

# Rotary CROSSROADS

by Rotary Club of Singapore

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Founded on 6 June 1930 I Proud of our Heritage, Committed to our Future Lifetime Achievement Award Winner for 'Best Bulletin in District 3310'



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# SNM Care Center Visit



On October 22, we had the pleasure of visiting the SMM Care Center, where we observed a Laughter Yoga session with their coordinator, Revathi. She introduced us to many of the participants, and we quickly felt the warmth and enthusiasm that filled the room.

Laughter Yoga was in full swing, with seniors laughing, connecting, and sharing joyful moments. For many participants who live alone and have limited social interaction, these sessions provide a unique opportunity to bond, release stress, and stay active. We were moved by how eagerly they embraced both the laughter exercises and the dancing, which is also part of the Laughter Yoga routine. The energy was infectious, and it was heartwarming to witness the joy that radiated from each participant.

After the session, we spoke with a few seniors who shared just how much they look forward to their weekly gatherings. The sessions are always fully booked, and they never miss a Tuesday, as it brings them a sense of community and happiness.



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# Diwali Celebration



Rotary

DIWALI CELEBRATION 2024 Embracing the Festival of Lights with Style BEST DRESSED MALE

For embodying the essence of Diwali with your remarkable style and traditional attire, bringing festivity to life.

With compliments from The Rotary Club of Singapore 23rd October 2024 Rotary Club of Singapore

DIWALI CELEBRATION 2024 Embracing the Festival of Lights with Style BEST DRESSED FEMALE

For capturing the spirit of Diwali with your graceful and vibrant attire, shining brightly at our celebration.

With compliments from The Rotary Club of Singapore 23rd October 2024



## **ROTARY TOASTS**

By Director Subhash Pritmani

Kyoto Rakusai Rotary Club&Rotary International





## WELCOME OF GUEST

By Debasree Chakrabarti



## **EXCHANGE OF BANNERS**



ISC Director on behalf of **RC Malang Central and RC Linkou Taiwan** 

## PERFORMANCE







### **SHARING BY HM UTTAM**



## **BEST DRESSED AWARD**



**Best Dressed Male** 

Best Dressed Female Rtn Sissi Goh





## **SPECIAL THANKS**

President Tom would like to give thanks to the following Rotarians who have contributed to a successful Deepavali Event.

- · Director of Meeting and Events Ong Ting Yong, for coordinating the event.
- $\cdot\,$  Director of Raj and his team Anthony for supporting and hosting the event.
- $\cdot\,$  HM Joseph Chia for booking the venue.
- $\cdot\,$  HM Uttam for sharing more about Deepavali.
- $\cdot\,$  Hon. Treasurer Ankit and Linda for supporting the event.



# YSC Meeting

The 4<sup>th</sup> Youth Service Committee (YSC) meeting took place on October 24<sup>th</sup>, featuring a series of engaging presentations and collaborative discussions.

The meeting commenced with opening addresses from members of ICC and BGEIC. Their insights set a positive tone for the event and highlighted the importance of collaboration in youth service initiatives.

Following these addresses, representatives from the Interact Club presented the HVCC Community Library Learning Attachment Programme. This innovative program aims to provide training and mentorship to participants in small groups, specifically designed for Interactors and Rotaractors. The tentative duration for this training initiative is set for two years, during which participants will develop essential skills and knowledge. After completing the training, they will be encouraged to take on specific tasks and responsibilities within the community, fostering a sense of ownership and commitment.

The meeting also featured an exchange session, allowing members to share ideas, experiences, and best practices. The meeting concluded with updates from the YSC, summarizing key points and outlining the next steps for upcoming initiatives. Overall, the meeting was a resounding success, reflecting the dedication and enthusiasm of all participants in advancing youth service projects.











# Sree Narayana Mission (Little India)

#### **Rtn Director Raj:**

#### YOUNG PEOPLE SERVED FOOD TO THE ELDERLY.

Some elderly people from Sri Narayana Mission Nursing Home visited Little India with the volunteers, had a fun time.

Last Saturday (October 26) 15 elderly people who use wheelchairs were treated warmly by volunteers from the Rotary Club by serving a banana meal at Little India Arcade.

Later, they all went through the vibrant Little India bazaar area , soaked in the atmosphere and ended the day in the Indian heritage centre . Among the elders, Indians as well as non-Indians learned about Indian cultural aspects.

At the end of the tour, gift bags containing various goodies were given to the housemates. Radhika Pandiraj, 60, who has been staying at Sri Narayana Mission Nursing Home for many years, said that she was happy to participate in the event which was memorable to her .

Rotary Club of Singapore , which has more than 200 members, organizes such charitable activities during major festive seasons in Singapore, said Rajkumar Perumal, member of the Rotary Club's community service committee .

"Rotary wants to serve more people in the coming years. We warmly welcome those who want to do community work to join us," he said

- 1) Young volunteers serve banana leaf treats to the elderly at the 'Banana Leaf Apollo' restaurant branch in Little India Arcade.
- 2) Residents of Sri Narayana Mission Care Homes gather in front of the Indian Heritage Centre.
- 3) Rotary club of Singapore volunteers

https://www.tamilmurasu.com.sg/singapore/wheelchair-bound-elders-sree-narayana-mission-served-food-youths-rotary-club

Home > சிங்கப்பூர் > முதியோருக்கு உணவு பரிமாறி, சுற்றுலாவுக்கு அழைத்த இளையர்கள்

#### முதியோருக்கு உணவு பரிமாறி, சுற்றுலாவுக்கு அழைத்த இளையர்கள்





லிட்டில் இந்தியா ஆர்க்கெட்டிலுள்ள 'பனானா லீஃப் அப்போல்லோ' உணவகக் கிளையில் முதியோருக்கு வாழையிலை விருந்துணவைப் பரிமாறும் இளையர்கள். **படம்: ரோட்டரி மன்றம்** 









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## VSC Vocational Visit



#### **Rtn Director Raj:**

On Sunday, 27 October 2024, there was VSC



vocational visit to Aidha's campus in Rochester Park. Aidha is a charitable organisation that helps migrant domestic workers achieve economic independence through financial and business education. The visit was held during Aidha's Graduation Business and Financial Plan competition finals, which is a prelude to their 2024 Graduation Ceremony on 10 November. VSC members attended the competition finals and had a tour of Aidha's student facilities, including classrooms and working space.

Rtn Denis, Grace, Eva Lee, Shaun, Sylvia and VJ participated the activity.





## **The Four-Way Test**

Of the things we think, say or do:

01. Is it the **TRUTH**?

02. Is it **FAIR** to all concerned?

03. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?

04. 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.

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