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In Focus

Hawker Centre Adoption Project

Extract from Rotary Club of Singapore's Facebook

On 23rd October 2021, Rotary Club of Singapore (RCS) kicked off their Hawker Centre Adoption project to support Alexandra Village Food Centre (AVFC). This was a Group Buy wherein we bought 125 meals from AVFC hawkers and distributed them to senior citizens living alone in nearby blocks- all under strict SMM guidelines, making Essential House Visits for good delivery.

14 Rotarians/ family members from RCS supported by students representing the Rotaract Club of Singapore operated in pairs, bought food from 6 hawker stalls in AVFC, drove down to pre-identified HDBs in Queenstown and gave the gift of a hot meal to senior citizens living alone there.

Grassroots Advisor Mr Eric Chua (MP for Tanjong Pagar GRC) graced the occasion, and met the hawkers as well as beneficiaries while extending his support and gratefulness to the teams.

The reaction from the hawkers was heart-warming to say the least. One stall owner said business had dropped more than 40% with recent dining restrictions, but she was very happy that the community had taken note and was trying to help them.

Some of the beneficiaries also conveyed their appreciation to the sponsors, organisers and volunteers for their concern and love.

Many thanks to the various people that made this possible, including People's Association and Lions Befrienders for helping identify the beneficiaries, Paul Liew from AVFC for hawker coordination and SG Digital Office for bringing the various teams together.



Hawker Centre Adoption Project... *contd.*

Extract from Mr Eric Chua, Member of Parliament for Tanjong Pagar GRC's Facebook



Eric Chua ✓

6d · 🌐



[Group Buy for the Greater Good!]

What's better than doing good? Well, for lack of a more eloquent way to put it, doing two goods with one deed! ❤️

Couple of weekends ago, I joined a team from the [The Rotary Club of Singapore](#) in distributing 125 meals they'd purchased via Group Buy from our beloved hawkers at Alexandra Village Food Center, to vulnerable households across QT. 🙏

The idea is not only to serve our vulnerable residents, but also to show tangible support for our hawkers. Our hawkers have had a rough time. Let's support them whenever we can by buying our meals from them!



A big thanks goes to Paul Liew for leading this meaningful initiative. Credit must also go to the good folks from [Lions Befrienders](#) for being a part of this project. LB has truly been stalwart community partners with us, here in QT! 🙏

#EricCares #imaQT #CaringQT #CaringSG #SupportLocal #OurHawkers #SGHawkers #SupportOurHawkers



Meeting Report

19th Club Meeting for Rotary Year 2021-2022 held on 10.11.2021

OPENING REMARKS

Honorary Secretary Jessica Lim opened the meeting and called on Sergeant-at-Arms Dr Claus Dusemund who advised members of the house-keeping meeting rules, before inviting President Louis Lim to conduct the meeting.

TOAST

President Louis called upon Rtn John Forster who noted the presence of PDG Dato Dr Hj Mustapha Ma from sister club, Rotary Club of Kuala Lumpur DiRaja. He invited members to raise a toast to the Kuala Lumpur DiRaja club coupled with the toast to Rotary International.



Rtn John Forster

INDUCTION OF NEW MEMBERS

President Louis called on Membership Chair, Rtn Subhash Pritmani, to introduce the following candidates prior to their induction to the Club:



Rtn Jacqueline Koh

Place of Work: Prudential Assurance Company Singapore (Pte) Ltd

Classification: Insurance: Estate and Legacy Planning

Proposer: President Louis Lim

Mentor: PP Perlita Tiro

Recommended Committee: Vocational Service

Rtn Jacqueline is a Financial Services Director with Prudential Singapore for 21 years. She was a recipient of a Rotary scholarship offered by the Rotary Club of Changi and studied for her degree programme in Australia.

Rtn Jacqueline is an active volunteer in Prudential and won the “Do Good” award in 2020. She had volunteered in various countries including Switzerland, Portugal, Philippines and Cambodia. She is a strong advocate to Do Right, Do Well and above all Do Good.

Rtn Jacqueline thanked members for having her in the Club and added that she has the blessings from Rotary Club of Changi to do so. She thanked President Louis for inviting her to join the Club as well. She added that she had been observing the Club meetings and realised there was so much to learn from members and was looking forward to the fellowship and getting to know members.

She took the opportunity to introduce her husband, Clifford and her daughter Ashley and son, Isaac.

Meeting Report

19th Club Meeting for Rotary Year 2021-2022 held on 10.11.2021

INDUCTION OF NEW MEMBERS... contd.



Rtn Dr Rupesh Agrawal

Place of Work: Tan Tock Seng Hospital Pte Ltd

Classification: Medicine: Ophthalmology

Proposer: Rtn Manish Tibrewal

Mentor: PP Stan Low

Recommended Committee: Vocational Service

Rtn Rupesh is Senior Consultant at Tan Tock Seng Hospital, Professor at LKC School of Medicine, Singapore Eye Research Institute as well as at Duke NUS Medical School.

A previous Rotarian, Rtn Rupesh joined the Club in 2012 till 2019 and served as Director for both International and Community Service Committees.

Rtn Rupesh mentioned that he was very humbled by the warm welcome given by his Rotary family and that he would try his level best to meet all the expectations. He noted that it was an appropriate time during the COVID period to join the Rotary family again to give back to the community.

GUEST SPEAKER: MS LAMA MAJAJ

TOPIC: BE. CONNECTING TO YOUR HEART'S INTELLIGENCE: MANAGING MENTAL HEALTH THROUGH THE PANDEMIC

To introduce the speaker, President Louis called on Rtn Pia Bruce who advised that Ms Lama Majaj is the Clinical Director and Founder of Extra • Ordinary People Singapore. She leads a team of art, music and dance therapist multi-disciplinary team. Ms Lama is also the director and creator of "The Story of Tim" the Extra • Ordinary & Resilient Mouse. She is a part-time lecturer at the LaSalle College of the Arts, Master of Art Therapy programme.



*Guest Speaker,
Ms Lama Majaj*

Ms Lama advised that she had two presentations to share. The first was to introduce the work of Extra • Ordinary People, a charity in Singapore with Institute of Public Character (IPC) status, in operation for the last four years. and next she would share information about stress management and how to build resilience with an experiential practice technique.

She shared insights of her art therapy practice which integrated humanistic psychotherapy with body work, movement, and the expressive arts to support individuals, including those on the Autism Spectrum. Ms Lama showed a short video of the Extra • Ordinary Celebration which featured Singapore's largest inclusive concert. She gave an overview and explained the introductory concepts of the stress and intelligent Energy Management with Heartmath Technique and heart focussed breathing/experiential for self-care and stress relief. She invited members to participate in a heart-focused breathing technique and introduced the BE. Connecting to Your heARTS Intelligence programme.

President Louis invited Youth Service Chair Rtn Mukundan A P who on behalf of the Club's extend a warm vote of thanks to Ms Lama for her talk and the heart-warming sharing of the performance by the special children.

Meeting Report

20th Club Meeting for Rotary Year 2021-2022 held on 17.11.2021

OPENING REMARKS

Honorary Secretary Jessica Lim welcomed members to the Club's 20th meeting and called on Rtn Dr Claus Dusemund who was in Majorca, Spain to share the house-keeping meeting rules, before inviting President Louis to chair the meeting.

TOAST

President Louis called upon a new member, Rtn Anita Gannavarapu who invited members to join her in a toast to the Rotary Club of Reservoir Hills coupled with the toast to Rotary International. She advised that the Rotary Club of Reservoir Hills, in South Africa was chartered on 27 March 1995 and conducted its meetings on Wednesdays as well. Present at the meeting was PP Charlie Panday who was visiting his relatives in Singapore, and currently serving his quarantine. Rtn Anita added that PP Charlie was instrumental in securing hospital equipment for the physically challenge.



Rtn Anita Gannavarapu

INDUCTION OF NEW MEMBER

President Louis invited on Membership Chair Rtn Subhash Pritmani to introduce the following the new candidate to members:



Rtn Mathias Boegner

Place of Work: Le Spiccato Music Ltd.

Classification: Education: Music

Proposer: Rtn Dr Claus Dusemund

Mentor: VSC Director Rtn Sonali Sinha

Recommended Committee: Vocational Service

In his introduction Rtn Subhash noted that Rtn Mathias as a talented musician, whom he added would bring great music to the Club. Rtn Mathias is the Senior Violin Teacher and Assistant Head of Strings at Le Spiccato Music.

Rtn Mathias is a German/Swiss national who has lived in Germany, Switzerland, USA, China, Taiwan, Thailand and now in Singapore. He met his wife, Kannika in Thailand and they are blessed with a son who is 13 years old and a daughter who is 11 years.

Rtn Mathias was a previous member of the Rotary Club of Salaya Putthamonthon Nakhornpathom in Thailand in District 3330, which he joined in 2008.

Rtn Mathias thanked members, particularly President Louis, his proposer Rtn Dr Claus, Rtns Subhash and Suresh Keerthi, for accepting him into the Club. Rather than talking further and with the permission of President Louis, Rtn Mathias played a lovely classical piece of music on his violin.

Meeting Report

20th Club Meeting for Rotary Year 2021-2022 held on 17.11.2021

FIRESIDE CHAT WITH GUEST SPEAKER: PROFESSOR TEO YIK YING

TOPIC: ETHICS OF VACCINE PASSPORTS

To moderate the Club's 8th Fireside Chat, President Louis invited Rtn Dr Suresh Mahtani who introduced the eminent Speaker, Professor (Prof) Teo Yik Ying.

Prof Teo is the Dean of the Saw Swee Hock School of Public Health at the National University of Singapore. Prior to his Deanship, he was the Founding Director of the School's Centre for Health Services and Policy Research (CHSPR) and served as the Director of the Centre for Infectious Disease Epidemiology and Research (CIDER) from 2015 to 2017. He is presently a member on the Council of Scientists for the International Human Frontier Science Program, as well as a governing board member of the Regional Centre for Tropical Medicine and Public Health Network for Southeast Asia. Moderator Rtn Suresh noted that Prof Teo has a very illustrious career and a recipient of numerous awards.



*Guest Speaker,
Prof Teo Yik Ying*

In his opening remarks, Prof Teo noted the challenging topic given, and added that his comments reflected his own views. Prof Teo started his talk with a short introduction about the current global situation, highlighting the disparities in global infection case numbers and deaths (in Africa, compared to Europe) as well as disparities in testing capabilities.

He further spoke about global vaccination rollout which maps closely with testing capability, inequities seen in Africa continent. He noted that even vaccination policies differ considerably, with many lower middle-income economies (LMICs) were still focusing on inoculating frontline workers, clinically vulnerable, and elderly; compared to universal and even booster policies in advanced economies. He further noted that delivery of vaccines continued to be inequitable, despite national vaccination policies designed for equality.

Prof Teo also discussed on vaccine efficacy and what it meant on protecting against disease and deaths as well as the confusion due to different countries adopting different definitions of vaccine efficacy. He noted the increasing shift in global policies, focusing on vaccine-differentiated measures; globally, to permit resumption of travel and domestically, to permit social and economic activities. He also spoke on the complexities in enforcing vaccine-differentiated measures as well as which vaccines, accreditation and assurance, interoperable data systems, time-stamping vaccination issues.

Prof Teo also shared his views and answered queries posed to him by moderator Rtn Suresh and members on several issues and the ethics of cross-border travel, between advanced economies and LMICs; and the ethics of denying work, schooling, leisure, healthcare.

To officially extend the Club's vote of thanks to Prof Teo, President Louis called on Rtn Dr Hoh Sek Tien who noted that it was an insightful session and as highlighted by Prof Teo, it was a difficult topic filled with complexities. Rtn Sek Tien added that we all want to move out of this crisis as painlessly as possible, and to be fair and principled at the same time and this lies the balance which we need to pursue. He called on members to unmute themselves and in unison gave our thanks in the usual manner.

Mark Your Diary

Birthday Celebrants

RC sends best wishes to Birthday celebrants:

Suhaimi Zainul-Abidin
Deepti Sharma
Shamin Vaswani
Robyn Schlesinger
Carlo Van Den Akker
Jayant Gadgil
Sunil Kalra
T K Chew & Hon Secretary Jessica Lim
PP Tan Chin Ngip & Senthil Kumar

Anniversary

RC sends best wishes to Wedding Anniversary celebrants:

Mukundan A P & Mamatha
AG Deepak & Bianca Nagrani
Dr Devakumar & Ika Nair
Ankit & Neha Khandelwal
Dr M C Tong & Geh Min
Jayant & Smita Gadgil
Suresh & Anita Hathiramani
Vivek & Simmi Chhabra
Peter & Tanya Brock
Sachin & Neha Kagiwal

Committee Meetings

All Service Committee Meetings will be held on Thursdays from 7.00 to 8.00pm

VOCATIONAL SERVICE:
Thursday, 11 November 2021

INTERNATIONAL SERVICE:
Thursday, 18 November 2021

YOUTH SERVICE:
Thursday, 25 November 2021

This Meeting

24 November 2021
From 7.00 to 8.30pm

Speaker: Mr Dinesh Singh, General Manager, Foundation of Rotary Clubs Singapore (FRCS)

Topic: Getting to know FRCS

Next Meeting

1 December 2021
From 7.00 to 8.30pm

Speaker: Ms Heng Yi Xin, Former Interactor

Topic: Interactions with my younger self: A trilogy

Coming Rotary Events

November

Rotary Foundation Month

25 Nov – Teacher Advisor Training & Fellowship from 18.45 to 19.45 hrs

December

Disease Prevention & Treatment Month

January

Vocational Service Month

February

Peace & Conflict Prevention / Resolution Month

March

Water & Sanitation Month

April

Maternal & Child Health Month

May

Youth Serviced Month

June

Rotary Fellowships Month

BOOK OF HUMOUR



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:
ISC Chair Rtn Varun Gulati
varun.rotary@gmail.com

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?



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.

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