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Stone Laying Foundation Ceremony for IshK Tolaram Eye Hospital in Batu, Indonesia

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– 1.11.23

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the forthcoming events and
Birthday / Anniversary
celebrants and more...

In Focus

IshK Tolaram Foundation Milestone

By: District Governor Nominee (DGN) Dr Shahul Hameed



DGN Dr Shahul Hameed

On 24th October 2023, IshK Tolaram Foundation celebrated a significant milestone with the Foundation Stone Laying Ceremony at the brand new IshK Tolaram Eye Hospital in the city of Batu, East Java, Indonesia. This Hospital, when ready in 2025, will provide free cataract surgeries and eye related treatment to the needy in the area.

The event was covered extensively by the media in Batu, Malang and all the way in Surabaya. Please see below one such article and an English translation.

Many congratulations to our Benefactor and Honorary Member Mohan Vaswani and his son, our Member Rtn Raj Vaswani, for this generous and significant gift to humanity.

It is indeed a dream come true for IshK Tolaram Foundation and its Honourable Chairman "Pak Mohan!"



Honorary Member Mohan & Kawita Vaswani at the stone laying foundation site

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In Focus

Ishk Tolaram Foundation Milestone... *contd.*

Following is the press article's English translation:

FOUNDATION STONE LAYING CEREMONY FOR ISHK TOLARAM EYE CLINIC IN BATU, EAST JAVA, INDONESIA (TUESDAY, 24 OCTOBER 2023)

Kabarjagad.id, Batu City – Concern for eye health in the community, the Ishk Tolaram Foundation and PT Ishk Medica Indonesia collaborated with the Batu City Government to combat blindness in the East Java region, especially in Batu City.

In his opening address, Dr Shahul Hameed, Board Member of the Ishk Tolaram Foundation, mentioned that based on national research conducted by the Ministry of Health in the Rapid Assessment of Avoidable Blindness (RAAB) survey, which took place in 15 provinces in Indonesia between 2013 and 2017, the blindness rate reached 4.4 percent in East Java, especially among those aged 50 and older, with cataracts being the main cause.

"What is even more concerning is that the primary cause of blindness in this region is cataracts, a condition that should be treatable, preventable, and curable, but cataract surgery remains financially out of reach for those who need it," he said. As an organization, the Ishk Tolaram Foundation is committed to empowering individuals to improve their quality of life.

"This is how we strive to provide affordable and quality eye care to reduce preventable blindness in East Java," he added.

Meanwhile, the Secretary of Batu City, Zadim Effisiensi, representing Acting Mayor Aries Agung Paewai, expressed gratitude to all parties who worked hard to establish this eye clinic.

"This is a clear example of strong collaboration between the government, private sector, and the community. We all play an important role in preserving eye health as an integral part of our overall health," he stated. With the existence of this Eye Clinic, the community will have easier access to eye healthcare services.

"May this clinic serve as a foundation for improving health in Batu City," he hoped. Today, on Tuesday (10/24/2023), the laying of the foundation stone marked the beginning of the construction of the Ishk Tolaram Eye Clinic in Pesanggrahan Village, Batu City.

Deputy Program Director of the Ishk Tolaram Foundation, Rahmat Hidayat Setiawan, explained that the plan for the construction of this Eye Clinic on a 3,200 square meter plot of land with four floors, and the clinic is targeted to start operations in 2025.

"The construction of this Eye Clinic on a 3,200 square meter plot of land with four floors is planned, and the clinic is targeted to start operations in 2025 to provide quality eye care to the people of Batu City and the surrounding areas," he said.

Meanwhile, the head of the Health Department of Batu City, Dr Kartika Trisulandari, stated, "In Batu City, the number of eye diseases is not particularly high, but with the presence of this eye healthcare service, it will certainly improve access to healthcare for the people, so when access is easier, people are more assured of their health."

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In Focus

Ishk Tolaram Foundation Milestone... *contd.*

For your information, the Ishk Tolaram Foundation is a philanthropic organization committed to providing access to quality education, healthcare services, and skills training to marginalized individuals in several countries, including Indonesia, Nigeria, and Singapore. In Indonesia, the foundation focuses on healthcare and education initiatives. In collaboration with PT Ishk Medica Indonesia, the laying of the first stone for this eye clinic marks a significant step in the foundation's mission to provide quality eye care to as many Indonesians in need. Ishk Tolaram continues to support cataract surgery social service programs in collaboration with organizations such as the Section for Cataract Prevention of the Indonesian Ophthalmologist Association (SPBK Perdami) and A New Vision (ANV) Indonesia.

To date, more than 700 free cataract surgeries have been performed. Through its activities, the Ishk Tolaram Foundation and PT Ishk Medica Indonesia hope to help reduce preventable cases of blindness in Indonesia, especially in East Java, and enable more Indonesian citizens to become self-reliant, productive, and ultimately improve their quality of life.

The event was also attended by Mr. Mohan Vaswani, the founder of the Ishk Tolaram Foundation, Dewanti Rumpoko, Mayor of Batu City from 2017-2023, Batu City Police Chief AKBP Oskar Syamsuddin, and other guests. During the event, assistance was provided, including Cataract Eye Social Service for 50 Cataract Patients, a collaboration between the Batu City Government, Karsa Husada Hospital, BPJS Kesehatan (Universal Health Coverage), and the Ishk Tolaram Foundation. Additionally, 10 tents were provided for the people of Pesanggrahan Village.



Model of the Ishk Tolaram Eye Clinic

Meeting Report

15th Club Meeting for Rotary Year 2023-20234 held on 1.11.2023.

Opening Remarks

President Dr Chan Siew Luen opened the meeting with a warm welcome to all present and called on Rtn Robert Damjanovic to welcome guests of members and visiting Rotarians as follows:

Welcome of Guests and Visiting Rotarians

Guests:

Speaker, Dr Gowreeson Thevendran

Mrs Irene Henedige, spouse of PP Dr Oliver Henedige

Mrs Seema Shah, spouse of Rtn Sanjeev Shah

Mrs Hannelore Hess, spouse of Rtn Willi Hess

Mrs Kavita Chugani, spouse of Rtn Mohandas Chugani

Ms Ashley Low, daughter of Rtn Jacqueline Koh

Rtn Lai Bou Leong, Executive Director of Foundation of Rotary Clubs Singapore (FRCS)

Ms Estrina Ang, Mr Rajpal Sethi, Ms Selvi Natchiyar, Ms Rochelle Deanna, Ms Grace

Roache, Mr Shaun Roache, Shari, Mr Sam Nair

Visiting Rotarians:

Rtn Shumaila Omar, RC Karachi

Rtn Claireyenne Leuterio, RC Murphy, Philippines

Rtn Daniel Maxwell Jr, RC Monrovia



Rtn Robert Damjanovic

Toast & Exchange of Banners

Toastmaster Rtn Sanjeev Shah invited visiting Rtn Shumaila Omar from Rotary Club (RC) of Karachi to address the Club followed by the toasts to the Karachi club and Rotary International.



From left: President Siew Luen exchanged club banners with Rtn Shumaila (RC Karachi) & Rtn Daniel (RC Monrovia)



President Siew Luen presented a Club banner to Rtn Claireyenne & Rtn Navaneeth exchanged his previous club's banner

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Meeting Report

Proceedings of the 15th Weekly Meeting ... contd.

President's Announcements

- Community Service Committee meeting on 2.11.23 is cancelled in lieu of Service Event for residents of Sree Narayana Mission Nursing Home for a Deepavali celebration on Saturday 4.11.23.
- Members were informed of a challenge received for the post of District Governor for Rotary year 2026-2027. Members voted by show of hands to support the challenge. There were no objections nor abstentions. The District will be informed of the Club's decision accordingly.

What Happened Last Week?



End Polio Now (EPN) Drive and visit to the Rotary Eye Centre in Johor sponsored by Rotary Club of Pasir Gudang was held on 28.10.23. Rtn Peter Brock (seated 2nd from left) represented our Club.



In conjunction with the Club's Major Project, members took part in the "Home with Horses" session at the Chen Su Lan Methodist Children's Home on 28.10.23

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Meeting Report

Proceedings of the 15th Weekly Meeting ... contd.

B.E.S.T Practice Manual for Community Work

President Siew Luen called on Rtn Sarah-Tabea Sammel who gave a brief sharing on the formation for the Beter Engagement, Safe Together (B.E.S.T.) practice manual due to an incident during the Food from the Heart project. She advised that the key points in this Community Service Guide would cover topics on quick check-list, H&S, travel, project planning and documentation tailored for the Club's use.

ISCOS Award Presentation



Vocational Service Director Vineet Iyengar presented President Siew Luen the Appreciation Award plaque which he collected on behalf of the Club from ISCOS on 20.10.23. President Siew Luen advised that the Club supports ISCOS in its ex-offender rehabilitation programmes.

Induction of New Members

President Siew Luen had the pleasant task of inducting the following three members to the Club:



Jeff Lim Jing Feng

Place of Work: Bluenest Pte Ltd

Position: Co-Founder, CEO

Classification: Real Estate: Agency

Proposer: PP Jimmy Ooi

Mentor: PP Stan Low

Recommended Committee: Youth Service

Former Interactor from Catholic Junior College

Interact Club (sponsored by RCS)

Joined Rotary: 1 Nov 2023

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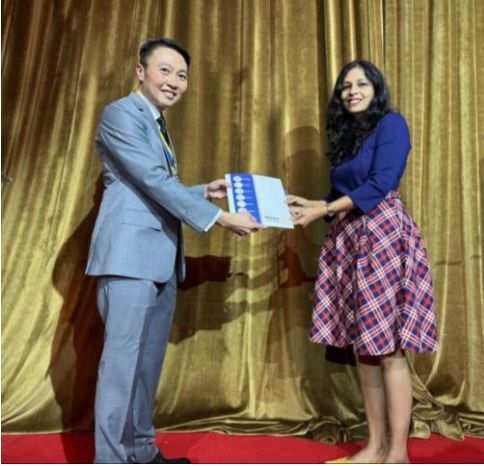
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Meeting Report

Proceedings of the 15th Weekly Meeting ... contd.

Induction of New Members... contd.



Deepa Navaneeth

Place of Work: World Quant

Position: Research Consultant

Classification: Asset Management: Quant Research

Proposer: Rtn Suresh Keerthi

Mentor: IPP James Lee

Recommended Committee: Community Service

Joined Rotary: Charter member Rotary E-Club of Metro

Dynamix, India - Nov 2020-2023, Singapore - 1 Nov 2023



Navaneeth Rajkumar

Place of Work: EastSpring Investment

Position: Assistant Director

Classification: Quant Technology: Asset Management

Proposer: Rtn Suresh Keerthi

Mentor: IPP James Lee

Recommended Committee: International Service

Joined Rotary: Charter member Rotary E-Club of Metro

Dynamix, India - Nov 2020-2023, Singapore - 1 Nov 2023

Installation of 90th President & Board

On behalf of PE Tom Wolf, PP Stan Low called on members to register early for the Club's Installation on **Saturday, 22 June 2024**. He noted that major venues were already booked, however the Club managed to confirm a venue at Capella Singapore, Sentosa Island. However, PP Stan said that the capacity was only for 400 people, therefore, priority would be given to members before registrations are accepted from sister clubs. **(Please refer to page 10 of this bulletin for the Installation registration.)**



PP Stan Low

Foundation of Rotary Clubs Singapore (FRCS) Charity Gala Dinner

FRCS Executive Director Rtn Lai Bou Leong informed members of the charity dinner to be held on 27.11.23 at Fullerton Hotel featuring performance by TENG Ensemble to commemorate the Foundation's 30 years in Singapore. The Guest of Honour is Minister of State Ms Low Yen Ling. Donation tickets are \$500 each or \$5,000 per table. For more information and/or donations, please contact FRCS at tel. no. 6256 1983.

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Meeting Report

Proceedings of the 15th Weekly Meeting ... *contd.*

Guest Speaker Series

Speaker: Dr Gowreeson Thevendran, Orthopaedic Surgeon

Topic: Debunking Myths about Joint Health

To introduce the Guest Speaker, President Siew Luen called upon Rtn Rajan Alwani. Dr Gowreeson is an orthopaedic surgeon practising at Island Orthopaedics. His subspecialty interests are foot and ankle surgery, trauma/fracture surgery and the treatment of lower extremity sports injuries and is skilled in minimally invasive foot and ankle surgery. He studied medicine at the University of Bristol, England on a full scholarship by the Public Services Department.

Dr Gowreeson's talk gave an improved understanding of joint biomechanics, injury patterns and genetic predispositions, noting that with an aging society and healthy lifestyle appreciation might lead to more sports-related injuries. However, the focus of Dr Gowreeson's talk was to debunk common joint health myths which patients would usually put forward to him.



Speaker, Dr Gowreeson Thevendran



Dr Gowreeson receives the Club's tokens of appreciation from President Dr Chan Siew Luen and DGE Dr Yap Lip Kee (extreme left)

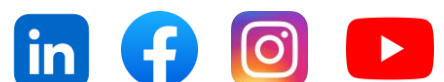
First of which was when seeing an orthopaedic surgeon, would mean that surgery would be required. Mr Gowreeson advised his role as an orthopaedic surgeon was holistic, working with other medical specialists. He added that only 10% to 15% of patients would actually need surgery. The second myth debunked by Dr Gowreeson was "Calcium supplements are essential" and explained the relationships between Vitamin D and musculoskeletal health. Another myth was regarding ankle sprains and its seriousness; Dr Gowreeson advised on such various injuries and management of ankle sprains. The last myth which Dr Gowreeson highlighted was on bare-foot running, and he concluded that there was limited scientific evidence to support minimalist running in terms of injury prevention and health related outcomes of peak performances.

To extend the Club's vote of thanks, President Siew Luen called on District Governor Elect (DGE) Dr Yap Lip Kee who warmly thanked Dr Gowreeson for his informative talk and invited him to receive the Club's tokens of appreciation.

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Mark Your Diary

Birthday Celebrants

RCS sends Birthday greetings to celebrants:

Vijay Krishnamurthy for 7 Nov
PP Alan Tan for 11 Nov
Louisa Lee also for 11 Nov



Wedding Anniversary Celebrants

RCS sends best wishes to Wedding Anniversary celebrants:

VP Ronald & Joyce Wong for 8 Nov
Shankar & Padmaja Tolety for 10 Nov
Sudhir & Monika Tiku for 10 Nov
Chong Zhi Cheng & Lulu for 11 Nov



This Meeting

**8 November 2023
Deepavali Dinner Party**

Speaker: Mr Abhra Bhattacharjee,
Development Director & Head of
Foundation, Tanglin Trust School

Topic: A lighter look at Diwali

Next Meeting

**15 November 2023
Lunch Meeting @ Tanglin Club**

Speaker: Mr Mukesh Dave,
Founder & CIO of Aravali Asset
Management

Topic: Investing in a Geopolitically
Unstable World

Coming Rotary Events

**October – Economic &
Community Development Month**
**November – Rotary Foundation
Month**

8 Nov – Deepavali Dinner Party,
Churchill Room, Tanglin Club

15 Nov – 2nd Lunch Meeting

**December – Disease Prevention
and Treatment Month**

15 Dec – Christmas Celebration at
Hon. Member Mohan & Kawita
Vaswani's residence

**January – Vocational Service
Month**

**February – Peacebuilding and
Conflict Prevention Month**

23 Feb – World Understanding &
Peace Day / Rotary's anniversary.

**March – Water, Sanitation, and
Hygiene Month**

7-10 Mar – District Training Assembly
@ Johor Bahru

29 Mar – Swimmarathon

April – Environmental Month

May – Youth Service Month

17-19 May – 33rd District Conference
@ Kuching

25-29 May – Rotary International
Convention, Singapore

27 May – Host Hospitality Night

June – Rotary Fellowships Month

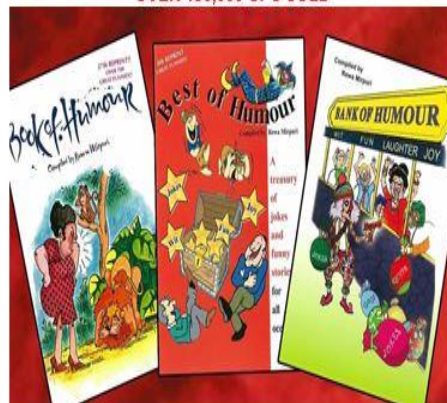
22 Jun – Installation of the 90th
President & Board of Directors

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Register Early

Rotary Club of Singapore

CREATE HOPE in the WORLD

INSTALLATION OF 90TH PRESIDENT & BOARD

————— JUNE —————
 Saturday 22nd at 6:30 pm
 ————— 2024 —————

Capella Singapore, 1 The Knolls, Sentosa Island,
 Singapore 098297

Dress Code
Black Tie (1930 Great Gatsby)

SCAN TO REGISTER AND PAY FOR 90TH INSTALLATION DINNER (22 JUNE 2024)
 UEN No. S61SS0037C

Early Bird **\$198/pax**
 (Till Christmas Day)

Regular Price **\$238/pax**

This registration is only for Rotarians of the Rotary Club of Singapore or by invitation only.

To enjoy the early bird discount, please register before 24 December 2023 using the following link:
<https://forms.gle/qg8rSsJC1Ub5Evv49>

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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:

1. Have I spent some time in self-examination?
2. Have I spent quality time with my family?
3. Have I given my best to my work?
4. Have I given some time to someone near and far?

The Guide, in fact, encompasses the 4 parts of the Object of Rotary.

BOARD OF DIRECTORS 2023/2024

President	Chan Siew Luen
Immediate Past President	James Lee
President Elect	Tom Wolf
Vice President	Frank Pao
Vice President	Ronald Wong
Hon. Secretary (Administration)	Suzanne Ng
Hon. Treasurer (Finance)	Keizo Fujitake
Community Service Committee (CSC) Director	Sonali Sinha
Vocational Service Committee (VSC) Director	Vineet Iyengar
International Service Committee (ISC) Director	Rupesh Agrawal
Youth Service Committee (YSC) Director	Louisa Lee
Director of Environment	Suresh Hathiramani
Director of Technology	Lionel Otsuka
Director of Meetings & Conventions	Raj Kumar
Public Image & Public Relations Director	Ong Ting Yong
Major Project Chair	Pauline Teo
The Rotary Foundation (TRF) Director	Ankit Khandelwal
Membership Director	Sean Leas
Sergeant-at-Arms	Don Chen
Sergeant-at-Arms	Priveen Suraj

