

WORLD UNDERSTANDING AND PEACE DAY

23rd February 2024



CONTENT

World Understanding And Peace Day by Michael Yee

A. Messages.

<u>Message from RI Director, Chew Ghim Bok.....</u>	6
<u>Message from District Governor, Dr John Chan.....</u>	8
<u>Message from Organising Chairman, Dr Chan Siew Luen.....</u>	9

B. Rotary Clubs in Singapore - Reports

<u>RC Bugis Junction.....</u>	12
<u>RC Bukit Timah.....</u>	14
<u>RC Changi.....</u>	16
<u>R E-Club 3310.....</u>	19
<u>RC Garden City.....</u>	22
<u>RC Jurong Town.....</u>	26
<u>RC Kampong Gelam (Singapore).....</u>	29
<u>RC Marina City.....</u>	34
<u>RC Novena.....</u>	38
<u>RC Pandan Valley.....</u>	40
<u>RC Peace Builders Singapore.....</u>	42
<u>RC Queenstown.....</u>	51
<u>RC Sentosa.....</u>	53
<u>RC Shenton.....</u>	55
<u>RC Singapore.....</u>	59
<u>RC Singapore East.....</u>	66
<u>RC Singapore Heartlands.....</u>	68
<u>RC Singapore West.....</u>	69
<u>RC Suntec City.....</u>	72
<u>RC Tanjong Pagar.....</u>	74

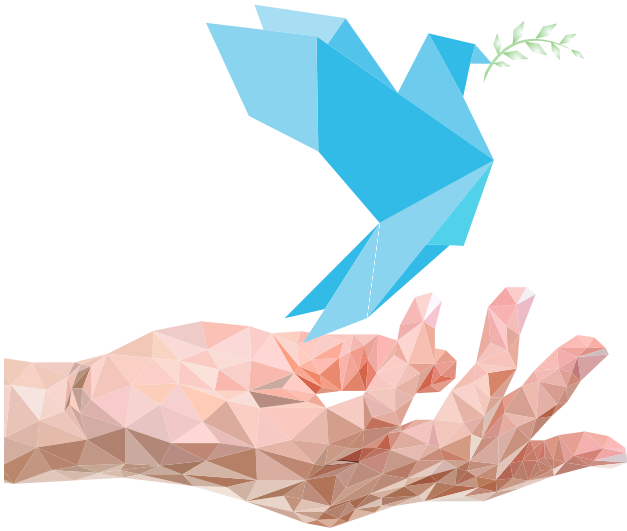
C. Advertisements.....76

D. Acknowledgement.....78

E. Organising Committee.....79

History of Rotary's World Understanding and Peace Day

Michael Yee,
Past District Governor



Rotary started with the vision of one man Paul Harris. The Chicago attorney formed the Rotary Club of Chicago on 23 February 1905 so professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships. He saw Rotary as a force for ethical leadership, civic service, and peace ideals he would promote throughout his life.

Over time, Rotary's reach and vision gradually extended to humanitarian service. Members have a long track record of addressing challenges in their communities and worldwide. Rotary has been creating connections and impacting the world for 118 years. Our 1.2 million members join community leaders, friends, and partners in a global network that addresses challenges worldwide.

To recognize and focus our service, the Rotary International Board of Directors has established World Understanding and Peace Day as a special observance on 23 February yearly to celebrate Rotary's anniversary.

In the 2023-24 Rotary calendar, February 2024 has been designated Peacebuilding and Conflict

Prevention Month. Rotarians worldwide and in our Rotary District 3310, which comprises three countries—Brunei, parts of Malaysia (Johor, Melaka, Sarawak, Sabah), and Singapore—will celebrate Rotary's anniversary on 23 February as World Understanding and Peace Day, following a tradition established many years ago.

Rotary has worked with the United Nations since the organization was founded. Rotary International is a service organization that brings together community leaders, friends, and partners to offer humanitarian services and work toward the goals of goodwill and peace in the world.

It has identified seven philanthropic focus areas, i.e., specific causes to maximize our local and global impact—peacebuilding and conflict prevention; disease prevention and treatment; water, sanitation, and hygiene; maternal and child health; basic education and literacy; community economic development; and protecting the environment.

The seven areas of focus are the causes Rotarians care about. The causes are what animate Rotarians as People of Action. People support causes more than any organization because it gives them a purpose for participating in a cause they care about. People like being involved and engaged in a cause they care about because by changing people's lives, they make a difference in the world, contributing to the overall good in the universe.

We cannot change people's lives without changing ours; it is another benefit of being a Rotarian People of Action. Rotary offers us that opportunity. Rotary having causes it supports gives Rotarians meaning and fulfillment when we render service to the causes, helping people and communities. They help Rotarians, our membership development, our Rotary Foundation (Rotary's charity), our public image, and our humanitarian global grant program for doing good in the world.

Rotary awards fully funded fellowships for dedicated leaders worldwide to study at one of our six peace centers annually. Through academic training, practice, and global networking opportunities, the Rotary Peace Centers program develops the capacity of peace and development professionals to become effective catalysts for peace. The fellowships cover tuition and fees, room and board, round-trip transportation, and internship and field-study expenses.

Since the program began in 2002, the Rotary Peace Centers have trained more than 1,600 peace fellows who now work in over 140 countries. Many serve as leaders in governments, nongovernmental organizations, education and research institutions, peacekeeping and law enforcement agencies, and international organizations like the United Nations and the World Bank.

The Rotary Peace Fellowship is designed for leaders with work experience in peace and development. Our fellows are committed to community and international service and the pursuit of peace. Each year, The Rotary Foundation awards up to 50 fellowships for master's degrees and up to 40 for certificate studies at premier universities.

The Rotary Action Group for Peace was founded in 2012 to support Rotarian peacebuilders and energize Rotary International as a global network of peacebuilders. We believe that all of Rotary's humanitarian efforts relate to positive peace. It serves as a resource to Rotarians, Rotary clubs, and Rotary districts by supporting the peace work of Rotarians worldwide.

What if we start thinking about Rotary as more than a collection of service clubs and thinking of ourselves as a global peacebuilding force? Just imagine Rotarians building a world beyond war. Rotarians spread the message: peace is possible.

“Service Above Self.”



Rotary's PolioPlus program is one of the organization's greatest contributions to humanity, immunizing billions of children worldwide. Rotary International launched a global effort to immunize children against polio in 1985, followed by establishing the Global Polio Eradication Initiative (GPEI) in 1988.

The GPEI is a public-private partnership led by national governments with six core partners—the World Health Organization (WHO), Rotary International, the US Centers for Disease Control and Prevention (CDC), the United Nations Children's Fund (UNICEF), Bill & Melinda Gates Foundation, and Gavi, the vaccine alliance. Its goal is to eradicate polio worldwide.

When the GPEI started, 125 countries were polio-endemic, and the debilitating disease paralyzed more than 1,000 children worldwide daily. Since investing US\$17 billion, nearly three billion children have been immunized against polio thanks to the cooperation of some 200 countries and 20 million volunteers.

As a result, the global incidence of polio has decreased by 99.9% since GPEI's creation. An estimated 16 million people today are walking who would otherwise have been paralyzed by the disease, and more than 1.5 million people are alive whose lives would otherwise have been lost. The task remains to tackle polio in its last few strongholds and eliminate the final 0.1% of polio cases. Wild poliovirus continues to circulate in only two countries—Afghanistan and Pakistan.

There has been success in eradicating certain strains of the virus; of the three types of wild polioviruses (WPVs), the last case of type 2 was reported in 1999, and WHO declared its eradication in September 2015; the most recent case of type 3 dates to November 2012 and WHO declared this strain as globally eradicated in October 2019.

Polio eradication has been Rotary's primary goal for 38 years. Rotary members care about polio eradication and the promise we made long ago to the world's children. Whether hosting an event or a fundraiser, raising awareness of the importance of polio immunization on social media, or making a simple presentation during a meeting, Rotarians are making a difference in eradicating polio.

"Membership of Rotary is thrown open to representatives of all walks of life. To representatives of all countries and all forms of religion," said Rotary's founder, Paul Harris, at the 24th annual Rotary Convention in 1933. "Herein lays the genius of Rotary and the glory of Rotary. The formula of the procedure is simple. While Rotarians differ in many respects, intuitively, they are in perfect accord."

Rotary's motto is "Service Above Self." Rotarians in Singapore will join their fellow Rotarian People of Action worldwide in spreading the optimistic message of goodwill and positive peace as they celebrate Rotary's anniversary on 23 February 2024 as "World Understanding and Peace Day." We will also promote the 2023-24 Rotary International Presidential Theme "Create Hope in the World."



Message from

Chew Ghim Bok
Director 2023-25
Rotary International

Peace has been one of Rotary's top goals almost since the day Paul Harris founded it in 1905. In 1914, the Rotary convention adopted a resolution proposed by the Rotary Club of Hamilton, Ontario, that the International Association of Rotary Clubs (precursor to RI 1912-1922) "lend its influence to the maintenance of peace among the nations of the world."

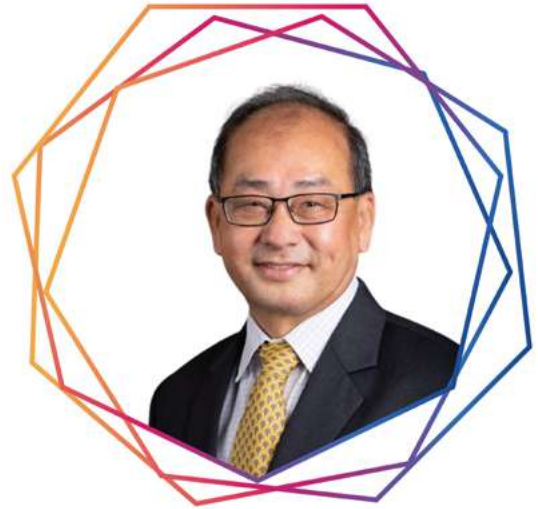
In 1921, with memories of World War I fresh in their minds, delegates to the Rotary International Convention in Edinburgh, Scotland, incorporated into Rotary's constitution the goal "to aid in the advancement of international peace and goodwill through a fellowship of business and professional men of all nations united in the Rotary ideal of service." This became Rotary's Fourth Object.

The International Avenue of Service, one of our 5 avenues of service, exemplifies Rotary's global reach in promoting peace and understanding.

Peace has been the focus of RI Presidential Themes as far back as 1981-1982 when Stanley McCaffrey envisioned "World Understanding and Peace through Rotary". Subsequently Charles Keller in 1987-1988 used "Rotarians – United in Service – Dedicated to Peace". Herbert Brown chose the theme of "Act with Integrity – Serve with Love – Work for Peace" in 1995-1996. And most recently Sakuji Tanaka offered his theme of "Peace Through Service".

Today, over 70 million people are displaced because of conflict, violence, persecution, and human rights violations. Half of them are children.

Rotary refuses to accept conflict as a way of life. Rotary projects provide training that fosters understanding and provides communities with the skills to resolve conflicts. As a humanitarian organization, peace is a cornerstone of our mission. We believe when people work to create peace in their communities, that change can have a global effect.



By carrying out service projects and supporting peace fellowships and scholarships, our members take action to address the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

Our commitment to peacebuilding today answers new challenges: how we can make the greatest possible impact and how we can achieve our vision of lasting change. We are approaching the concept of peace with greater cohesion and inclusivity, broadening the scope of what we mean by peacebuilding, and finding more ways for people to get involved.

Since the program began in 2002, the Rotary Peace Centers have trained more than 1,600 fellows who now work in over 140 countries. Many serve as leaders in governments; NGOs; education and research institutions; peacekeeping and law enforcement agencies; and international organizations like the United Nations and the World Bank.

In 1945, Rotary played a humble part in helping United Nations to frame the new world charter at San Francisco, and subsequently, by our affirmation of our Fourth Object, for translating that charter's principles into world-wide reality.

Today, Rotary holds the highest consultative status offered to a nongovernmental organization by the United Nations' Economic & Social Council, which oversees many specialized UN agencies.

Rotary Day at the United Nations each year celebrates the organisations' shared vision for peace and highlights the critical humanitarian activities that Rotary and United Nations lead around the world.

February is designated as Rotary' Peace and Conflict Prevention / Resolution Month. As we gather here this evening to celebrate Rotary's World Understanding and Peace Day, our commitment to promote peace through service remains.



Message from**Dr. John Chan**
District Governor 2023-24
Rotary International District 3310

In celebrating World Understanding and Peace Day on February 23, let us reflect on the remarkable journey that began with Paul Harris's visionary meeting in Chicago. This gathering of like-minded individuals transcended barriers of politics and religion, laying the foundation for Rotary International's commitment to humanitarian service and global peace.

This year's presidential theme, "Create Hope in the World", has driven clubs to carry out many projects and activities which brought lasting change in our communities. The joint effort of Singapore Rotary Clubs led by President Chan Siew Luen in the hosting of World Understanding and Peace Day reflects the commitment of every Rotary member in building bridges, fostering understanding, and working towards a more peaceful world.

Let us, as Rotarians, continue to create hope through our service, extending our hands in friendship and compassion. As we commemorate the legacy of that first transformative meeting, may World Understanding and Peace Day inspire us to redouble our efforts in creating a world where hope prevails, and understanding flourishes.

In the spirit of "Service Above Self," let us celebrate this day with a renewed commitment to creating hope and fostering peace.



Message from

Dr. Chan Siew Luen
Organising Chairman
President 2023-24
Rotary Club of Singapore



It has been a long-standing tradition that the Presidents of all Rotary Clubs in Singapore come together to organize a dinner to commemorate the World Peace and Understanding Day. It was most apt that our predecessors saw this as a platform to build understanding amongst the Rotary Clubs in Singapore. It is only by working together that we gain a better understanding of the culture of each club, our respective strengths and weaknesses, our interests and areas of focus, so that we can be stronger together in serving the needs of the community in Singapore and beyond.

Each Rotary Club is independent, different and yet similar. We are united in the philosophy of Service Above Self but differ in how we pursue Service. Some clubs comprise more elderly members while others may have a more youthful membership. One club is still an all men's club, while others have begun inducting women for more than 20 years. Some clubs have a dominant ethnic group while others are more ethnically diverse. Today, we have 23 Rotary Clubs in Singapore, each with its own distinctive culture, history and plans. The World Understanding and Peace Day Gala Dinner provides an avenue for which clubs can come together to practice the art of understanding and a platform on which to promote peace in the world.

Beyond diversity among Clubs, there is even greater diversity in Rotarians. Rotary being an international organization and Singapore being a cosmopolitan city brings Rotarians from all corners of the world. The Rotary movement is the quintessential example of how people from vastly different walks of life and different parts of the world can come together to serve a common good.

Politics and Religion are potentially divisive topics and Rotarians generally agree to steer clear of these topics in our programmes and meetings. However, world peace is constantly under the threat of being pulled asunder by these forces. Rotary being present in more than 200 countries is a microcosm of the world. Through the Global Grant program, Rotary Clubs from different parts of the world work together to serve unmet needs in the community and through that, to foster better understanding. Our campaign to eradicate poliomyelitis, a debilitating childhood disease, which began in 1979 in the Philippines, has evolved into a global programme that has vaccinated billions of children. Beyond being a public health project, it is a showcase of Rotary's contribution to world peace and understanding by showing how Rotarians of all creeds unite to achieve a common good.

Singapore stands as a testament to the precious gift of peace that many of us have enjoyed for years. Yet, we must not forget that peace is not a given. It requires continuous effort and understanding. As we strive to uplift the disadvantaged and less privileged among us, let us remember that Rotary's mission for world peace and understanding starts with each of us. Let the Rotary spirit be a beacon guiding us towards a future where compassion triumphs over discord, and unity prevails over division. Singapore stands as a testament to the precious gift of peace that many of us have enjoyed for years. Yet, we must not forget that peace is not a given. It requires continuous effort and understanding. As we strive to uplift the disadvantaged and less privileged among us, let us remember that Rotary's mission for world peace and understanding starts with each of us. Let the Rotary spirit be a beacon guiding us towards a future where compassion triumphs over discord, and unity prevails over division.



WORLD UNDERSTANDING AND PEACE DAY 23 February 2024

Programme

Reception & Registration

Welcome and Roll Call of Clubs

Toast to President, Republic of Singapore
Toast to Rotary International
Toast to Guests

Opening Address by Organising Chairman
Dr Chan Siew Luen

Interfaith message
Inter-Religious Organisation, Singapore

Appetiser & Soup

Performance by Saxophonist

Speech by District Governor
Dr John Chan

Speech by Guest of Honour
**Dr Janil Puthucheary, Senior Minister of State
Ministry of Communications & Information
&
Ministry of Health**

Main Course

Performance by Singapore Chinese Dance Theatre

Dessert

Fellowship



Rotary Clubs in Singapore - Reports



ROTARY CLUB OF BUGIS JUNCTION

2023 marks the 26th year Rotary-ITE Student Excellence Award (RISE) has been in place. It is RC-BJ's longest sustaining project, and the club is very proud of it. To date, 289 awardees have been recognised and actively contribute to the country and the community.

It was a time when academic excellence was viewed as the only pathway to success, and the least academically inclined students, typically from lower socio-economic backgrounds, were channelled to technical skills training.

The Charter President of the Rotary Club of Bugis Junction in Singapore was concerned about the impact on these students and, consequently, the workforce. After all, the worker who fixes the nuts and bolts matters as much as the engineer who designs the bridge.

The worker who lays electric cables is as important as the architect who designs the building. CP Allan Yap was adamant that skilled workers should be imbued with a mindset for excellence and high ethical standards, a **'Do It Once, Do It Right'** mindset.

One would not have expected the vision of one Rotarian to have such an endearing impact.

In 1997, Charter President Allan Yap had a thought. Being in the building and construction industry then, he felt strongly that those who physically build structures should be imbued with the right values of quality and excellence. At the same time, he wanted to

Rotary-ITE Student Excellence Award (RISE)



recognise and encourage those students who excel in skills education. He wanted to inculcate a "Do it once, do it right" mindset in school and in the workforce. After all, they form the bedrock of our workforce.

CP Allan Yap's vision led to the birth of the Rotary-ITE Student Excellence Award in 1998. It started at the then Ang Mo Kio campus for 6 deserving students. One year later, the Award was extended to students from all 10 ITE campuses. In 2001 and 2002, 5 Alumni awards were also given each year. In 2005, the 10 campuses were merged to form 3 colleges. Rotary Club of Bugis Junction (RCBJ) continued recognising up to 12 outstanding students, 4 from each college and various disciplines.





Awardees are deserving students who not only excel academically but have also given time and service to the community. Besides, awardees need to demonstrate leadership qualities and exemplary character traits.

From 2013, RCBJ initiated a tea session with award winners. This allows awardees to network with RCBJ members who could potentially be their resource persons as they progress in their future academic pursuits or career choices. It also serves as a conduit for RCBJ members to know each awardee better. Awardees also appreciated the opportunity to learn more about Rotary International and the work Rotarians do worldwide, such as alleviating poverty, raising literacy, and eradicating polio from the face of the earth. Through such exposure, RCBJ hopes awardees will be inspired and spur them to help their fellow human beings in whatever ways possible now and in the future.

Past award winners have been invited to share their experiences since 2014. Such sharing has proven helpful to awardees as they hear from those who were once like them and can now offer advice.

RCBJ will continue to collaborate with ITE on this Award. At the same time, RCBJ hopes to provide a platform for other Rotarians to realise their vision.

“

It is our hope that you, the award recipients, be the inspirations and continue to contribute to the best of your ability to Singapore's society and beyond through your vocations and to live the motto:

Do It Once, Do It Right!

*Charter President Allan Yap
Rotary Club of Bugis Junction*

ROTARY CLUB OF BUKIT TIMAH

Since our founding on Valentine's Day on 14 February 1995, we have carried out many memorable projects, from taking busloads of wheelchair-bound residents of a home to the Botanic Gardens and to see the Christmas light-up at Orchard Road, to helping an aged father, the late Mak Lium, to reunite with his two daughters in their twenties from China, one of whom the former seaman Mak had never met before.

We are very fortunate that some of our trial projects were so successful that they have become our long-term projects.

One of our long-term projects that is still continuing in RY 2023-2024 is the Rummikub project. We introduced the Rummikub game to the participants of the Cavalry Community Care (C3) programme at Potong Pasir Community Club. The Rummikub game is much like the more well-known Scrabble, but uses numbers instead of the English alphabet. Hence there is no language barrier for all players. Rummikub has become a roaring success with the C3 participants who play the game twice a week to help sharpen their sequencing, pattern recognition and planning skills.



Another of our successful long-term projects continuing in RY 2023-2024 is the Chinese Painting project, Implemented jointly with the Eldercare & Caregivers Centre (ECC) of the Foundation of Rotary Clubs of Singapore (FRCS) which serves residents in the Bukit Batok West area. The Project is helmed by our Community Service Director, Rotarian Milan Sule. Milan is a very talented artist who has exhibited her Chinese paintings in China and received accolades for her art works. She is well qualified to conduct the regular weekly Chinese painting classes for the ECC participants. Under Milan's dedicated teaching, the ECC participants attending her classes, many of whom had not taken any painting lessons before, have blossomed and discovered their own talent in Chinese painting. Every week, the participants eagerly wait for the day when Milan will be conducting her Chinese painting class to arrive.





The Senior Fitness Project is another major project that we started in RY 2023-2024 for participants of the FRCS ECC at Bukit Batok West. We engaged qualified fitness instructors and bought the required equipment for conducting the exercise sessions for seniors. This ensures that they will exercise in the correct and safe way. So far, 80 seniors have benefitted from this Project. We strongly believe that doing the appropriate exercises will bring about a “healthy body, healthy mind”.

All our three major projects will also directly, or indirectly, contribute to the mental well being of the participants through social interactions with their peers. By enhancing the participants' mental agility and cognitive skills (Rummikub game), relieving stress through enjoyment of the art of Chinese painting, and improving physical agility with regular exercise movements, all participants in our on-going projects will be aging gracefully in place.



ROTARY CLUB OF CHANGI

MESSAGE FROM ROTARY CLUB OF CHANGI

Happy Birthday to Rotary! I hope that everyone will have a good time in celebrating this event. It is also a time to remind ourselves of our role in promoting peace. As an humanitarian organization, peace is a crucial part of our mission. Our Club has carried out many service projects through the years since our inception in 1988. Today, it is an honor and privilege for me to share only those activities that we have done which are relevant to the promotion of world understanding and peace.

To recapitulate, in 1921 delegates to the Convention in Edinburgh, Scotland, changed the association's constitution to include the goal "to aid in the advancement of international peace and goodwill through a fellowship of business and professional men of all nations united in the Rotary ideal of service". Since then, Rotary continues to promote peace and international understanding. Our Club is happy to be part of this move. The activities mentioned below are to showcase our role in promoting world peace and understanding.

1. SISTER CLUB RELATIONSHIP

In the early days of the formation of our Club, we quickly proceeded to start sister club relationship with RC of Fukaya, Japan; RC of Downtown Manila, Philippines and RC of Sanchung East, Taiwan. We visit each other regularly and we also carry out joint projects from time to time. This include contributions to help victims of typhoon (with RC of Downtown Manila in Sep 2009), Adopt A Scholar Project to fund the costs of tertiary education of needy students and earthquake as well funding of Ambulatory Vehicle, Mobile Rescue Response Vehicle and help in funding Automated External Defibrillators or AED (with RC Sanchung East), etc. Through this interaction and joint effort we get to know each other well.





2. PROJECTS IN MYANMAR

In 2004 we carried out a sanitation project there. In 2017 working with local supporters, we built a 2-storey student hostel for Nyaung Kan Aye Law Ka Chan Thar Pa Ri to cater for orphans in that area.

We also conducted eye-checkup for people living around there. For cataract cases, our Club sponsored the cost of cataract surgery there.

In Mar 2020 we built a new building (class rooms and library) for Nyaung Kan Aye Orphanage and Free Education School.



3. PROJECTS IN CAMBODIA

In Nov 2006 we donated school bags, stationery items, dry food and cash to help Chamkarsleng Primary School and Future Light Orphanage.

In 2024 we partnered with 1-Golf, Lim family and friends to carry out a charity project In Cambodia. Total raised was S\$50,000. The amount raised was used to purchase bicycles, shoes and school bags. The beneficiary was Hun Sen Prek Russey Primary School.



ROTARY E-CLUB 3310



Project Ray of Hope

The Project Ray of Hope aims to reach out to a total of 50 disadvantaged students from low-income families to help them overcome learning and visual difficulties due to Visual Processing Disorder (VPD), also known as Irlen Syndrome. This is part of E-club 3310's continuing efforts in making a difference to the communities we serve by the changing the lives of the target beneficiaries.

Project Scope

The Ray of Hope Project was initiated in November 2021 as a partnership between our Club and the Irlen Dyslexic Clinic operated by very own Rotarian Dr Doris Ang who is a clinical psychologist and specialist Irlen Consultant. We identified Spectra Secondary School and Assumption English School as the pilot sites to kick start the Ray of Hope project.

RC EClub 3310 will raise funds to purchase the coloured filter lenses from the specialist supplier in Australia for up to 50 selected needy students with VPD currently receiving assistance under the Ministry of Education (MOE) Financial Assistance Scheme (FAS). The estimated funding required is SGD 30,000 for purchase of the lenses for about 20 students with VPD in the first year of implementation. About SGD 18,000 is needed annually for the subsequent years to reach the target of 50 beneficiaries.

Rotarian Dr Doris Ang, as the Project Lead, provides her professional clinical services pro bono. She will oversee the specialist VPD screening team in preliminary screening to identify students who are potentially suffering from VPD. She will conduct the in-depth diagnostic consultation to confirm and assess the severity of individual students' VPD to prescribe personalised coloured filter lenses for individual students to correct their vision perception. Once these students' visions are corrected with the use of the coloured lenses, the adverse impact of cumulative learning deficit and overall psychological and physiological well-being resulting from their VPD would be resolved over time.



The Project started with a small group of students of Spectra Secondary School and Assumption English School who were identified by their teachers, based on their learning challenges, as probably suffering from VPD. Dr Doris Ang and other members of the EClub Ray of Hope Project team met the shortlisted students and their parents together with the teachers to share on what VPD means to the children's learning journey and the objective of the Ray of Hope Project.

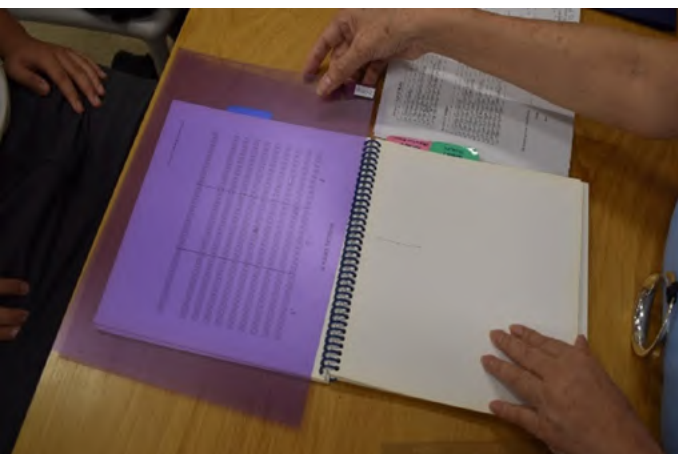
The screening team conducted an hour-long one-on-one screening session using coloured lay-over filters for individual shortlisted students in the presence of their respective parents to determine if they are indeed suffering from VPD. A total of 11 confirmed VPD cases were identified, the first cohort of beneficiaries. These students were referred to Dr Doris Ang at the Irlen Dyslexic Clinic for in-depth one-on-one diagnostic consultation to assess the severity of their VPD



Personalised coloured filter lenses (or Irlen Lenses) were prescribed for fitting into the students' own spectacle frames. Where a VPD student is also myopic, and/or has astigmatism, the required corrective measures would be incorporated into the prescribed coloured filter lenses.

The Irlen lenses are paid for from our Club's Ray of Hope project fund. Their parents have to pay for the spectacle frames. This is to instill a sense of ownership. Where the parents could not afford to pay for their child's spectacle frames, our Club would also pay for these on a case-by-case basis.

These students will be followed up periodically after they begin using their spectacles with the coloured lenses daily to review the pace at which individual students have adjusted their ability to read and write normally once the offending light wavelength(s) were filtered out. This has enabled these students with VPD to process visual information more accurately, making reading, writing and copying of texts more comfortable. The teachers of these students will monitor their progress in closing the accumulated learning gap to catch up with their peers.



Why Ray of Hope Project

VPD among children is often unrecognised and mismanaged. VPD is a neurological disorder that has no major indicative physical manifestation. The brain's difficulty, or even inability, to process certain light wavelengths is triggered by stressors such as glare in the classroom environment when bright daylight or fluorescent lighting is reflected off whiteboards, and even pages of textbooks. This in turn causes visual discomfort, difficulty in reading, copying, and writing. Students with VPD are often perceived by their peers, and sometimes even by their parents, as lethargic, lacking in concentration and not paying attention during lessons in class. They are branded as slow learners, or even worse, recalcitrant malingerers who refuse to "buck up".

Visual processing and learning capability as well as mental and physical well-being are intimately related. VPD sufferers cannot see the printed words clearly due to visual distortion that renders words to be seen as moving, jumping, shaking or blurry, etc. Some VPD sufferers also experience depth perception distortion, which limits their physical movement as climbing stairs or moving around uneven ground often leads to falls. In addition, many also have adverse physical symptoms ranging from headache, dizziness, eye strain, fatigue, nausea, to migraine. Students with VPD thus often suffer without understanding why the process of reading and learning is so difficult and painful despite them putting in their best efforts to cope with their studies. Their academic struggles often lead to low self-esteem, social withdrawal, as well as other behavioural problems, and sometimes, even self-harming.

Research studies conducted in the United States, Britain and Australia have shown that VPD can be effectively managed once identified and diagnosed to determine the level of severity of their VPD with the prescription of personalised coloured filter lenses to filter out the "offending" light wavelengths in the environment.

The VPD students, their parents and teachers, have given much positive feedback after using the spectacles fitted with the prescribed colored filter lenses daily. Many have indicated that they are now not only able to improve their reading, copying and writing for a better learning experience in class, but also

experiencing life changing moments in everyday living. They are no longer plagued by perpetual fatigue and eye irritation, headaches; and can move around on their own with renewed confidence. Parents and teachers also confirmed that the overall educational achievements and grades of these students have shown marked improvement.

The Ray of Hope Project has indeed provided Hope to students with VPD who would otherwise have been relegated to the bottom of the barrel in our highly competitive Society. We are also grateful that the Ministry of Education has agreed to allow students diagnosed with VPD to wear their spectacles with coloured filter lenses during national level examinations. Students were not allowed to use coloured lenses during national examinations before this. We appealed for an exception to be made for students with VPD based on the empirical evidence adduced by our first cohort of beneficiaries. This was a positive affirmation of the success of our Ray of Hope Project.

The Ray of Hope Project Team will double up its efforts in raising funds and reach out to more underprivileged students with undiagnosed VPD to enable them to embark on a renewed positive learning journey to succeed in life.

- Students going through a series of surveys and screenings by Specialized Screeners to be shortlisted for Diagnostic Consultation to confirm if they are sufferers of Visual Processing Disorder before customised coloured filter lenses are prescribed for them.



- Diagnostic Consultation is done by Dr Doris Ang, Specialized in Visual Processing Disorder to prescribe customised filter lenses.

ROTARY CLUB OF GARDEN CITY



Rotary Club of Garden City 2023-2024 Projects

The Rotary Club of Garden City (RCGC) undertakes a wide range of community projects that covers the young, the old, and the community at large. These include local community service projects as well as world community projects implemented as Global Grant projects

LOCAL COMMUNITY SERVICE PROJECTS

13 Sep 23 – Food Donation Drive for Food From the Heart Community Store

Rotary Club of Garden City community projects involved the young, old and also the community at large.

Food from the heart provide food for the needy. This year they started off with the community store where needy who need the food supply can pick what they need rather than giving them the donated supply where they might not required the food items inside. This create a lot of food waste with that Rotary Club of Garden work for a 1 month long food donation drive to seek donors donation to buy 4,500 items to give to the community store.

A total of \$13,000 plus was raise to buy the 4,500 items to give to the community stores.



District Governor (DG) Visit on 17 Oct 2023

DG Dr John Chan visited Rotary Club of Garden City at Imperial Herbal, Four Point Sheraton on 17 Oct 23, Around 40 members, spouse and Rotaractors attended the visit. It is a night of fun activity both updating about the club progress and interacting with DG personally.

The few highlight is the Rotaractor presenting their Projects to DG John Chan. The next highlight was the induction of new member Benny Kee who become the club 37th members.



11 Nov 23 – THK Nursing Home – Milk and Diaper Project

Milk and diaper project is the signature project of Rotary Club of Garden City. It has been carried out for the past 6 years. It starts all with various organizations like Ren Ci, Lee Ah Mooi Home, St Joseph Home, St Luke Home etc.

Donation of Milk and Diaper supply of 3 months to the home for about \$2000 with a cash cheque of \$4000 given to the home.

The project also involves members interacting with the residents singing songs, playing games and colouring the rangoli artwork. The artwork is given back to the resident to hang on their bed.



12 Dec 23 – CareCorner – Back to School Project

Back to school project is the signature project of Rotary Club of Garden City. It has been carried out for the past 4 years.

From giving bags Chen Su Lan Children Home to giving popular voucher to the children to buy bag and stationery for their school opening.

Each year the project is done during Christmas festive to promote the spirit of thanksgiving. The project segment highlight include singing Christmas carol, playing games, doing craftwork, pizza eating and ending off with club President giving out the popular voucher to all the kids.



ROTARY CLUB OF JURONG TOWN

“Grow old along with me! The best is yet to be.” ~Robert Browning

This sums up the holistic healthy ageing event on Sunday 14 January 2024 which was the first collaboration between the Rotary club of Jurong Town, led by President Elaine Chee and the Home Nursing foundation under the direction of Dr Christina Tiong. The event spotlighted the healthcare needs of the seniors, with the focus on free eye screening, mental wellness, Traditional Chinese Medicine and on the spot glucose and cholesterol screening.



After months of planning, the volunteers from the Rotary club of Jurong Town came together to help in the ushering of the seniors as well as help to counsel and advice the seniors on the results of their eye screening. The Eye screening was made possible with the transport and loan of equipment from the friendly and ever helpful ladies from the Singapore Women's Association, while the vision, eye pressure checks and medical eye examinations were provided by the staff and eye doctors from the Eye & Retina Surgeons clinic.

Not only was it healthcare of the seniors, for the seniors but it was also healthcare by the seniors no less! The equipment for the eye-screening was picked up from the warehouse by a volunteer from the Singapore Women's association who is in her 80s, in her van. There were various other silver-haired Rotarians who helped usher the seniors, register them for the activities and our very own Sergeant-at-arms Dr John Lim and his spouse Yvonne helped to interpret the blood test results to the seniors! Their contribution to this event was truly inspirational and testament to the fact that age is but a number!



We cannot forget the invaluable help from our young interactors from ACJC and children of Rotary members who enthusiastically helped with the registration and ushering of the seniors.

In addition to the free eye screening, there was a free mental wellness talk and workshop by the team from the Home Nursing foundation CREST team and Traditional Chinese Medicine consultation and treatment for the seniors provided by JNP healthcare.

The seniors who came were also gifted with a goody bag and you could see them all leaving with a twinkle in their eye, happy with the thought that their general health and well being were being looked after.

The pilot healthcare outreach to the seniors who frequent the HNF Wellness centre was a resounding success and it could not have been possible without the help of all the partners involved from the Home Nursing Foundation, Rotary club of Jurong Town, Eye & Retina Surgeons clinic, JNP Healthcare and our youth volunteers from ACJC and other schools.





ROTARY CLUB OF KAMPONG GELAM (SINGAPORE)

PREMIUM SIGNATURE PROJECT: CULTURAL AMBASSADOR RECOGNITION AWARD

Presented on Saturday 25th June 2022 during RCKG'S 3rd Anniversary & Installation Lunch at Grand Hyatt Singapore (The Gallery)

- Installation of President Faridah Jamal & her Board of Directors for RY 2023 – 2024

Project Team members: Azhar Othman (Leader), CP (Charter President) Tengku Sri Indra, Azman Hamid, Bashir Ahmad, Faridah Jamal and Kang Chin Ling

1ST CULTURAL AMBASSADOR RECOGNITION AWARD

The club prides in having our name not just connected to a geographical place in Singapore, but also to the significant and glorious heritage of the district - in this case the tradiKonal enterprises (mostly family businesses) in Kampong Gelam which are sKll alive & socially-impacful Kll today. We aim to recognise and promote them & parKcularly their remarkable leaders who have been working so hard to help grow their treasured family passion.

To kick off this project, we selected the F&B industry for RY 2022-2023 - especially tradiKonal Nusantara / Malay cuisine (popular food of the Malay / Indonesian archipelago) in Singapore.

This not an F&B compeKKon but a recogniKon of the selected establishment and their earnest sharing of their business journey. We were delighted to announce: "the very Grand - 1st RCKG Cultural Ambassador RecogniKon Award goes to HAJJAH MAIMUNAH RESTAURANT!!!" CongratulaKons to the young, most dynamic yet humble CEO, the 3rd generaKon in the lineage of the late Hajjah Maimunah - Ms Masturah Didih!

CP Tengku Indra presented Ms Masturah with:

- 1) an oil painKng of the restaurant's facade, done by veteran local arKst, Mr Idris Ali and 2) RCKG's Honorary Membership.

We were also very honoured to have as our Guest-of-Honour, Dr Muhammad Faishal Ibrahim, Minister of State, Ministry of Home Affairs & Ministry of NaKonal Development & Minister in-charge of Kampong Gelam district.





2nd CULTURAL AMBASSADOR RECOGNITION AWARD

The selected industry - BATIK!

Presented on Saturday 25th August 2023 during RCKG'S 4th Anniversary & Installation Lunch at Meat & Dine Restaurant, Village Hotel Bugis.

- Installation of President Jules Johan & her Board of Directors for RY 2023-2024 -

Project Team: Gigi Kristensen, Faridah Jamal and Kang Chin Ling.

Continuing our RCKG's legacy of recognising traditional trades which had established their roots in the Kampong Gelam district (for this project: in Arab Street) and are still thriving today, despite all the challenges.... We are proud to have presented the RCKG's Cultural Ambassador Recognition Award to not one but TWO Recipients: BASHARAHIL BROS - HOUSE OF BATIK represented by Ms Aishah Abd. Basharahil & TOKO ALJUNIED, represented by Ms Sharifah Zaharah Aljunied!

In line with this event's theme: "WEAVES & LEGACIES", Gigi had engaged her talented friend, Jamie, to paint the Gelam tree on white woven bags, which were then presented to each of the charming lady representatives.

To add flavour, colour and meaning to this auspicious occasion, we were delighted to have had both highly-acclaimed establishments loan us their beautiful fashion choices! Thank you, from the bottom of our hearts. We were so proud to wear them for the entire event.

RCKG Exco members wore Toko Aljunied's batik / sarong kebaya selections while the musicians from Angklung Empire donned the youthful batik designs.

BASHARAHIL BROS - HOUSE OF BATIK (at 101 Arab Street)

Basharahil Bros started in the 1930s from its humble roots operating from a table at Change Alley. In the early 1940s, they moved to 101 Arab Street. Business prospered in the wholesale trade within Singapore, Malaysia and Brunei. Batik also attracted many tourists such as the Japanese. By the 1960s, they were exporting to Japan and participated in exhibitions at Isetan Japan.

As global markets grew, competition became fierce. The batik capital of Indonesia started exporting to the world and the business had to constantly reinvent itself to stay in the game. At present, they pride themselves in offering more wearable ready-made fashion like the outfits that our angklung musicians were wearing. Indeed, they are changing the perception that batik is solely for traditional dresswear, and continues to keep up with the times.





TOKO ALJUNIED (at 91 Arab Street)

Toko Aljunied was established by Mr Syed Omar bin Ali Aljunied in the 1930s at North Bridge Road opposite the Sultan Mosque. They originally sold non-alcoholic perfumes, batik sarong and batik lepas as well as kain pulikat, a traditional Malay garment in the form of a long, usually checkered design cloth that the men would wear around the waist.

Mr Omar's grand-daughter, Ms Sharifah Zaharah Aljunied recalls memories of selling batik fabrics from door to door, and the lady of the house would be given credit to buy her sarong. Later, her father and uncle expanded the business to Agarwood-related products. Over the years, Toko Aljunied built its reputation specialising in batik and traditional clothing like the kebaya; in fact, the late Mr Lee Kuan Yew's mother (a Peranakan) had been a regular customer. Many Peranakans like her trusted Toko Aljunied for its quality materials and beautiful designs. This is their unique selling proposition.



ROTARY CLUB OF MARINA CITY

Rotary 
Club of Marina City

Mangrove Restoration

Project Pasir Ris, Singapore

District 3310





OVERVIEW

The main objective of this global grant project is to improve the hydrology of the mangroves in the Pasir Ris park and to plant the mangroves that are native to the region. To achieve that, the main activities will include trenching of water channels, mangrove nursery management and outreach and education like implementing new interactive storyboards, signage, plant tags and guided walks to educate the community about the plants.

Although mangrove restoration started in 2010, Singapore launched the #OneMillionTrees movement in April 2020, aiming to restore nature back into the city through the planting of a million more inland and mangrove trees across the island by 2030. This is a significant part of the government's efforts to transform Singapore into a City in Nature, which is a key pillar under the Singapore Green Plan 2030. This movement categorically recognises that the involvement of the local community is key to its success and regularly extends invitations to citizens at large to participate in these activities.

Restoring mangroves in the Pasir Ris Park which is part of the North East Community Development Council (CDC) serves a population of over 970,000 residents in approximately 300,000 households will be an exciting opportunity for school going students, and environmental enthusiasts and the population at large to learn about the rich biodiversity that the mangroves support. In addition to the self-explanatory signages and storyboards, guided walks into the forest will make these mangroves more accessible at the doorsteps of the residents of the surrounding areas and the general public as after the pandemic, there has been a clear demand for opportunities to reconnect with nature in Singapore.



EXTERNAL PARTNER

For this project, Rotary Club of Marina City will be partnering with the Garden City Fund which is a registered charity and IPC, established by the government agency of National Parks Board.

INTERNATIONAL PARTNER

Rotary Club of Osaka-Oyodo Japan approved a DDF worth \$15,000 for this project.

DISTRICT 3310 DDF

We plan to apply for a DDF of \$5000-8000 to our district (WIP)

BENEFICIARIES

Although mangrove restoration started in 2010, Singapore launched the #OneMillionTrees movement in April 2020, aiming to restore nature back into the city through the planting of a million more inland and mangrove trees across the island by 2030. This is a significant part of the government's efforts to transform Singapore into a City in Nature, which is a key pillar under the Singapore Green Plan 2030. This movement categorically recognises that the involvement of the local community is key to its success and regularly extends invitations to citizens at large to participate in these activities.

Restoring mangroves in the Pasir Ris Park will be an exciting opportunity for school going students, the Pasir Ris residents and environmental enthusiasts to learn about the rich biodiversity that the mangroves support. In addition to the self-explanatory signages and storyboards, guided walks into the forest will make these mangroves more accessible at the doorsteps of the residents of the surrounding areas and the general public as after the pandemic, there has been a clear demand for opportunities to reconnect with nature in Singapore.

ESTIMATED BUDGET

USD 40,000

INTERNATIONAL SERVICE PROJECT TRIP

A COMMUNITY & ENVIRONMENTAL OUTREACH

***TO BINTAN
21-23 JUNE 2024***



Let's end the Rotary year with a bang!

Join us on a meaningful 3D2N trip to the island of Bintan Indonesia, to interact with the local community and help their families with water filters while enjoying fellowship and activities with Rotarians and their families.

ROTARY CLUB OF NOVENA

Rotary Club of Novena.

1. Project Name: W.W.F. (Walking with Friends)
2. Participants: Rotarians and non-Rotarians.
3. Day & Time: Every Sunday, 7. am
4. Distance covered: 7 to 10 km different locations of Singapore.
5. Purpose & Highlights of the project: about group of 15 members walk regularly on every Sunday different parts of the Singapore to promote healthy lifestyle. We encourage members to use public transport to participate in the group walking.
6. Age of the participants: walking members are from different age groups from 30 to 73 years old.
7. Statistics: During the year 2023 walked about 520km and the year 2022 walked about 500km.
8. RC Novena 6 members actively participated in the group walk on a regular basis.
9. Areas covered in Singapore include Marina Barrage, Gardens by the bay MacRitchie reservoir, Upper/lower pierce reservoir, Punggol waterway, Coney Island, Changi village and east coast park, Rail corridor and Sungei buloh nature reserve etc.,
10. During the long weekends: We cover 15-21km walk
11. RC Novena & walking with friends completed 2 full walk marathon 42km and about 5 half marathons 21 kms.





ROTARY CLUB OF PANDAN VALLEY

Introduction:

In 2022, close to 378,00 took SPM examination nationally. From the state government less than 15% continue their education in the state of Negri Sembilan, Malaysia. Their age averages from 16-18 years old when they take SPM examination.

The Madani Community Service Centre - Pusat Bakti Madani (PBM) in Seremban aims to address the needs of displaced youth, mother and family in the state of Negri Sembilan, Malaysia. PBM is a collaborative effort between Rotary club of Pandan Valley, Seremban, the state government, and local NGOs. Later the Prime Minister office got involved.

The above project started with a project assessment team of 10 from RC Pandan Valley to meet with local Rotary club and Rotarian from various club and Senior Citizen club of Seremban from 31st March to 2nd April 2023.



The Assessment Team with various local stakeholders on 1st April 2023:



Dinner with various stakeholders in Seremban dinner discussion on 31st March 2023:

Pusat Bakti Madani or the Madani Community Service Centre Project

Pusat Bakti Madani or the Madani Community Service Centre is the physical manifestation of a joint community service project in Seremban, of 3 parties - the Rotary Club of Pandan Valley (RCPV) in Singapore, the Seremban-based Persatuan Pendidikan dan Kebajikan Bumi Alam (Bumi Alam) and the Rotary Club of Seremban (RCS).

The centre is set up in Taman Paroi Jaya, enjoys the support of the Negri Sembilan State Government and Seremban City Council. Our plan is to reach out to the poor and marginalised, in and around Seremban, and Create Hope through education, training and personal empowerment programmes and social activities such as a football club to bring local youths together and sewing and baking classes for single mothers to help them acquire new skills with which to create supplementary income.

Currently, the centre is undergoing renovation and is slated to open by May 2023.

Pusat Bakti Madani Premises next to the Paroi stadium:



Pusat Bakti Mandani Premises next to the Paroi stadium:



Pusat Bakti Mandani Premises next to the Paroi stadium:



Furniture arriving at PBM Centre:



Furniture inside the premises:

ROTARY CLUB OF PEACE BUILDERS SINGAPORE

Rotary Club of Peace Builders Singapore (RCPBS) was chartered in August 2022. We are the first “Cause Based Club” of Rotary D3310 in support of Rotary Promoting Peace.

Peace is the cornerstone of the mission of Rotary as a humanitarian organisation. Rotary has a long history in peace building. Since pre World War I, Rotary has been working on addressing underlying conflicts in communities around the world.

Members of our Club are passionate about promoting peace in the world. Our Club is for those who want to connect with others to create a community to address a particular set of problems that we are passionate about in order to further the cause of promoting peace in the world. We will undertake service projects and support peace initiatives to address challenges in creating peace in communities that will have the greatest impact, and change that will have a global effect.

RCPBS's Peace Programmes include its signature “Peace Talks Series”. Anchored on the Club's mission - “Peace and Harmony In Service” - the key messages of each Peace Talk will also reflect the essence of the monthly messages of the President of Rotary International (RI) to all Rotarians. To date, RCPBS has conducted four Peace Talks.



To kickstart the Peace Talks Series, we invited Dr William Wan, the Secretary General of the Singapore Kindness Movement, to speak on “Peace sans Kindness?”. The Talk was held on 5 July 2023 at the Foundation of Rotary Clubs of Singapore (FRCS). Dr Wan wowed the audience with his sharing on the intricate dynamics between Peace and Kindness which reflected his immense personal experiences. This Talk followed on RI President Gordon McNally’s “Call To Action” in his July message for all Rotarians to “Create Hope in the World”, the RI Theme for the Rotary Year (RY) 2023-2024. He has emphasised that through performing acts of kindness that protects our well-being, we are building peace within us to bring Peace to the World.

PRESIDENT'S MESSAGE



My call to action

Even as we face new and serious challenges, Rotary takes care of its members and those we serve, works to build lasting peace, and embeds belonging and inclusion in everything we do. That is why I am asking everyone in Rotary to *Create Hope in the World*.

This year, we’re prioritizing projects to support mental health. This effort is deeply personal to me. I know what it’s like to see someone suffer in silence. I have also witnessed the power of personal connections, the value of discussing emotional and mental well-being, and the lifesaving impact of preventive care and treatment.

Research shows that performing acts of kindness is an effective step any of us can take to protect our well-being. And by building peace within, we become more capable of bringing peace to the world.

Building peace is the essence of Rotary. Many of our service projects foster the conditions for Positive Peace. We work tirelessly to overcome barriers and create new connections. This year, we’ll promote virtual international exchanges for members to strengthen those vital connections.

Peace isn’t a dream, and it’s not passive. It’s the result of working hard, earning trust, and having open conversations that may be difficult. Peace must be waged persistently — and bravely. Everything we do across our areas of focus has the potential to foster the hope that can make peace possible.

The spirit of connection and purpose should inspire every Rotary member. When club leaders focus on offering an excellent club experience, we retain

more members and attract more prospective members. We must make our clubs as welcoming and as engaging as we can.

Our goal is to create a sense of belonging, from our club meetings to our service activities. We need to continue creating inclusive, welcoming environments where everyone can be their authentic selves. All people of action need to be able to imagine a place for themselves in Rotary — it’s up to us to ensure they can do so.

Over the next year, I will be putting a focus on continuing our journey in diversity, equity, and inclusion — ensuring that Rotary reflects the communities we serve and continues to take significant steps toward accessing the full range of human talents and experiences, so that we can better serve humanity. And we will continue to empower women and girls by helping them unlock the potential already within them.

As we begin this journey together, I take inspiration from Scotland’s national poet, Robert Burns, who in the 18th century spoke of all the world becoming kin, promoting “sense and worth, over all the earth.” This has long been my call to action, and I share it now with you.

Let us build peace within and spread it freely. Let us create belonging and imagine the future of Rotary afresh. Let us work together joyously and *Create Hope in the World*.

R. GORDON R. MCINALLY
President, Rotary International

Rotary 
Club of Peace Builders Singapore

 **CREATE HOPE**
in the WORLD

PEACE sans KINDNESS?

Are peace and kindness inseparable, or can one exist without the other?

Join us for an engaging talk that explores the intriguing dynamics between peace and kindness especially in today's complex modern world.

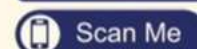
Renowned speaker, author and General Secretary of the Singapore Kindness Movement, Dr Wan, will share his profound insights garnered from a wealth of experience and expertise. As an advocate for kindness, justice and ethical values, this is a talk not to be missed!

Be prepared to be motivated, inspired and equipped with valuable tools to promote peace and kindness in your own spheres of influence.

So mark your calendar and join us as we journey towards understanding the significance of kindness in achieving lasting PEACE.



To register:
[simply click here](#)
or scan the QR Code



MEETING DETAILS

Date : Wednesday, 5 Jul 2023
Time : 6.30pm to 9.30pm
Venue : FRCS @ 111 Peninsula Plaza #06-33

PROGRAMME

- 6.30pm Fellowship Dinner
- 7.45pm Meeting to Order
- 8.00pm Club Meeting Commences
- 8.30pm Talk by Dr William Wan
- 9.30pm Meeting Ends

Peace and Harmony in Service

Rotarian Rob McGuirk of the Rotary Club of Melbourne was the speaker for the 2nd Peace Talk held on 2 August via Zoom. Rob's visionary ideas for Rotary Peace Bells morphed into the Rotary Peace Bells Project, and culminated in the installation of the Rotary Peace Bells in the Rotary Melbourne Peace Park during the 2023 RI Convention in Melbourne. Rob shared his story on how the Peace Bells Project aimed at cultivating peace in the world became a celebration of the boundless potential of a more peaceful world. Focus was on Peace as a Collective Responsibility, just as RI President Gordon MxNally has emphasised in his August message that everyone must put in effort to ensure mental wellness.



In the spirit of caring

At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment.

It's an important task and a big ask. But it's also something that should feel familiar to every Rotary member — because everything we do is in the spirit of caring, giving, friendship, and compassion, and has been from the beginning of our organization.

We've grown into an amazing global network of 1.4 million interconnected community leaders — leaders who share a deep commitment to doing good in the world. But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a safe space for our members to bring their whole, authentic selves. We show each other comfort and care.

These connections are deeply meaningful. The U.S. surgeon general recently declared loneliness a public health epidemic. Dr. Vivek Murthy said, "We must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders." I am proud of what Rotary has done across generations to build those kinds of social connections — and this magazine focused on loneliness and what Rotary can do about it in its January 2023 issue.

Our worldwide community and our foundational value prioritizing Service Above Self makes Rotary a

powerful global advocate for mental health. A recently published study by Ohio State University found performing acts of kindness was the only one of three mental health interventions tested that helped people feel more connected to others. Study co-author David Cregg said, "Performing acts of kindness seems to be one of the best ways to promote those connections."

This research suggests what we've known all along — that doing good helps transform not just the communities we serve, but it also transforms us. As we put a greater focus on mental health, let's not think of this effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve.

We are not starting this effort from scratch. The Rotary Action Group on Mental Health Initiatives has been focused on these kinds of issues for several years, and we will be looking to members of that group for leadership as we continue to build awareness.

Mental health care fits comfortably within several of our areas of focus. As of May, there are 41 global grant-supported projects with a mental health focus. Many of them have tremendous promise, and we will be highlighting them in the months ahead.

So let's work together to erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services.

Together, we will *Create Hope in the World*.

R. GORDON R. MCINALLY
President, Rotary International

PRESIDENT'S MESSAGE

Rotary  |  **CREATE HOPE**
in the WORLD

Club of Peace Builders Singapore

THE PEACE BELLS PROJECT

PEACE IS A COLLECTIVE RESPONSIBILITY



Peace is not something that we leave to leaders or those in positions of power, we are all responsible for building and maintaining peace.

In the midst of the pandemic, an idea was born - the **Rotary Peace Bells Project**. Conceived by Rob McGuirk from the Rotary Club of Melbourne, this visionary concept is aimed at cultivating peace in our world. The project revolves around **four impactful steps** that can bring us closer to a harmonious future.

The culmination of this beautiful vision is in the installation of four mesmerising peace bells in the serene **Rotary Melbourne Peace Park**. Join us and Rob this week as he shares more about the Peace Bells Project.

This project became Rotary International Past President Jennifer Jones's legacy project for the 2023 Rotary International Convention in Melbourne in May this year.

Let's celebrate the boundless potential of a more peaceful world. Learn more about the Peace Bells Project and spread the message of harmony far and wide!

Please join us via Zoom :

Zoom ID: 830 6345 3087

Passcode: 964244

MEETING DETAILS

Date : Wednesday, 2 August 2023
Time : 6.30pm to 9.00pm
Venue : FRCS @ 111 Peninsula Plaza #06-33

PROGRAMME

- 6.30pm Fellowship Dinner
- 7.00pm Club Meeting Commences
- 8.00pm Talk by Rob McGuirk
- 9.00pm Meeting Ends

Peace and Harmony in Service

On 6 September 2023 RCPBS conducted its 3rd Peace Talk via Zoom. Rotarian Ray Matsumiya of RC International Peace in D5000, Hawaii, was the speaker. Focus of the Talk was on the Peace Park Exhibit in the House of Friendships at the 2023 RI Convention in Melbourne. For the first time, RCs from across the world that actively engage in promoting peace came together to share and learn from each other while showcasing their activities and projects to fellow Rotarians attending the Convention.

Ray was actively involved in this groundbreaking Exhibit, alongside his many other activities and projects related to Rotary in promoting cross-cultural exchanges and peacebuilding. In his September message to all Rotarians, RI President McNally has reiterated the importance of communicating and learning through cross-cultural dialogues and building relationships across borders in the process of peacebuilding,



Peace in practice

The International Day of Peace takes place 21 September. The United Nations General Assembly declared this a day devoted to strengthening the ideals of peace through observing 24 hours of non-violence and cease-fire.

It is not enough, as people of action, to simply avoid making war. If we are to *Create Hope in the World*, we must aggressively wage peace.

Where can we begin? There are countless armed conflicts around the world, and the global population of displaced people is higher than ever. The opportunities are nearly limitless, but the cycles of violence and hardship seem endless.

My advice is to start small but think big. I look to Rotary members in Pakistan and India for inspiration.

In March 2020, about 50 Rotary members from Pakistan met about 50 Rotary members from India at Kartarpur Sahib, a shrine in Pakistan. The sanctuary honors Guru Nanak, the founder of Sikhism, a religion practiced in both countries. Tensions between the two countries barred many religious pilgrims from India from visiting the shrine. That is, until Pakistan opened a visa-free pathway to them in 2019.

Earlier this year, Rotary members from opposite sides of the border again met at the shrine, this time with about twice as many participants.

Any work toward building peace needs to be brave and bold. What these Rotary members have done is just that. The Pakistani government took an important step toward peace when it admitted Indian pilgrims to the Kartarpur Sahib shrine, but Paki-

stani Rotary members took the next step when they welcomed Rotary members from India as friends and family. That is Positive Peace at work.

These peacebuilders did not stop there. Club representatives at this year's meeting signed twin club certificates to recognize their long-term commitment to continue to learn from each other and to work together on more peacebuilding efforts, and they have held joint meetings via video chat.

The importance of communicating with and learning from another culture cannot be overstated, and Rotary is making it even easier to do so. One way of engaging in cross-cultural dialogue and building relationships across borders is through virtual international exchanges that build on our current programs and make them more accessible.

A virtual exchange uses online platforms to connect people from different parts of the world so they can share their traditions, priorities, values, and more. Virtual exchanges can serve as a window to another part of the world through activities such as teaching a digital cooking class, learning a new language, or even designing service projects with a global impact.

These online chats have the potential to inspire new connections and more respect between societies. Taking that knowledge and using it to better the lives of our fellow human beings is the next step.

Let's see where it takes us.

R. GORDON R. MCNALLY
President, Rotary International

PRESIDENT'S MESSAGE

Rotary 
Club of Peace Builders Singapore



PEACE PARK EXHIBIT @ RI CONVENTION

Join us for the 3rd instalment in our Peace Talks series, featuring PP **Ray Matsumiya** from RC International Peace (District 5000 Hawaii). He will delve into the groundbreaking **Peace Park Exhibit** in the **House of Friendship** at the **Rotary International Convention** in Melbourne, Australia in 2023.

Ray Matsumiya's journey was inspired by a Hiroshima mother's story. With a Master's degree in Law and Diplomacy at Tufts University's Fletcher School, he became a certified Mediator. Throughout his career, Ray has been dedicated to unofficial diplomacy, cross-cultural exchange, and peace building. As a **Senior Fellow** at the **War Prevention Initiative**, he actively contributes to peace building initiatives connected with Rotary International.



Over two decades, Ray has designed and overseen numerous programs, benefiting thousands of participants across the United States, Japan, Spain, and nine Middle Eastern/North African countries, often in collaboration with entities such as the US Department of State, UNESCO, and the Spanish Ministry of Foreign Affairs. Ray's latest endeavor, the Oleander Initiative, assembles influential individuals worldwide in Hiroshima, Japan, for transformative programs, workshops, and study tours.

Please join us via Zoom :

Zoom ID : 889 8497 8515
Passcode: 467 485

MEETING DETAILS

Date : Wednesday, 6 September 2023

Time : 6.30pm to 9.00pm

Venue : FRCS @ 111 Peninsula Plaza #06-33

PROGRAMME

- 6.30pm Fellowship Dinner
- 7.00pm Club Meeting Commences
- **8.00pm Talk by PP Ray Matsumiya**
- 9.00pm Meeting Ends

Scott Martin, Rotary Peace Fellow and Founding Member of Mediators Beyond Borders International (MBBI), was the speaker for 4th Peace Talk on 6 October 2023. Conducted over Zoom, the focus of the Talk was on the critical importance of peacebuilding and mental wellness in times of crisis. The key message - peacebuilding and mental wellness can pave the way for resilience and recovery under the most challenging of circumstances. In his October message, RI President McNally urged Rotarians to reach out to those in need of a little more of their time and attention; and work on discovering the human connections that bind us together as a community. This will assure mental wellness and inner peace by being there for each other and embracing the friendships with fellow Rotarians.

Apart from physical meetings, we will continue to leverage virtual communication platforms such as Zoom to reach out to Rotarians in other parts of the world for sharing and learning to further the cause for peacebuilding.



Mental health and your club

Dear fellow Rotary members, The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer the question posed to me most often when I travel to meet members: How can my club get started?

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle.

By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan ("one who lights up the home") with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children's Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages.

Since then, the project has brought on new supporters and is now fully funded with a \$500,000

endowment. Investment income from this endowment will support a fellow — a psychologist or psychiatrist — at Children's Hospital. A new fellow will be named every one to two years, beginning spring of 2024. Over time this will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states.

There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to mindhealth@rotary.org with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world — in your club, from a project you've worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

Discovering the human connections that bind us is what we do through our membership every day. It's what Rotary has always been about, and we can build on it by helping each other find peace at home.

We need to learn how to ask not just "How are you?" but also "How are you really?" By doing so, Rotary can continue to *Create Hope in the World*.

R. GORDON R. MCNALLY
President, Rotary International

PRESIDENT'S MESSAGE

Rotary 
Club of Peace Builders Singapore

 **CREATE HOPE**
in the WORLD

PEACE BUILDING & MENTAL WELLNESS IN CRISIS : A TRAUMA INFORMED APPROACH

Scott Martin's remarkable journey from a landscape architect to a dedicated peacebuilder has spanned over a decade, with significant contributions to the field. As a founding member of MBBI (Mediators Beyond Borders International), Martin's commitment to promoting peace has been unwavering.

Don't miss this opportunity to gain a deeper understanding of the critical importance of peacebuilding and mental wellness in times of crisis and how these two factors have a profound impact on those in need and Rotarians serving those causes.

Join us as S. Martin draws on his vast experience to share insights on how peacebuilding and mental wellness can pave the way for resilience and recovery even in the most challenging circumstances.



MEETING DETAILS

Date : Wednesday, 4 October 2023
Time : 6.30pm to 9.00pm
Venue : FRCS @ 111 Peninsula Plaza #06-33

Zoom ID : 849 4243 1461
Passcode : 590206

PROGRAMME

- 6.30pm - Fellowship Dinner
- 7.00pm - Club Meeting Commences
- 8.00pm - **PEACE TALK BY
SCOTT MARTIN**
(via Zoom)
- 9.00pm - Meeting Ends

Peace and Harmony in Service

ROTARY CLUB OF QUEENSTOWN

Rotary Club of Queenstown's President-Elect, Farouk Merchant, will be kicking off the new year with his major project aimed at bringing about positive change in the BLY (Bhakti Luhur, Yogyakarta, Indonesia orphanage. fund raising project). This ambitious initiative is set to begin with a spectacular event on Thursday, 18th January 2024.

Save the Date: Thursday, 18 January 2024

We invite everyone in the district to mark their calendars for this significant occasion. As we embark on this fund raiser and seek the support and involvement of the community. There are various ways in which you can contribute:

1. **Donations:** Every contribution, no matter how big or small, makes a difference. Your generous donations will go towards making our project a resounding success.
3. **Event Attendance:** Join us on Thursday, 18 January 2024, for an unforgettable experience. Your presence will not only make the event memorable but also contribute to the success of our project.

Together, let us usher in the new year with a spirit of generosity, community, and positive change. The Rotary Club of Queenstown looks forward to the continued support of our wonderful community as we work towards creating a brighter and more inclusive future for all.

For more information, sponsorship opportunities, or to make a donation, please contact:

Rtn Anne-Sophie : +65 9838 1619 | Rtn Farouk : +65 9818 2479

PROJECT BRIEF

Bhakti Luhur Yogyakarta [BLY] Major Project

Kindly register for BLY Fundraiser using the link or QR below:

 <https://bit.ly/BLYFundraiser>

EVENT DETAILS

-  Thursday, 18th January, 2024
-  6:30 – 9:30 pm
-  MARGARITAS, 11 Dempsey Road, Singapore 249673
-  \$160 per pax | \$100 (below 18)

This is an ongoing project and while the January 18, 2024 fundraiser may have concluded, our commitment to supporting BLY remains steadfast. Your contributions ensure that the lifeline for these children stays unbroken. Running costs persist, and your continued support keeps the momentum, allowing us to keep the ones most in need afloat. Join us in sustaining this initiative beyond a single event – every donation makes a lasting impact on the lives of those we care for at BLY (Bhakti Luhur, Yogyakarta, Indonesia orphanage).

When making donations, please state your name, donation for BLY. Thank you.

BLY FUNDRAISER



Scan QR for Project
info

Located in Jogjakarta (Indonesia),
The Bhakti Luhur Yogyakarta [BLY] is an orphanage under the Bhakti Luhur Foundation. Our club's Major project is supporting the sustainable journey of BLY in terms of Physiotherapy Education, Mushroom farming and much more.

FUNDRAISER ACTIVITIES

- Live Auction
- Live Performances
- Games
- AR Art

*Exciting Collectibles and Prizes on offer

📅 Thursday, 18th January 2024

🕒 6:30 – 9:30 pm

📍 MARGARITAS, 11 Dempsey Road

💰 \$160 / Pax | \$100 [Below 18]

🌐 <https://bit.ly/BLYFundraiser>

👗 Floral / Batik

Rotary
Club of Queenstown

For Event info, kindly WhatsApp your queries to Rtn. Anne-Sophie : +65 9838 1619

Rotary Club of Queenstown



ROTARY CLUB OF SENTOSA

Signature Project

- Bike to School, since 2003
- More than 8,000 bicycles have been distributed to students in Cambodia to help them get to school.



Signature GG WASH Project:

- 8 Global Grants have been approved, and toilets have been built in schools in Cambodia for better hygiene and convenience.



New Adopt - A- School Program

- Launched in 2024, a program to transform education landscape in Cambodia. Distribution of educational material, footwear & Launch of digital labs.



Local Projects

Celebrating CNY - Floral Arrangement classes with elderly residents at FRCS



Ukulele classes with elderly residents at FRCS



Renci Activities included mooncake festival celebrations, karaoke competition, CNY celebrations & photo taking for residents & families



**Happy Residents
Happy Rotarians**

ROTARY CLUB OF SHENTON

SolarBuddy @ Tampines Hub



Stage banner for the Green & Wellness Festival with RC Shenton logo as participating partners

Project synopsis:

Why?

- One of the biggest challenges we face as a global community is extreme energy poverty, one of the worst forms of poverty and one that is not widely known.
- It is a complex challenge, impacting the health and well-being, educational outcomes, and economic stability of the communities experiencing it.



SolarBuddy volunteers giving the devices to children in Cambodia

What?

- Build and donate solar powered light devices for children in Cambodia.
- Educate our local community on energy poverty and encourage family bonding.
- Promote Rotary to the public by creating hope in the world through SolarBuddy.



Local participants assembly light and writing message to recipient in Cambodia.

How?

- Participate a booth under the Rotary banner at Tampines Green and Wellness Festival.
- Promote our program to residents of Tampines and other participants of the festival.
- Provide energy poverty presentation to participants and hands-on experience in assembling the SolarBuddy device.





When & Where?

- Central Plaza @ Tampines Hub
- 14 Oct 2023
- 9am to 1pm

Who?

- Project hosted and funded by RC Shenton
- Supported by RC Changi, RC Bugis Junction, RC Sentosa
- In partnership with Junior Achievement (Singapore), North East CDC, Tampines Go Green Committee.



RC Shenton team & volunteers with Mr Desmond Choo, mayor North East District



Explaining the project details to Mr Desmond Choo and other participants

ROTARY CLUB OF SINGAPORE



MAJOR PROJECT 2023 - 2024

EQUINE-ASSISTED LEARNING PROGRAM FOR CHEN SU LAN CHILDREN'S HOME



The Rotary Club of Singapore seeks your support to make a profound impact on the lives of 70 vulnerable children at Chen Su Lan Methodist Children's Home.

We are raising funds for an Equine Assisted Learning Program, developed by Equal-Ark, and we kindly request your generous contribution to reach our goal of \$215,000.

Chen Su Lan Methodist Children's Home provides a safe haven for vulnerable children, but we believe in going beyond basic needs. By partnering with Equal-Ark, a renowned equine assisted therapy organization, we aim to introduce a transformative program that empowers these children to heal, grow, and regain trust in themselves and others.

This program combines the therapeutic power of horses with expert guidance.

Through interaction with these majestic animals, they will learn vital life skills such as

Research has shown that equine therapy has profound psychological and emotional benefits, especially for abused children.

Through interaction with these majestic animals, they will learn vital life skills such as

- Empathy
- Trust
- Communication
- Problem-solving
- Self-confidence



Launching such a program requires significant financial resources, and we need your support. Your contribution will directly impact the lives of these 70 children, providing them with a life-changing experience that paves the way for a brighter future. Your generosity will cover the costs of therapy horses, professional training, specialized equipment, and facility maintenance.



"No child should be defined by their past, but by the opportunities they have for a better future."

Help us break the cycle of abuse and neglect and instill hope, resilience, and empowerment in these deserving children."

Join us in raising \$215,000 to bring the Equine Assisted Learning Program to Chen Su Lan Methodist Children's Home. Your donation, regardless of the amount, will make a lasting impact on these children.

To contribute, contact our fundraising team at rtinfo@rotary.org.sg.
Please share this opportunity with your network to amplify our impact.
Thank you for your consideration.

Together, we can create a brighter future for these children.



SCAN TO CONTRIBUTE TO MAJOR PROJECT
(RY2023-24)

For Singapore residents with PayNow, you can scan this QR code with your bank's app and donate directly to Rotary Club of Singapore Major Project 2023/24 account.



Rotary Mental Health Project

By: Rtn Anindya Dutta



By: Rtn Anindya Dutta

As Covid swept through the world, the impact on the Migrant Workers living alone thousands of miles from families in Singapore and the state of their Mental Health was a real concern. That is when we conceived of a Community Services project that would use their common love of Cricket as a means of addressing the issue. That idea became reality when on 19 March 2023, the Rotary Club of Singapore (RCS), in partnership with the Alliance of Guest Workers Outreach (AGWO), launched a 6-month cricket programme for migrant workers at Tuas South Recreation Centre with 240 registered participants.

On the day of the launch, there were around 300 participants including the migrant workers, Rotarians and volunteers from our partner organisations. To make the migrant workers feel included and acknowledged, there was a friendly cricket match organised between the migrant workers and Rotarians and friends.



Over the 6-month period we booked the Recreation Centre Tuas field every Sunday afternoon, provided all cricket equipment as well as clothes, shoes and meals for participants. As importantly we put together a group of very experienced coaches to help work on the fitness and cricket skills of the workers.



The programme was crowned by a Cricket League conducted over the last two months of the programme that culminated in a Grand Finale on September 23rd, 2023 when the two finalists fought out a cricket final for the ages in the presence of hundreds of players, spectators, volunteers and Rotarians. The entire match was live-streamed on YouTube so that the Workers' families back in the home countries could watch the performances and feel included in the experience. Cash prizes and awards were given to all the successful players and teams in a wonderful ceremony. We were there in strength to celebrate with the workers.

What did we see, firsthand, over these past months?

We saw dedication and enjoyment in equal measure as workers spent half their weekly day off over six months, getting coached and playing. We witnessed camaraderie, joy, fulfilment, excitement, pride in the faces. We saw shy players become captains leading by example. We saw players cut short their stay home and return so they could play the final with their mates and not let their team down. We had players come and give us hugs at the end of the final to thank us for the joy we at RCS alongside the volunteers and our partners at Hope Initiative Alliance (HIA) and AGWO had helped bring.





HELP THE CHILDREN PROJECT 2023





DGN Dr Shahul Hameed

Help the Children Project 2023

By: District Governor Nominee (DGN) Dr Shahul Hameed, Project Coordinator

Rotary Club of Singapore continued with its signature Help the Children Project for the year 2024 with a Project visit to the city of Malang and Batu in East Java, Indonesia, from 1-3 September 2023. The delegation of 65 Rotarians and Family Members was led by RC Singapore's President Dr Chan Siew Luen and included Rotarians from Singapore, Malaysia, Philippines, Australia. We were also to include DGE JSC from D3490, Taiwan and 7 Members of his District's World Community Service as part of our delegation.

The project provided each student with School going items including books, stationery, shoes, and school uniforms from 20 elementary schools. The poorest 25 students from each school as recommended by the schools' principals received the benefits worth USD\$125 per student. To qualify for assistance, the students' household income should not exceed USD\$30 per month. For this year, a total of 525 such students received assistance. The project also received support from the local Mayor's office and ministries.

In addition, the delegation also made our annual visit to Bhakti Luhur Orphanage in Malang. This Orphanage is the largest in East Java with estimated 350 residents and 150 staff Members. RC Singapore has been providing assistance for the Orphanage for the past 13 years. This included with several Global Grants and financial, food and medication assistance in cooperation with IshK Tolaram Foundation.

At the close of the visit, RC Singapore agreed to continue assisting the community in Malang and Batu with several more Global Grants in the pipeline. We are also grateful to our Honorary Member Rtn Mohan Vaswani and his spouse Kawita for graciously hosting the delegation throughout our stay and visit to Malang and Batu. We are already looking forward to the 2024 edition of "Help the Children Project!"



Full delegation including Indonesian Rotarians at Bhakti Luhur Orphanage

Help the Children Project 2023



Visiting an Elementary School in Malang



Students receiving their School items



Special gifts from D3310 prepared by Rtn Frankie & Pauline from RC Kuching Central



Briefing on Physiotherapy Global Grant at the Orphanage



Briefing on Speech Therapy Global Grant

ROTARY CLUB OF SINGAPORE EAST

Rotary Club of Singapore East: Nurturing Community Well-being through Inspiring Events

The Rotary Club of Singapore East recently orchestrated two immensely successful events that demonstrated the Club's unwavering commitment to community service. Both were infused with joy and unity while addressing critical facets of well-being in the community.

1. Mental Wellness Forum held on November 4, 2024, in collaboration with the Queenstown Community Centre, Women Executive Committee, InnerWheel Singapore East, and Rotary Interactors to address mental health concerns in a comprehensive, holistic manner. Mr Eric Chua, Senior Parliamentary Secretary for Culture, Community and Youth, was the Guest of Honour.



Over 400 individuals from the Queenstown community participated in the Forum



which provided the platform for open discussions, expert insights, and practical workshops in an environment where individuals felt comfortable discussing mental health issues. Participants engaged in lively conversations about stress management, anxiety, and the overall well-being of the community. The Forum highlighted the significance of mental health, contributing to a more informed and supportive community.

2. Children's Christmas Carnival held on December 17, 2024 in collaboration with community partners for more than 250 underprivileged children and families that was not only festive, but also inclusive. The Carnival featured a range of activities tailored for children, including games, entertainment, and gift distribution. This added a touch of warmth and community spirit to spread joy during the festive season. Ms Tin Pei Ling, Member of Parliament of Macpherson Single Member Constituency was the Guest of Honour.

The success of these two events showcased our Club's dedication and impact in creating positive and inclusive spaces that transcends surface level activities. By collaborating with community partners, our Club has showcased how thoughtful and community-driven initiatives can significantly contribute to the overall well-being and unity of a community.



ROTARY CLUB OF SINGAPORE HEARTLANDS

Empowering Futures: Rotary Club of Singapore Heartland's Financial Literacy Project in partnership with Sree Narayana Mission, Singapore

RCSH's Financial Literacy Project was a transformative initiative aimed at empowering individuals from low-income group families (who are beneficiaries of Sree Narayana Mission), with essential financial knowledge and skills.

The primary goal of the project was to equip beneficiaries with the necessary skills to make informed financial decisions, understand the difference between needs and wants, manage limited resources effectively, and cultivate a sense of financial responsibility. It also aimed to raise awareness about the importance of financial literacy within low-income communities, fostering a culture of financial empowerment.

Implementation: The project employed a multifaceted approach, incorporating online interactive workshops, printed written material, where they could review the content, as well as follow up calls and befriending to ensure the concepts are well understood and implemented.

Key Components of the sessions were :

Budgeting and Money Management : Beneficiaries learnt the fundamentals of budgeting, enabling them to allocate resources wisely, save for the future, and navigate financial challenges.

The project also provided insights into responsible borrowing and strategies for debt repayment /managing EMIs wisely.

Investments and Insurance: Beneficiaries are introduced to the basics of utilizing CPF wisely for long term benefits.

The Project aimed to create a lasting impact on the lives of beneficiaries in the local community. Beneficiaries could make informed financial decisions, leading to increased economic stability for their families. RCSH's commitment to financial literacy underscores its dedication to creating positive, sustainable change in communities. By empowering individuals with the knowledge and skills necessary for financial well-being, the project serves as a beacon of hope, fostering a brighter and more secure future for all beneficiaries.



ROTARY CLUB OF SINGAPORE WEST



INTRODUCTION

The “Family Caregiver Award” is a signature event of our Club’s Vocational Service Committee. It was created to recognise family caregivers who have exemplified selfless love and dedication in caring for their loved ones, despite great personal and financial sacrifices.

This is the 3rd year of the Award. These awards acknowledge family caregivers who look after their sick and elderly loved ones, be they parents, grandparents, spouses or siblings who are homebound patients suffering from debilitating illnesses.

WHY FAMILY CAREGIVERS?

In greying Singapore, it is estimated that there are more than 220,000 family caregivers. Many of them have to compromise their careers, finances and even their own health to look after their ill or disabled loved ones.

Caring for invalid elderly demands a lot from the family caregivers even in the best of times as most of them are not trained medical professionals. Very often they experienced burnout and struggle with mental and physical health issues themselves due to the stress incurred. Yet many do not give up and soldier on, silently and selflessly, out of altruistic love, dedication and a strong sense of responsibility. They are indeed, the “Hidden Heroes” of caregiving. Unfortunately, their selfless efforts have not been adequately recognized by the community, unlike professional caregivers like nurses and medical social workers.

It is with this revelation that the Rotary Club of Singapore West created its “Family Caregiver Award”. With this award, the Club not only acknowledges the caregivers’ exemplary contribution, but hopes that it would also bring public awareness to the plights and needs of the caregivers and gained more community support.

WHY FOCUS ON CARE FOR ELDERLY LOVED ONES?

Out of Singapore’s resident population of 5.92 million, 19% or 1.12 million are aged 65 years and above (Ref: Singapore Dept of Statistics/Population Trends 2023). By 2030, it is estimated that this will be increased to 1 in 4 residents or 23.8 per cent of the population. In 2020, there were almost 70,000 seniors who were unable to perform or who have difficulty performing one basic activity, such as self-care. Most of them have chronic diseases such as diabetes, stroke and heart diseases.



QUALIFYING CRITERIA FOR THE “FAMILY CAREGIVER AWARD” NOMINATIONS

1. Caregivers who have demonstrated exemplary qualities of personal care and sacrifices, courage, empathy and generosity in providing hope and encouragement to their loved ones
2. Caregivers who have demonstrated exceptional strength, tenacity, resilience and unwavering dedication in providing such care and demonstrating unconditional love in looking after their loved ones.

PANEL OF JUDGES

A panel of 5 judges has been appointed, which includes Dr Lim Su Fee, Deputy Director of Nursing, SGH who will act as the Chief Judge. 4 other RCSW judges from varied professional backgrounds form the rest of the judging panel.



INVITATION TO NOMINATING ORGANISATIONS

1. 7 Nominating Organisations have been invited to submit suitable candidates for the Awards. These include Nursing Homes, Elder Care Homes, Hospitals and other social service agencies with activity focused on elder care and family caregivers.
2. Each Nominating Organisation is to submit up to 2 candidates for consideration.
3. A one-page “story” of the nominated caregiver’s journey will be presented to the panel of Judges.

AWARD DETAILS

A total of 10 caregiver awards will be given to the selected candidates, comprising:

1. The overall winner will receive the “Super Family Caregiver Award”. He or she will receive a plaque and a cash award of \$3,000.
2. Three (3) caregivers will receive the “Exemplary Family Caregiver Award”. Each of the winners will receive a plaque and a cash award of \$1,000.
3. Three (3) of the caregivers will receive the “Merit Family Caregiver Award”. He or she will receive a plaque and a cash reward of \$500 each



AWARD PRESENTATION NIGHT

The awards will be given out during the Rotary Club of Singapore West “Family Caregivers Award Night” to be held on 2 February 2023 at NUSS Suntec City. All award recipients and representatives from their Nominating Organisations will be invited to the Award Night.

Each Nominating Organisation will present a short presentation of their organisation as well as their selected candidates. Our Guest of Honour, PDG Rajamohan Munisamy will be presenting the awards to the successful recipients






FAMILY CAREGIVER AWARD 2024

Guest of Honor:
Past District Governor 3310
RAJAMOHAN MUNISAMY

Guest Judge and Deputy Director, Nursing SGH:
DR LIM SU FEE

THE FAMILY CAREGIVER AWARD 2024



Sponsored by
Rotary Club of Singapore West and its Alumni

Participating Organisations

- MINDS
- St Andrew's Comm Hospital
- St Lukes Eldercare Centre
- NTUC Health
- Stroke Station Support
- YongEn Care Centre
- Caregivers Alliance Ltd

ROTARY CLUB OF SUNTEC CITY

Rotary Club of Suntec City – Music Therapy for elders

Singapore is a rapidly ageing society. As of 2020, the elderly population (aged 65 and above) in Singapore numbered around 600,000, making up about 15% of the total population. This number is expected to continue growing as Singapore's population ages, with projections indicating that by 2030, one in four Singaporeans is estimated to be aged 65 and above. This demographic shift underscores the increasing importance of addressing the specific needs and challenges of the elderly population, including healthcare, social support, and mental health services.

The mental health issues affecting elders in Singapore can include depression, anxiety, dementia, and social isolation. Depression and anxiety can be prevalent due to factors such as loneliness, loss of loved ones, health issues, and adjustments to life transitions. Dementia, including Alzheimer's disease, is also a significant concern for the elderly population. Additionally, social isolation and feelings of disconnection from community and family can contribute to mental health challenges in this demographic.

It's important for elders in Singapore to have access to mental health support services, including counselling, therapy, and community programs to address these issues effectively. Building a strong support network and promoting social engagement can also be beneficial in addressing and preventing mental health issues in the elderly population.

The FRCS Eldercare Centre in Singapore, operated by the Family Service Centres under the supervision of the Ministry of Social and Family Development, provides various support services for the elderly. These services often include day care, rehabilitation, and social activities aimed at promoting wellness, preventing social isolation, and supporting the needs of the elderly. The centre also offer health monitoring, therapy programs, and opportunities for social interaction, contributing to the overall well-being of the elderly individuals in the community. Additionally, they may provide support for caregivers and families, offering respite care and guidance in caring for the elderly.

Rotary Club of Suntec City has been actively involved with the FRCS Eldercare and Caregivers centre in Bukit Batok since early days and has sponsored the reading room in the centre through the generous donations of its members.

The club has been partnering with Michelle Lee, the founder of Im Soul Inc in organising music therapy sessions for the elders at the FRCS Eldercare centre. Im Soul Inc uses music therapy to encourage the disabled and the elderly to regain confidence in themselves. This unique technology allows participants to use body movements to create their own melodies. This helps people to relieve their mental stressors and have a more positive outlook on life.

We have conducted 2 sessions so far and they have provided a good form of social bonding and been therapy for the elders. We look forward to conducting more such sessions in the future.



ROTARY CLUB OF TANJONG PAGAR

Eye Care Project



Eye (I) Care
护眼

Organisers/Co-organisers:

- Queenstown WEC, SSEC, CACC, FLC
- Glaucoma Patients' Association Singapore
- Singapore Women's Association
- Rotary Club of Tanjong Pagar

Eye Screening for seniors, women, men above 40 years old

乐龄人士、女性、男性，40歲以上

Date: 13 August 2023
Time: 9am to 1pm
Venue: Queenstown CC

日期：八月十三日，2023
時間：9時至下午1時
地點：女皇鎮聯絡所

Criteria: Registrants must not already have regular eye treatment with any doctors

注：不接受有长期眼科治療者

Free Eye Screening
Free spectacles (if needed, while stock last)

免費眼科檢查
免費眼鏡（如有需要，分完即止）

First come - first serve

先到先驗



Moon Cake Distribution



Organised by:




MID-AUTUMN FESTIVAL
花好月圆-庆中秋

27 September 2023 (Wed), 7.00 pm ~ 9.00 pm
Pavilion of Stirling Road (near Bk 170 (140170))
Attire: Red tee-shirts

Rotary
Club of Tanjong Pagar

Specially invited residents only

Highlights: Light snacks, mooncake distribution and singing/riddle competition





With Compliments

From

Tom Wolf, President Elect
Rotary Club of Singapore



With Compliments

From

Rotarian Chew Tiong Kheng
Rotary Club of Singapore

Acknowledgement

The Organising Committee would like to express our special thanks and gratitude to the following for making this a successful event.

Dr Janil Puthucheary, Senior Minister of State, Ministry of Communications and Information, and Ministry of Health for gracing the event as Guest of Honour.

Rtn Chew Ghim Bok, Rotary International Director, for his support and encouragement.

Rtn Dr John Chan, District Governor, Rotary International District 3310, for his guidance and leadership.

Rtn Michael Yee, Past District Governor, Rotary International District 3310 for advising on the history of World Understanding and Peace Day.

Mr Noor Mohammad Marican, President, Inter Religious Organisation (IRO) and the nine religious leaders and council members of IRO for their blessings- Mr Swami Samachitananda, representing Hinduism, Mr Ervad Rustom Ghadiali, representing Zoroastrianism, Ven YouGuang, representing Buddhism, Master Adrian Long, representing Taoism, Sr Theresa Seow, representing Christianity, Mr Ameerali Abdeali, representing Islam, Mr Ranjit Singh, representing Sikhism, Mr Jitu Shah, representing Jainism, and Mr K Elango, representing Bahaism.

Assistant Governors of Singapore Rotary Clubs, AG Linda Chiang, AG Angela Chin, AG Linda Gouw, AG Lim Meng Tze, AG Bernice Ng and AG Ng Hau Yee for being the glue that bind the 23 Singapore clubs together.

Presidents of the 23 Rotary Clubs in Singapore for their valuable contributions to this e-magazine,

Rtn Jasbir Koh and Mrs Jane Ooi, Rotary Club of Singapore, and President Tan May Yan, Rotary E-Club 3310, for their tireless efforts in publishing this e-magazine to commemorate this year's World Understanding and Peace Day.

President-Elect Tom Wolf, Rotary Club of Singapore, for his generous sponsorship of the photography team.

Rtn Chew Tiong Kheng, Rotary Club of Singapore, for his generous sponsorship of the performance by the Singapore Chinese Dance Theatre.

Past President Dannis Teo, Rotary Club of Singapore North, for his "Vocational Service" in providing the live feed of the event.

President-Nominee Sonali Sinha, Rtn Suzanne Ng, Rtn Jeyanthi, Rtn Raj Kumar, Rtn Sarah-Tabea Sammel, Rtn Ong Ting Yong and Ms Linda Lim, Rotary Club of Singapore, for the secretariat and logistical support.



Organising Committee

Rotary Clubs in Singapore

1. Rotary Club of Bugis Junction
2. Rotary Club of Bukit Timah
3. Rotary Club of Changi
4. Rotary E-Club 3310
5. Rotary Club of Garden City
6. Rotary Club of Jurong Town
7. Rotary Club of Kampung Gelam
8. Rotary Club of Marina City
9. Rotary Club of Novena
10. Rotary Club of Pandan Valley
11. Rotary Club of Peace Builders Singapore
12. Rotary Club of Queenstown
13. Rotary Club of Raffles City
14. Rotary Club of Sentosa
15. Rotary Club of Shenton
16. Rotary Club of Singapore
17. Rotary Club of Singapore East
18. Rotary Club of Singapore Heartlands
19. Rotary Club of Singapore North
20. Rotary Club of Singapore West
21. Rotary Club of Suntec City
22. Rotary Club of Tanglin
23. Rotary Club of Tanjong Pagar