



“Light Up Rotary”

Foundation of Rotary Clubs (Singapore) Ltd

Vol. B Issue 2 – July 2014

FRCS BOARD OF DIRECTORS

The Foundation's current Board comprises a Special Director PDG Dr Wu Dar-Ching (Chairman), an Additional Director IPDG Chew Ghim Bok (Vice Chairman), and 21 Ordinary Directors (each representing a Rotary club).

Rotary Clubs	FRCS Directors
(Chairman)	PDG Dr Wu Dar-Ching
(Vice-Chairman)	IPDG Chew Ghim Bok
Queenstown	PP To Chee Kan
Singapore North	PP Goh Kim Seng
Tanjong Pagar	CP Albert Wong
Bukit Timah	PP Henry Lim
E-Club of S'pore	PP Christopher Bek
Pandan Valley	IPP Rajamohan Munisamy
Changi	PP Dr Gong Ing San
Sentosa	PP Karen Kang
Singapore	PP Dr Yap Lip Kee
E-Club 3310	PP Shirin Ghadiali
Singapore East	PP James Gomez
Tanglin	IPP Khushroo Dastur
Bugis Junction	PP Lee Whai Yih
Jurong Town	PP Rodger Kimpton
Marina City	PP Bruce Bird
Garden City	PP Chew Phak Heng
Singapore West	PP Henry Tan
Suntec City	PP Joanne Kam
Raffles City	PP Eugene Lim
Serangoon Gdns Orchard	CP Jeffrey Po
Shenton	PP Li Guang Sheng

In addition the following serve as Officers of the Board:

Hon. Secretary	PP Tan Kay Hui
Hon. Treasurer	PP James Lee
Company Secretary	PP Jayapal Ramasamy

The Secretariat, based at Chinatown Point, presently has a full-time Administrator, Mr Jeff Tan.

FRCS has eight working committees. Each committee is headed by a Director and their members include fellow Directors and other Rotarians from various Rotary clubs. Each committee has its own Terms of Reference (TOR) and Standard Operating Procedures (SOPs).

FRCS OBJECTIVES 2014-2015

	Committees	Objectives
1.	Admin & Strategic PP Goh Kim Seng	1.1. Coordinate and support the development of the Terms of Reference (TOR) and Standard Operating Procedures (SOPs) of the 8 Committees. 1.2. Build a Secretariat to provide support services for committees and Rotary clubs. 1.3. Produce a Standard Operations Manual (SOM) for the Secretariat. 1.4. Facilitate the implementation of strategic plan projects via the 8 committees and additional initiatives where appropriate.
2.	Finance PP Chew Phak Heng	2.1. Establish and manage an annual budget. 2.2. Maintain monthly/annual accounts and provide management reports. 2.3. Invest surpluses to achieve reasonable returns. 2.4. Evaluate the financial feasibility of proposed projects. 2.5. Monitor the disbursement and use of project funds.
3.	Human Resource PP Henry Lim	3.1. Establish standardization of policies and practices in employment and related matters across subsidiary organisations. 3.2. Build a pool of temp staff and volunteers which member Rotary clubs may also access.

4.	Programmes & Objectives PP Eugene Lim	<p>4.1. Establish a Memorandum of Association (MOU) which would cover all joint projects with a Rotary club.</p> <p>4.2. Establish and implement processes for the approval, review and monitoring of all projects undertaken.</p> <p>4.3. Work with Rotary clubs to implement medical, legal and financial advisory services to the needy.</p>
5.	Fund Raising PP Dr Yap Lip Kee	<p>5.1. Bid for and organise a Flag Day to raise funds.</p> <p>5.2. Organise a golf tournament to raise funds.</p> <p>5.3. Set up a FRCS database of royalty-free stock images to generate revenue.</p>
6.	Public Relations PP To Chee Kan	<p>6.1. Set up a database of Rotary images and documents as a PR resource for FRCS and member Rotary clubs.</p> <p>6.2. Build a network of informed, articulate Rotarians well versed in Rotary and FRCS matters to act as our spokespeople at various public events.</p> <p>6.3. Organise a no. of high-profile publicity events on specific themes or causes to enhance public awareness of Rotary's humanitarian work.</p>
7.	Rotarian Relationships PP Henry Tan	<p>7.1. Organise a series of fellowship forums for all Singapore Rotarians for both networking and experience sharing.</p> <p>7.2. Serve as a feedback channel for all Singapore Rotarians, Rotary clubs and FRCS.</p> <p>7.3. Each club to be personally supported by a designated committee member working with AG</p>
8.	Audit PDG David Tong	<p>8.1. Act as a mentor, guide and support for committee chairs to enable them to comply with the requirements of the various regulatory bodies.</p>

TWO GREEN PAPERS

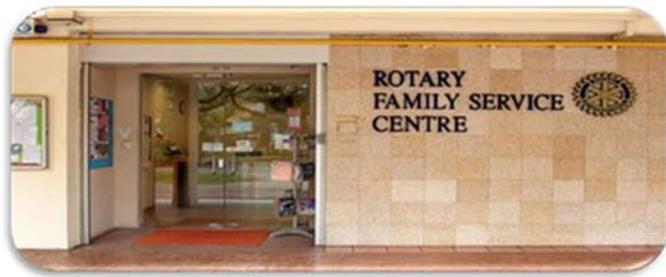
Momentous Changes coming

Meanwhile the Foundation of Rotary Clubs (Singapore) Ltd is set to undergo momentous changes. Our strategic plan, completed in Nov 2013, has set out eight strategic objectives of which the two most important are (1) Restructuring of the Foundation and (2) Launch an iconic project involving participation by all Rotary clubs in Singapore. Chairman, PDG Dr Wu Dar-Ching personally chairs the two task forces on these major undertakings and has briefed and consulted Immediate Past Presidents as well as current Presidents of Rotary clubs in Singapore.

A consultation (green) paper on each of these two projects have now been prepared to reach out to all Rotarians in Singapore. These will help to provide a common understanding of the rationale, processes and issues involved. Presidents are requested to discuss and seek the support of their members so that the Foundation may proceed to implementation.



The theme for this Rotary Year is “Light Up Rotary”. Much time and effort had already been put into these two projects. We ask every Singaporean Rotarian to carefully consider these and give us the green light to “Light Up Rotary in Singapore”.



Rotary Family Service Centre

The Rotary FSC, established in 1997, is a division of the Foundation of Rotary Clubs (Singapore) Ltd. Its core activity is to support individuals and families who are facing various stresses.

In FY 2013, Rotary FSC ran two runs of single-mother support group ‘SUPERMUM!’, where a total of 17 single mothers participated. This support group aimed to empower low-income single mothers in dealing with their emotions, coping with parenting, finding resources and in re-building their lives. Each group consisted of eight sessions, one family day and one ‘Graduation Day’. The sessions were facilitated by its social workers.

A series of 4 monthly workshops for parents commenced on 17 June 2014. The workshops aim to share parenting knowledge and tips with parents and to provide a fun and interactive platform for parents to bond and share the successes and common challenges of being parents. Concurrent activities for children are conducted during the workshops.



PP Henry Tan who served as Chairman for the last 2½ years reported that during this period two key achievements were the substantial increase in counselling cases handled by the Centre and improvement in its staff quality. The no. of cases served were 296, 388 and 480 for financial

years 2010-11, 2011-12 and 2012-13 respectively. About 80% of the cases were from the under \$1,500 household income bracket. The staff situation had improved considerably. As at 30 Jun 2013 the Centre employed an Executive Director, 13 social case workers and 4 corporate service staff. Where previously some 75% of social workers were unaccredited, the no. of accredited social workers has now reached 49%, just a little short of

the 50% required by the National Council of Social Service (NCSS). Ms Clara Lee, the Executive Director resigned in June 2014 and has now been replaced by Mr Amran Jamil. Looking to the future, the Centre will continue its focus on staff training & development and seek to develop and provide counselling services in niche areas.

Rotary FSC’s Management committee comprises:

1. Mr Henry Tan (Chairman)
2. Mr Yeo Chuen Eng (Vice Chairman)
3. Mr Henry Lim (Secretary)
4. Mr Li Guang Sheng (Treasurer)
5. Mr Russi Ghadiali
6. Advisor - Dr Philbert Chin
7. Ex-Officio - Dr Wu Dar-Ching
8. Mr Lo Hoon Kee
9. Ms Lily Lim
10. Dr Monica Walet

Presenting Problems	No. of Cases	Percentage
Financial	278	53.0%
Marital	52	9.9%
Family	38	7.2%
Housing/ Shelter	30	5.7%
Interpersonal	15	2.9%
Youth	13	2.5%
Emotional	13	2.5%
Family Violence	11	2.1%
Parenting/ Child Management	9	1.7%
Mental Health	9	1.7%
Child Behaviour	8	1.5%
Child	8	1.5%
Elderly	7	1.3%
Employment /Career	6	1.1%
Childcare/BASC	6	1.1%
Family Conflict	5	1.0%
Relationship	4	0.8%
Health	3	0.6%
Extra-Marital Affairs	2	0.4%
Care Giving	2	0.4%
Sexual	1	0.2%
School	1	0.2%
Partner Violence	1	0.2%
Others	1	0.2%
Legal Issues	1	0.2%
Child Abuse	1	0.2%
Total	525	100



Our Rotarian Nidhi Swarup had a disturbing malady. On and off for two long years, she suffered various aches and pains, diarrhoea, severe headache and dizziness, heart palpitations and extreme fatigue. Eventually Nidhi had to give up her work as Executive Director of the Foundation of Rotary Clubs (S) Ltd. Numerous medical specialists failed to diagnose the problem. She also resorted to alternative medicine. Finally, it was discovered that she had Crohn's Disease, a form of Inflammatory Bowel Disease (IBD).



Wishing that others with her condition would not need to travel the same difficult journey, Nidhi embarked on a mission to promote the awareness of IBD and help those with the ailment. She proposed the establishment of a society and rallied the support of nine other Rotarians including PDG Dr Wu Dar Ching to serve on the board. Hence in May 2012 was born the Crohn's & Colitis Society of Singapore (CCSS) – Crohn's Disease and Ulcerative **Colitis** being the two main forms of inflammatory bowel disease.

Current research evidence suggests that in people with IBD, a genetic defect affects how the immune system works and inflammation is triggered in response to an offending agent, like bacteria, a virus, or a protein in food. The most common symptoms are diarrhoea and abdominal pain. Diarrhoea can range from mild to severe (as many as 20 trips to the bathroom a day) and if extreme can lead to dehydration, rapid heartbeat and drop in blood pressure. Loss of fluid and nutrients from diarrhoea and chronic inflammation of the bowel can also cause fever, fatigue, weight loss and malnutrition. On the other hand, some IBD patients may be stricken with constipation. Unfortunately IBD is a chronic ailment which may be controlled or sent into remission with drugs or steroids but there is no cure at present.

The aim of CCSS is to create a seamless patient support system that improves the quality of life of IBD patients with a focus on four key areas: **patient support groups,**

public education and awareness, advocacy and promoting research. CCSS recently celebrated its second anniversary. With strong support from gastroenterologists and dieticians at various hospitals and others, we have organized regular talks for our members and the public. Patients and Parents of children with IBD also share their experiences and give helpful tips on how to cope with IBD. They find great comfort in talking to others who also have the problem and hence appreciate and understand their condition. Another initiative of CCSS was to provide Modulen- a nutritional drink used to induce remission in children and as an important dietary supplement for some IBD patients – at a substantial discount to the regular market price.

The cost of diagnostic tests, medication, treatments and the occasional hospitalization represent a heavy financial burden for IBD patients and their families. So far, CCSS has received Educations Grants from pharmaceutical companies to organize seminars and produce information brochures. CCSS has also received strong support from Rotary Club of Raffles City in partnership with FRCS. Moreover, CCSS has a commitment from Crocodile Foundation to support needy children. But with limited resources we are not in a position to assist IBD patients financially. There are an estimated 1,400 IBD Patients in Singapore of whom about 180 are children. We can only refer them to the medical social workers to help them get the maximum relief from government programmes.



By PP Vincent Chen
Hon. Treasurer Rotary Club of Raffles City

The Crohn's & Colitis Project is now a joint project between the Rotary Club of Raffles City and FRCS. All donations to this project qualify for tax exemption under the IPC status of the latter. A sum of \$52,000 had already been received from various donors in support of this project.