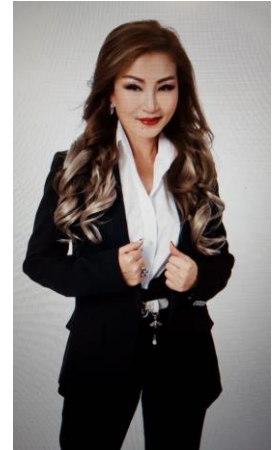
Friends of VSC

Speakers: Ms Rachel Wong & Mr Dennis Teo

Prior to inviting VP/PN See Mee Lee to introduce the Friends of VSC, President Deepak gave some information about this Vocational Service Committee (VSC) initiative which started with VP Bala Venkatesan, who proposed to use the database of great entrepreneurs, which enabled the Club to have two of The Entrepreneur of the Year Award (EYA) winners at the Meeting.

President Deepak advised that as Friends of VSC, Ms Rachel Wong and Mr Dennis Teo have an open invitation to VSC's meetings, service events and Club fellowships and networking events. They would also be included in a specially curated FVSC WhatsApp and Wall of Fame.

VP/PN Mee Lee gave a short introduction starting with Ms Rachel Wong, the co-founder and Managing Director of Marunda Utama Engineering Pte Ltd, Singapore - a well-established engineering company since 1985. She is the recipient of the Spirit of Enterprise 2009 Award, the Successful Entrepreneur 2010 Award, the Women Entrepreneur Award 2018, the Overall Winner of Pulsar Category of Women Entrepreneur Award 2018 and the Entrepreneur of the Year Award 2018 and 2019 and Contribution to Society Entrepreneur of the Year Award 2018 and overall winner of EYA 2019. She is the President of Spirit of Enterprise (a non-profit organization) whose mission is to inspire and honor entrepreneur among the young and the small & medium enterprises.



Ms Rachel Wong

Next, VP/PN Mee Lee introduced Mr Dennis Teo, the Group Managing Director of Evorich Group which has 8 subsidiaries. He was awarded in 2011 with the Spirit of Enterprise and a winner of The Entrepreneur of the Year Award (EYA) 2016, in the Established Entrepreneur category.

As the moderator, President Deepak called on Ms Wong to share her success story in a male bastion industry. Ms Wong firstly expressed her gratitude to the Club and ASME for bestowing The Entrepreneur of the Year Award (2019). She shared her humble beginnings and how she established her engineering company of 35 years with a niche customer base through hard work, determination and willpower. Mr Dennis Teo was also called upon to recount his success story as he related his experiences as a self-motivator and his application of human psychology to his business strengths. Among the many questions put forward to Ms Wong and Mr Teo regarding the EYA's premise, particularly for the Club, on Corporate Social Responsibility (CSR) portion of the Award, both spoke passionately of their contributions to CSR. Ms Wong who was a Rotarian stated that "giving is a blessing" and over the years, she tried to help unconditionally without expecting anything in return. Similarly, Mr Teo spoke of his work with youths at risk with their notorious behaviour, and when he sees a change, it brings satisfaction.



Mr Dennis Teo

As mentioned by President Deepak, it was a spectacular talk from Ms Wong and Mr Teo, as he called on EYA's Co-Chair, PP Alan Tan to extend the Club's vote of thanks to our Friends of VSC.



Mark Your Diary

Birthday Celebrants

RC sends best wishes to Birthday celebrant this week:

Dr Ganesh Ramalingam

Anniversary Celebrants

RC sends best wishes to Wedding Anniversary celebrants:

PE Dinesh & Rekha Sharma
PP Tan Chin Ngiap & Irene
Debasree Chakrabarti & Arindam Chatterjee
VP Bala & Suvidha Venkatesan
Bertrand & Maribeth De Mil

Committee Meetings

All Service Committee Meetings are held in abeyance till further notice.

This Meeting

20 May 2020

Speaker: Ms Isabella Huang-Loh, Chairman, Singapore Environment Council

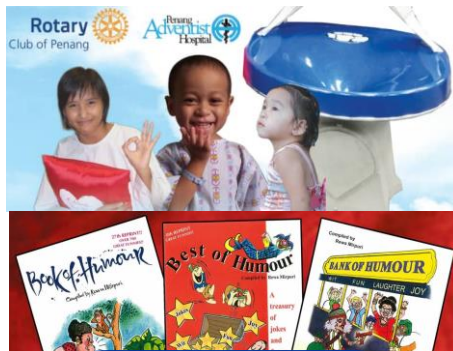
Topic: Global Environment And Climatic Change

Next Meeting

27 May 2020

Speaker: Dr Daniel Fung, Chairman Medical Board of Singapore's Institute of Mental Health

Topic: Sanity in the Time of Sanitising



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Coming Rotary Events

May
Youth Service Month

20 May – Closing date for nominations for the Artisan of the Year Award

June
Rotary Fellowships Month

6 June—Club's 90th Year Celebration

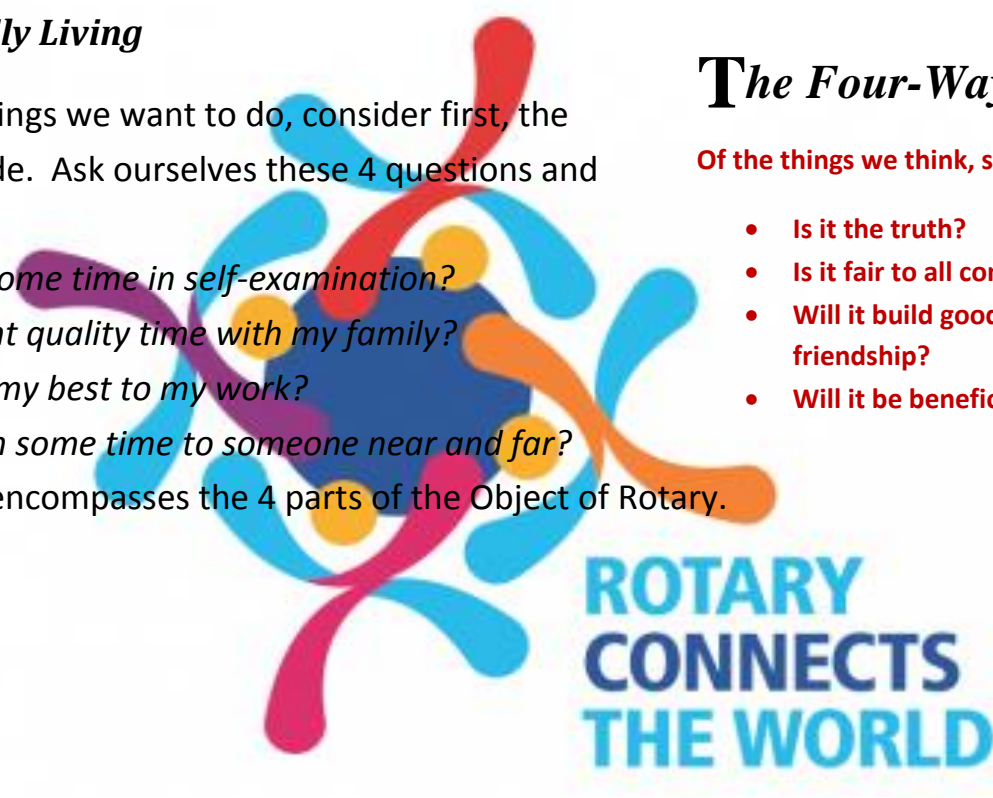


The Guide to Daily Living

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

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Vice President (Community & International Service)	See Mee Lee
Vice President (Vocational & Youth Service)	Bala Venkatesan
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Chair, New Generations Service	Ronald Wong
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