



Rotary CROSSROADS

by Rotary Club of Singapore

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



RC Singapore and RC Belur: Sister Club visit in Kolkata,
with the presence of DGE D3291 West Bengal.

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Rotaract Clubs of Singapore and NTU Celebrate World Rotaract Week with Inspiring Leadership Series

Correspondent: Rtn Jacqueline Koh

On 14 March 2025, the Rotaract Clubs of Singapore and NTU marked World Rotaract Week by hosting an enlightening leadership speaker series, convening young professionals and students for an evening of professional development and inspiration. The event featured three accomplished Rotarians from the Rotary Club of Singapore, each offering unique perspectives on career advancement, effective leadership, and community service.



Distinguished Speakers and Their Insights:

1. Rotarian Jacqueline – Corporate Benefits & Private Wealth Advisor; Rotarian Advisor to Rotaract Club of Singapore

With over two decades of experience in financial services, Jacqueline shared her professional evolution from Prudential Financial Services Consultant to founder of Zenith Alliance, specialising in corporate benefits and wealth management. Her presentation centered on:

- Purpose-Oriented Career Development: Advocating for careers that balance personal fulfillment with societal contribution
- Strategic Financial Planning: The importance of financial literacy in achieving both professional and personal goals

- Sustainable Networking: Building meaningful, long-term professional relationships
- Community Empowerment: Highlighting her "Business Digital Playbook" initiative to support SME recovery through digital transformation during pandemic.

2. Rotarian Sonali Sinha – Leadership Development Expert, M&A Specialist; Rotary Club of Singapore President-Elect

The former investment banker turned leadership coach presented her innovative approach to career development:

- Personalized Success Metrics: Challenging conventional definitions of achievement
- Career Flexibility: The value of adapting to changing professional landscapes
- 4-Step Career Development Model:
 - * Introspective assessment of personal drivers
 - * Broad-based industry exploration
 - * Strategic relationship cultivation
 - * Courageous pursuit of opportunities

3. Rotarian Tom Wolf – Technology Entrepreneur, Investment Professional; Rotary Club of Singapore President

The tech innovator and Rotary leader shared his philosophy of service-oriented leadership:

- Servant Leadership Principles: The Rotary ethos of "Service Above Self"
- High-Performance Team Building: Strategies for assembling and leading exceptional teams
- Industry Innovation: Case studies of digital transformation in construction through AI integration
- Ethical Decision-Making: Applying Rotary's Four-Way Test in professional contexts



Key Event Takeaways:

The speaker series provided attendees with:

- Actionable frameworks for career planning and professional growth
- Practical insights into balancing personal ambition with community impact
- Proven strategies for developing leadership capabilities
- Inspiration to pursue meaningful work that creates societal value

This World Rotaract Week event successfully reinforced the powerful synergy between professional excellence and community service, demonstrating how today's emerging leaders can achieve both personal success and meaningful social impact through the Rotary philosophy of service leadership.



Event was followed with networking with Rotarians from Rotary Club of Singapore and Rotarians guests from Rotary Club of Tanglin, Rotary Club of Singapore West and Richmond Sunset, a Canada.



Calcutta Trip

By Rtn Deepa Navaneeth :

1. ROTARY VIVEKANANDA SCHOOL VISIT

The **Rotary Club of Singapore**, in collaboration with **Rotary Calcutta Metro South** and **Rotary Calcutta Mahanagar**, visited **Rotary Vivekananda School** on **March 21st, 2025** with a deep commitment to providing a nurturing environment that fosters academic growth and shapes future leaders among students from marginalized families.

As we arrived, we were met with a **heartwarming welcome**—the rhythmic beats of **traditional drums** filled the air, and bright-eyed students eagerly came forward, presenting us with **beautiful handmade paper art** they had crafted with love. Their excitement and joy were truly touching, a reflection of the hope and aspirations that this school nurtures every day.

The **Rotary Vivekananda School** currently serves **513 students** from **Prep 1 to Class 6**, operating in both morning and day shifts. The school is equipped with **well-ventilated classrooms, Audio-Visual E-Learning facilities, a dedicated and well-trained faculty, a vibrant play area, and art classes**. Additionally, students receive **fully cooked mid-day meals, school uniforms, shoes, school bags, and stationery—completely free of charge**. The school is not just funded by Rotary but also run by Rotary.

The visit was made even more special by the presence of **Shekhar Mehta**, Past President of **Rotary International (2021-22)** from Rotary Club of **Calcutta-Mahanagar, West Bengal, India**. **President Tom, DGE Shahul**, and PP Tapan Rao and other members from **RCS** met with members of **RC Calcutta-Mahanagar** to discuss the status and impact of the project and **explore opportunities to expand the school to higher grades**.



Shekhar Mehta - Past President of Rotary International (2021-22) with **RCS President Tom Wolf**



Thanking the man who generously donated his 1.6 acre land to build a school



First lady Yvonne with PE Sonali taking a Tuk Tuk ride to the interior of the school in the Kultali Village.



Students presented the RCS members with beautiful handmade paper art in the Kultali Village.



2. ROTARY JOYNAGAR EYE HOSPITAL VISIT:

During our visit to Rotary Joynagar Eye Hospital (**RJEH**), we received a warm welcome from **RC Chowringhee** and **RC Ubis**. The hospital has been a beacon of hope, providing essential eye care and cataract surgery to underprivileged individuals in the remote villages of the Sundarbans region.

With a mission to restore vision and improve lives, RJEH has conducted approximately **5,000 cataract surgeries** and provides eye care treatment to nearly 30,000 people every year. Their unwavering dedication to serving the helpless is truly inspiring, and we were honored to witness the impact of their work firsthand.

The mission was to achieve a **value-oriented, sustainable society** with the ultimate goal of "**RIGHT TO SIGHT**," driven by a deep desire to reach the **isolated and inaccessible villages** of the Sundarbans region to **facilitate the eradication of blindness**.





In West Bengal, "**Kemonacho**" (কমেন আছো) is a Bengali phrase that means "**How are you?**" It is a common way to greet someone and ask about their well-being !



The Rotary Fellowship at the Royal China Lounge Bar, hosted by RC Kolkata Chowringhee on March 21th, 2025, featured a banner exchange and a delightful dinner, making it a memorable evening of camaraderie.

3 . ROTARY HOOGLY HOSPITAL VISITT:

RCS, in collaboration with RC Hooghly, has been instrumental in the development of the Rotary Hooghly Eye Hospital in Mithapukur. This partnership has enabled the hospital to provide advanced treatments and surgeries for cataracts, retina issues, and glaucoma, supported by state-of-the-art equipment.

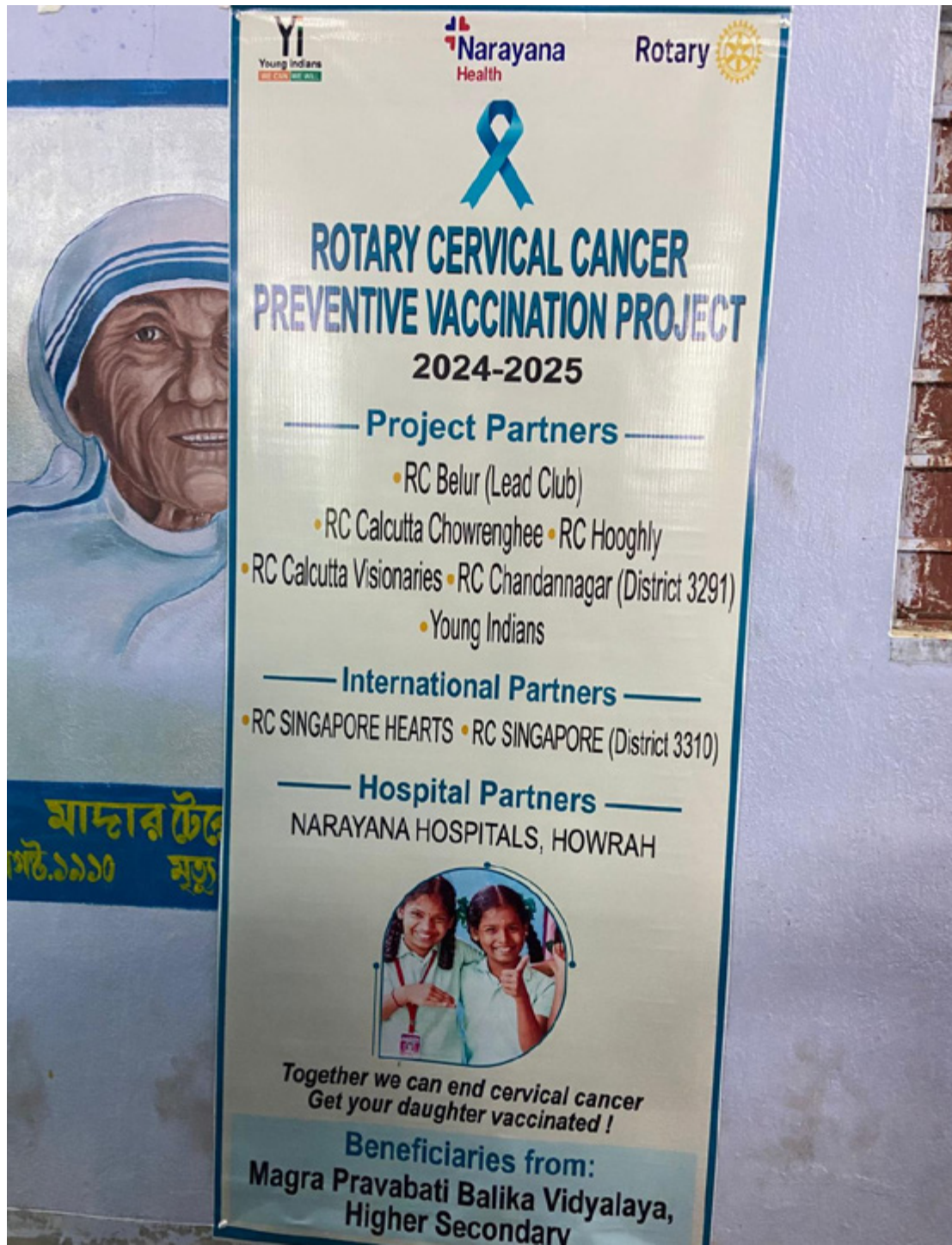


A sincere thanks to President Tom, DGE Shahul and PP Tapan Rao for their efforts in making this project a success.



4 . CERVICAL CANCER VACCINATION VISIT

The Rotary Club of Singapore, serving as the international host, along with local project hosts RC Belur and RC Chowringhee, has been actively involved in a global grant project aimed at **vaccinating young girls aged 8 to 14 to prevent the onset of cervical cancer**. Our members had the privilege of visiting Magra Balika Vidyalaya Secondary School in Howrah and witnessing the girls receiving their vaccinations during the camp.



5. DIALYSIS CENTER VISIT:

During our surprise visit to the **Rotary Calcutta Mahanagar Dialysis Center**, we had the opportunity to observe the facility's operations firsthand. We inspected the advanced German-made dialysis machines, which play a crucial role in providing **life-saving treatment to patients with kidney ailments**. Additionally, we examined the filtration system, which ensures the highest standards of water purity for dialysis procedures. This visit allowed us to gain valuable insights into the center's efficiency, patient care standards, and the impact of Rotary's contributions in enhancing healthcare services.



Dialysis Machines

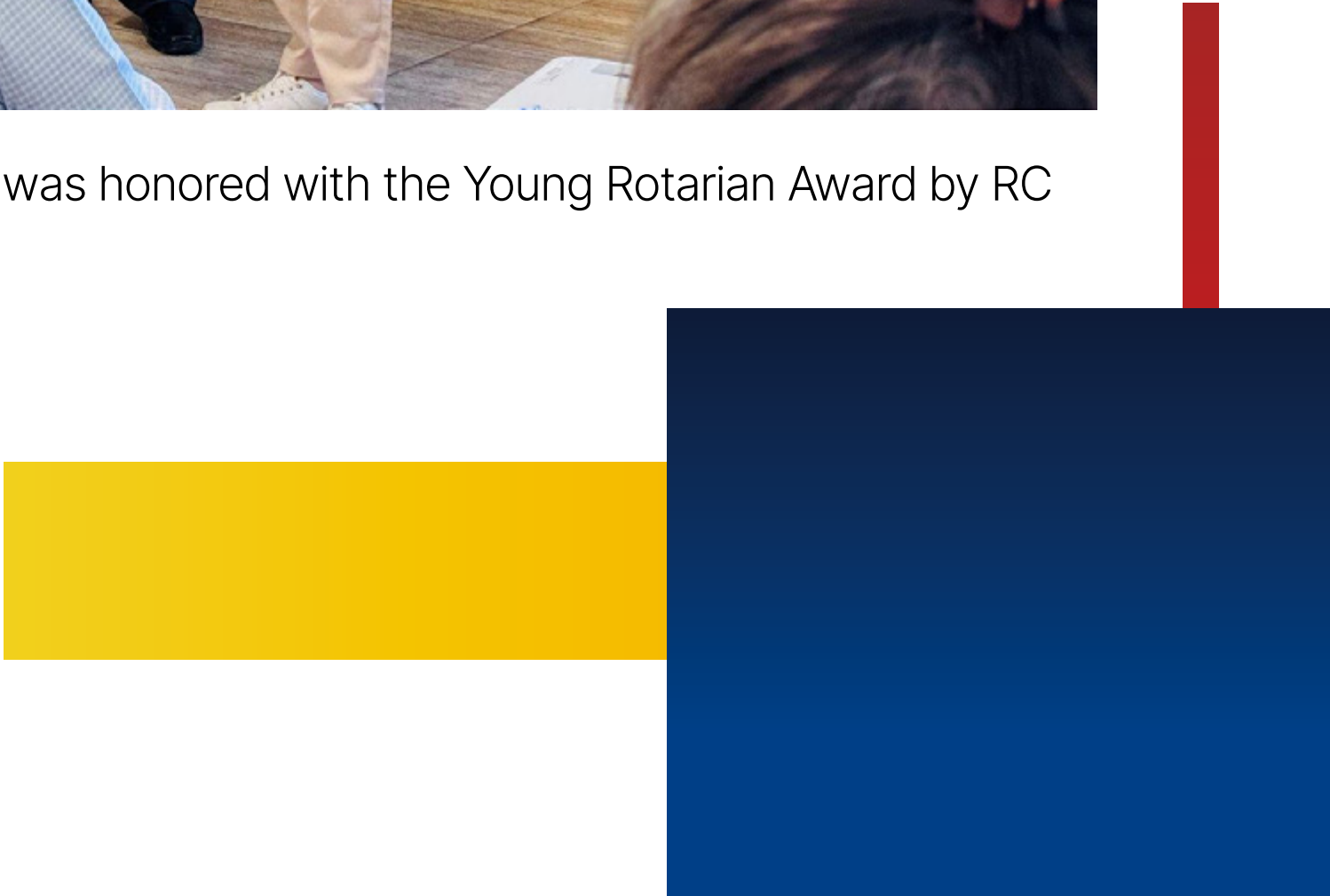
6. RC BELUR FELLOWSHIP EVENT



An evening of Fellowship with a vibrant club in Kolkata - RC Belur



Rtn. Ong Ting Yong, our Project Coordinator, was honored with the Young Rotarian Award by RC Belur President Anand.



7. RC CALCUTTA CANCER DETECTION MOBILE UNIT:

The Global Grant Project GG 2459982 supports the Rotary Cancer Screening for Women on Wheels, a mobile unit equipped with nine advanced cancer screening machines. This initiative enables early cancer detection by bringing screening services to remote areas of Kolkata, ensuring access to critical healthcare for underserved communities.



The chief doctor at Netaji Subhas Chandra Bose Cancer Hospital demonstrated an advanced machine used for cancer treatment, utilizing a breathing technique where the patient holds their breath to enhance precision.



Advanced Machine used for Cancer Treatment using breathing technique

8. RC CALCUTTA MEGA CITY FELLOWSHIP EVENT:

RCS members were warmly hosted by **Anirudha Roy Chowdhury, Rotary International Director 2023-25**, from RC Calcutta Mega City, a vibrant and dynamic club. The evening featured an authentic Bengali cuisine dinner and a wonderful time of fellowship. During the event, DGE Shahul was honored for **RCS's involvement in the Global Grant project**, recognizing his leadership as **RCS's Global Grant Head** in driving this impactful initiative.



Anirudha Roy Chowdhury, Rotary International Director 2023-25, passionately briefs RCS members about the various impactful projects undertaken by RC Calcutta Mega City. He expressed his gratitude for RCS's involvement in the Global Grant project, acknowledging the valuable contributions to the initiative.

9. ROTARY ASODHARON SAMMAN 2025:

RCS members were warmly hosted Rotary Club of Singapore (RCS) attended the Rotary Asadharon Samman 2025 on March 23rd 2025, the annual Vocational Service Excellence Awards organized by RC Calcutta.

The event recognized 14 outstanding individuals and organizations for their impactful contributions in fields such as autism support, environmental conservation, and sports development.

A key highlight was the presence of the **chief guest - Alokanda Roy**, a remarkable woman who has been using **dance therapy to rehabilitate jail inmates**, demonstrating an innovative approach to social service.

RCS was honored to witness and support this celebration of vocational excellence and community service.



Chief guest - Alokanda Roy



The 27th Club Meeting

WELCOME OF GUEST

By Rtn Rajesh Prabhakaran



ROTARY TOASTS

By Rtn Hayden Hughes

TO Rotary International



EXCHANGE OF BANNERS



Rtn Hans Schimmelmann
from RC Marbella East



Chairman of Eu Yan Sang International Ltd.

Mr. Richard Eu

My Personal Journey In Understanding Traditional Chinese Medicine

Unlike Western medicine, which primarily focuses on treating symptoms, Traditional Chinese Medicine (TCM) adopts a holistic approach, aiming to balance the body's energy, or Qi, and harmonize the Yin-Yang forces. What is the charm of Traditional Chinese Medicine? How can ancient wisdom be blended with modern scientific advancements today ? Mr. Richard Eu will talk about this lifelong learning experience on this ancient healing art and its role in achieving preventive care, balance, and harmony.

By Rtn Chong Zhi Cheng:

MR RICHARD EU’S TALK ON “MY PERSONAL JOURNEY IN UNDERSTANDING TRADITIONAL CHINESE MEDICINE”

At our Club meeting on 26 March 2025 at the Raffles Hotel, we were privileged to host Mr Richard Eu, Chairman of Eu Yan Sang International, who gave a deeply insightful and personal talk titled “My Personal Journey in Understanding Traditional Chinese Medicine.” The presentation was divided into two parts and guided us through the philosophical foundations of Traditional Chinese Medicine (TCM) and the fascinating history of the Eu Yan Sang company.

In the first half, Mr Eu walked us through key concepts in TCM, starting with the Theory of the Five Elements—Wood, Fire, Earth, Metal, and Water—and their interconnectedness in understanding the body’s functions and imbalances. He explained the characteristics of Yin and Yang, the duality that underpins TCM thought, and how balance between these forces is essential to health. We also learned about the four diagnostic methods in TCM: questioning, inspection, listening and smelling, and pulse-taking.

Mr Eu elaborated on TCM treatment modalities such as acupuncture, Chinese herbology, tuina (therapeutic massage), moxibustion, and cupping, while also highlighting the emerging concept of “One Medicine”—a convergence of conventional and alternative medical practices. He shared how modern integrative approaches are making room for TCM within broader health and wellness paradigms, especially as patients become more open to holistic care.

The second part of Mr Eu’s talk delved into the legacy and evolution of Eu Yan Sang. He emphasised the company’s core values: Tradition, Trust, and Innovation. We were treated to a historical overview beginning with the founding patriarch, Eu Kong, in the late 19th century, who first established medical halls to serve Chinese communities in Malaya.

Mr Eu recounted the achievements of the second-generation leader, Eu Tong Sen, who expanded the business empire across Southeast Asia, and then spoke candidly about the disintegration of the family business in the third generation, largely due to succession complications among thirteen sons. The fourth generation saw a period of consolidation, which Mr Eu himself played a part in, eventually leading to a revitalised and modernised Eu Yan Sang.

He concluded by sharing how the company has transitioned through different phases of ownership and management, from being publicly listed to being taken private again, and how it continues to operate today—staying true to its heritage while embracing innovation and science.

Mr Eu’s talk was both educational and personal, blending ancient wisdom with modern entrepreneurship. It was a rare opportunity to hear from a business leader whose journey embodies the intersection of culture, health, and business legacy.



VOTE OF THANKS
Rtn Jacqueline

Self-care and compassion in the IWD month 2025

Crossroads Article by Sarah-Tabea Sammel

31 March 2025

"There is a stubbornness about me that never can bear to be frightened at the will of others. My courage always rises at every attempt to intimidate me."

— Jane Austen

What does it mean for a woman to take care of herself?

On the vibrant evening of March 28, 2025, more than 70 enthusiastic guests gathered for a remarkable dinner organized by the Rotary Club of Singapore to commemorate International Women's Day (IWD). It was an occasion brimming with camaraderie, empowerment, and impactful conversations, where representatives from all 23 Rotary clubs in Singapore united to celebrate women's accomplishments and discuss the vital theme of self-care.

At the helm of the event was Ms. Perlita Tiro, the District 3310 Chair for Women Empowerment and the first female President of the Rotary Club of Singapore (2014/2015). Her passion for uplifting women was palpable, setting the stage for an evening that aimed to inspire and ignite the spirit of self-improvement in all attendees.

The night's highlight was a fireside chat featuring a dynamic lineup of guest speakers, each bringing their unique perspectives on the importance of self-care and self-compassion, moderated by the Rotary Club of Singapore's Pauline Teo, a self-made global entrepreneur and mother who teaches other women how to be financially independent.

Akane Gushiken from Peak 360 kicked things off with a reminder about the significance of health. She encouraged attendees to take a purposeful pause in their busy lives, emphasizing that growth often comes from reflection and self-awareness. Her insights resonated, reminding everyone that taking a step back is sometimes the best move forward.

Next up was Jaslyn Ng from Prudential, who shared her career journey and the tough choices she made along the way. While acknowledging that a fulfilling career is essential for financial stability, she passionately expressed that time with family is truly priceless. Her personal story about prioritizing her daughter over career aspirations struck a chord with many, illustrating that success for women still means making a choice between career and family.

The evening concluded with Carrie Gill, a partner at Harry Elias. She highlighted the often- overlooked emotional struggles women face, particularly in managing relationships. Her candid discussion on the importance of focusing on oneself to prevent burnout in partnerships was a wake-up call for many, emphasizing that self-love is crucial for maintaining healthy connections with others.

Beyond the empowering discussions, the event also had a philanthropic spirit. Rtn Ira Mehra from the Rotary Club of Singapore provided an inspiring and engrossing sharing session on Gladiolus, a commendable non-profit organization that will receive excess funds from the event and is dedicated to providing shelter and support for disadvantaged girls aged 7-21 who have faced abuse or neglect. This commitment to uplift the most vulnerable in our society embodies the true essence of empowerment and community support.

As the evening wrapped up, it was clear that the Rotary Club of Singapore not only celebrated women’s contributions but also sparked vital conversations about taking care of oneself. This gathering was a reminder that when women uplift each other, the ripple effects are profound, creating a community where everyone can thrive.

The story that "she can do it all" is a myth. It's a path to burnout paved with self-suppression narratives. But together, we can do more. Here’s to women nurturing themselves, embracing their journeys, and standing tall against any odds – and whatever being a woman means to any one of us beyond the gender divide as we break down those barriers for good.



Member Satisfaction Survey

As we work towards the milestone of 100 years of the Rotary Club of Singapore in 2030, we seek your input in helping us be the best possible version of ourselves. Member opinions have always been the cornerstone of our club's strength and resilience.

Please answer a short survey with 16 questions, including open-ended sections. The survey is anonymous.

<https://www.jotform.com/form/250544733222450>

The survey is open for 2 weeks, closing on March 31st.

Your participation, especially in the open-ended questions, will provide value in shaping our club's evolution. Every voice matters in this dialogue about our future.

It ensures our legacy of service continues with renewed relevance and impact for all members.



The Upcoming Events

VOCATIONAL VISIT TO KOKFAH HYDROPONICS FARM

12th April, Saturday

GRAND OPENING OF ROTARY TEEN CHALLENGE STADIUM

19th April, Saturday

Time: 8:30am to 1:30pm

After months of dedication and hard work, RCS is proud to announce the grand opening of RCS's Major Project – RTC Rotary Teen Challenge Football Stadium on 19th April. This year, the Rotary Club of Singapore has partnered with Teen Challenge, a Christian halfway house dedicated to supporting individuals on their journey to recovery from drug-related challenges and supporting underprivileged children in the area.

Through our collective efforts, RCS has successfully raised funds to transform an aging football stadium into the newly named Rotary Teen Challenge Stadium. This revitalized space will serve as a hub for football programs benefiting both the residents of Teen Challenge and underprivileged children in the Tengah estate. The initiative is designed to instill character development and essential life skills, providing a positive environment that keeps participants engaged in meaningful activities and away from negative influences.

To celebrate this joyous occasion, we warmly invite all clubs in District 3310 to join us for this special milestone. Do bring along your family and friends for a fun-filled day featuring carnival games, food, and fellowship as we come together in service and celebration!

To help us better cater for logistics, please register via the QR code in the poster.

Look forward to seeing you there!



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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