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Lifetime Achievement Award Winner for 'Best Bulletin in District 3310'

Rotary

December is Disease Prevention & Treatment Month



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In Focus

R I Presidential Message



Shekhar Mehta
R I President 2021-2022

Public health is on everyone's mind due to the global pandemic that still threatens the safety of ourselves and our loved ones. In a sense, COVID-19 has made all of us much more aware of the roles and responsibilities of medical professionals than we were before we had to wear masks and maintain social distance. In addition, while moving through this pandemic, we have also learned about the role we can play in keeping others safe.

December is Disease Prevention and Treatment Month in Rotary. The pandemic unfortunately has schooled most people on the toll that disease takes on our communities. But fighting disease is something that Rotarians around the world have been doing for decades. In fact, it is one of Rotary's seven areas of focus.

As Rotarians, we believe that good health and well-being is a human right — even though 400 million people across the globe do not have access to essential health services. The work we do in establishing clinics, eye hospitals, and blood banks, as well as in building infrastructure for medical facilities in underserved communities, all returns to a central belief that access, prevention, and education are the keys to stopping deadly outbreaks that harm the most vulnerable.

My exposure to health work began with my Rotary club, Calcutta-Mahanagar. There, among other things, I helped pioneer a program called Saving Little Hearts that over the years has provided more than 2,500 free heart surgeries for children from India, Pakistan, Bangladesh, Nepal, and Africa. Before the program went international, it started locally with the goal of performing just six surgeries within our community. Today, our goal is to complete another 20,000 surgeries over the next five years.

The world relies on Rotary to tackle challenges like these and to set an example for others. Over the past decade, medical professionals and government workers have provided free health services to 2.5 million people in 10 countries during Family Health Days, which are organized by Rotarians around the world. Similar health camps in India also provide thousands of surgeries to those in need. Medical missions from India to Africa each year are an excellent example of hands-on service in disease prevention and treatment. Rotary members can also get involved at a local level; clubs in the United States and Mexico, for example, fund a free health clinic in Guerrero, a small town in Mexico.

And of course, our effort to eradicate polio is by far the best story in civil-society health care.

This month, think about how your club can focus on preventing and fighting disease. This is the time to take a bigger, better, bolder approach through both club and district projects that can impact more people. Re-evaluate where you are with your goals. Create strategies that can sustain change over years, not months.

Everyone deserves a long, healthy life. When you *Serve to Change Lives*, your actions today can help extend the lives of others.

Fellowship on 24.11.21

Prior to the hybrid weekly meeting held at the Foundation of Rotary Clubs Singapore (FRCS) premises, a fellowship session was held with some new members present. President Louis Lim called on Membership Chair Rtn Subhash Pritmani who extended welcoming remarks to new members, Rtns Doulat Bhojwani, Mathias Boegner, Mohandas Chugani, Jacqueline Koh, Lee Chee Pin and Deepti Sharma, who were presented with their membership kits.

President Louis further invited PP Dr Yap Lip Kee and VP/PN Dr Chan Siew Luen to address the new members and to share their Rotary journey. To end the fellowship, Rtn Mathias gave a performed a classical piece of music on his violin. Members present also celebrated Rtn Deepti's birthday which falls on 25th November.



President Louis presenting membership kits to Rtns Doulat Bhojwani, Mathias Boegner & Mohandas Chugani (left to right)



New members Rtns Jacqueline Koh, Lee Chee Pin & Deepti Sharma receiving their membership kits from Pres. Louis (left to right)



Rtn Mathias's violin performance



Rtn Deepti's birthday celebrations

Meeting Report

21st Club Meeting for Rotary Year 2021-2022 held on 24.11.2021

OPENING REMARKS

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

TOAST

As there were no visiting Rotarians, Toastmaster Rtn Lee Chee Pin called on members to join him in a toast to Rotary International.



Rtn Lee Chee Pin

PRESENTATION OF PROJECT PINAY

President Louis welcomed Rotaractors (Rotr) Grace and Chloe from the Rotaract Club of Singapore and invited them to address the Club. Starting with Rotr Chloe who gave a brief background of Project Pinay which aims to educate Filipino girls ages 12-18 years old about sexual education to empower them with sexual rights and knowledge about pregnancy. Secondly, the Project seek to Improve their quality of life through teaching the girls to make reusable sanitary pads in a sustainable way. Further aims are to empower Rotaractors and provide them with a platform to learn and discuss the widely considered taboo topics of sexual health and menstrual education. Rotr Chloe introduced the Project's partners - Rotaract International District 3800 as well as Sister Club, Rotary Club of Rizal West.

Next, Rotr Grace described the Project's timeline, programmes and funding involved. She then requested members support for this Project, in particular the funding of the sanitary pads, welfare for the village communities involved as well as transportation fees to access the rural villages.

PP Perlita Tiro highlighted that she presented this project as well to the International Service Committee as well since it needed the support of the Sister Clubs and should engage the entire Club in this project. President Louis added that was the purpose to have Rotrs Chloe and Grace to share the information and that there are other Rotary Clubs which could be tapped upon to support the Project. Youth Service Chair, Rtn Mukundan A P also thanked PP Perlita for her support and assistance with this project.

CLUB'S MAJOR PROJECT

President Louis reminded members of the Club's Major Project for this Rotary year (RY 2021-2022), the Share-a-Pot@Home programme which would impact many lives. He added that the fund-raising target is \$108,000 with still a long way to go to reach this target. President Louis called on members support and contribute to the Major Project. He advised that should additional information on the project be required to let him know and the information would be sent.

Meeting Report

21st Club Meeting for Rotary Year 2021-2022 held on 24.11.2021

KYFR KNOW YOUR FELLOW ROTARIAN



President Louis called on a new member, Rtn Jacqueline Koh as the KYFR Speaker, to share about herself and how she got involved in social work and became a Rotarian.

To start her sharing, Rtn Jacqueline shared a brief video “Faces of Prudential” which highlighted her involvement in community work. Rtn Jacqueline continued her sharing based on the 4-Way Test and she spoke of her humble beginnings and the opportunity given to her as a recipient of the scholarship offered by the Rotary Club of Changi which enabled her to pursue her degree programme in Australia. She spoke of her service as the President of the International Student Association and University Union and the insights gained from this experience.



Rtn Jacqueline Koh

Rtn Jacqueline shared her philosophy in life and work to “Do Right Do Well Do Good” and her personal thoughts on “what is the difference between Time and Money”.

GUEST SPEAKER: MR DINESH SINGH

TOPIC: GETTING TO KNOW FRCS

President Louis called on PP Jimmy Ooi to introduce Mr Dinesh Singh, the General Manager of Foundation of Rotary Clubs Singapore (FRCS). PP Jimmy noted that the Club is a member of FRCS which is charity arm of Rotary Clubs in Singapore was formed in 1993. He advised that Mr Singh has over 25 years of marketing, business development and sales experience with a strong understanding for branding and marketing strategy. He previously headed the Membership Department of The National University of Singapore Society. He is a regular speaker in various marketing conferences and a regular contributor to marketing journals. Mr Singh is an active civic member of society and served in the Singapore Indian Education Trust and is President of the Club Managers’ Association and Vice Chair of Sikh Welfare Council.



Guest Speaker,
Mr Dinesh Singh

In his presentation, Mr Singh shared the background, vision, mission, and currently ongoing units of FRCS. He highlighted the work of the Rotary Family Service Centre located in Clementi and West Coast which supports an average of 500 individuals and families each year. He spoke of the FRCS Learning Centre established in 2018 offering courses and conferences to serve the community which was open to Rotarians and their families. Mr Singh advised members of the scheduled launch of the FRCS Eldercare and Caregivers Centre in the 3rd quarter of 2021 which would serve 2,500 seniors in the Bukit Batok West Avenue 5 area. He described the key features and programmes of the centre. He further informed of the social enterprise company wholly owned by FRCS – HealthSafe Pte Ltd which provides deep cleaning and disinfection services of medical devices. In addition, he will share how Rotary Clubs can leverage on their charitable foundation to further their clubs’ projects. He will highlight real life working examples on the impact of the joint collaborations of Rotary Clubs and FRCS.

President Louis invited PP Dr Yap Lip Kee who extended the Club’s vote of thanks to Mr Singh for his great talk.

PRESENTATION OF PROJECT KAMLEANG

Before closing the meeting President Louis invited Rotaractor Chu Yuan also from the Rotaract Club of Singapore to inform members of Project Kamleang in the Siem Reap area, Cambodia for the education of young girls human trafficking and sexual health. The project will be undertaken by 4 Rotaract Clubs in collaboration with partners such as Rotary Club of Phnom Penh and Angkor Hospital. Rotr Chu Yuan gave the project timelines, education topics and requested for assistance in sponsorships and funding as well.

Meeting Report

22nd Club Meeting for Rotary Year 2021-2022 held on 1.12.2021

OPENING REMARKS

Honorary Secretary Jessica Lim welcomed members to the Club's 22nd meeting and called on Sergeant-at-Arms Rtn Vineet Iyengar who shared the house-keeping meeting rules, before inviting President Louis to chair the meeting.

TOAST

President Louis invited Toastmaster Rtn Jacqueline Koh who called on members to raise a toast to Rotary International.



Rtn Jacqueline Koh

HEARTIEST CONGRATULATIONS!



Rtn Jens Ruebbert

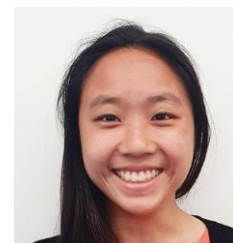
President Louis extended the Club's heartiest congratulations to Rtn Jens Ruebbert who was bestowed with the German Order of Merit, in acknowledgement of contributions towards forging closer ties of Asia's economies with both Germany and the European Union.

Rtn Jens is the President of Singaporean-German Chamber of Commerce.

GUEST SPEAKER: MS HENG YI XIN, FORMER INTERACTOR

TOPIC: INTERACTIONS WITH MY YOUNGER SELF: A TRILOGY

Youth Service Chair Rtn Mukundan A P introduced the Speaker Ms Heng Yi Xin a former Interactor from Hwa Chong Institution Interact Club. Yi Xin is currently doing her Master's in Public Policy at the Lee Kuan Yew School of Public Policy and was on the Dean's List. She won First Place in a Policy Brief Competition at the University of Auckland Public Policy Club and was awarded the Public Service Commission Scholarship in 2015. She is looking forward to joining the Singapore Public Service.



Guest Speaker,
Ms Heng Yi Xin

Yi Xin recounted her journey as a youth who wanted to make an impact. She will share about her formative experiences when she was 15 years old, and how that sent her down the lane of curiosity towards the social service sector. Her years in the Hwa Chong Interact Club gave her the chance to experiment with different ways of serving including with the RDA Singapore and the Club's Stop Hunger Now projects, which she further explored in her gap year at the age of 19. Pursuing her undergraduate studies in the Bachelor of Social Work at The University of Auckland, New Zealand provided her with a front-seat view on the day-to-day functioning of NZ's social system and revealed insights about how to be an effective changemaker.

In his vote of thanks to Yi Xin, Rtn Jeff Rajack who met her when she was an Interactor in 2013/14 and worked together on the Stop Hunger project was delighted to hear of her wide range of experiences in New Zealand and her progress which reflects Rotary's motto of Service Above Self. He added that Yi Xin learnt to be a more effective change maker, whilst keeping cultural sensitivities and he looked forward to her returning to Singapore, ready to make a difference here.

Mark Your Diary

Birthday Celebrants

RC sends best wishes to Birthday celebrants:

PP Tan Chin Ngiap
Senthil Kuppusamy
Rohan Vaswani
HM PP Koh Choon Hui
HM PP Bhagwan Melwani
PP Mansoor Hassanbhai
PP Garry Taylor
Aarti Wadhwa
Frank Pao
Sanjeev Shah

Anniversary

RC sends best wishes to Wedding Anniversary celebrants:

Doulat & Kavita Bhojwani
Bob & Jenny Chien
HM Rewa & Geeta Mirpuri
PP Sajjad & Ruby Akhtar
HM Adam & Roshan Moledina
Paul & Janet Phua
Ivan & Sharon Lew
HM PP Chiang Shih Fang & Liew Chin

Committee Meetings

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

INTERNATIONAL SERVICE:
Thursday, 16 December 2021

YOUTH SERVICE:
Thursday, 23 December 2021

COMMUNITY SERVICE:
Thursday, 6 January 2022

VOCATIONAL SERVICE:
Thursday, 13 January 2022

This Meeting

15 December 2021
From 7.00 to 8.30pm

Speaker: None other than our member, Rtn Suresh Keerthi
Topic: Rotary Membership – Recruitment & Retention

Followed by the Club's Annual General Meeting (for members only)

Next Meeting

22 December 2021
From 7.00 to 8.30pm

Speaker: Prof Tan Cheng Han, Dean of City University of Hong Kong School of Law

Topic: Spirit of Giving

Coming Rotary Events

December

Disease Prevention & Treatment Month

15 Dec – Annual General Meeting (Members Only)

18 Dec – CSC's Food from the Heart

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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