

# NEWSLETTER

## Chairman's Note



As we enter a new year, we are reminded that meaningful impact is not created in moments—it is built over time, through resilience, clarity of purpose, and sustained commitment. At FRCS, we believe that true service requires both compassion and resilience—the ability to respond to challenges while staying focused on outcomes that matter.

As we move forward, let us remain steady in purpose, and united in our commitment to creating change that lasts.



Rotary Clubs in Singapore | FRCS  
Foundation of Rotary Clubs Singapore

**Rotary Got Talent**  
*An evening of Talent, Connection, and Joy*

Date: Friday, 23 Jan 2026  
5:30pm: Cocktail Reception  
7:00pm: Dinner  
Venue: Chui Huay Lim Ballroom  
190 Keng Lee Road  
Singapore 308409  
Dress code: Creative & Colourful

Tax deduction of 2.5 times for donations received

RSVP to [marilyn.tan@frCS.sg](mailto:marilyn.tan@frCS.sg)



Scan to register

Thanks everyone for your overwhelming support to the Rotary Got Talent dinner last week. More updates to follow in the next newsletter.

## Inside

- SG60 Celebration, Sep 2025
- Rotary - SIT Mangrove Conservatory Project Fundraiser, Oct 2025
- Highlights from FSC and AAC [Oct – Dec 2025]

## FRCS SG60 Commemorative Dinner, Sep 27

The FRCS SG60 Dinner was a resounding success, bringing together over 200 Rotarians, partners, and friends in a powerful celebration of Singapore's 60 years of independence and Rotary's contribution to nation-building. Held in the spirit of unity and service, the evening marked a meaningful milestone for Rotary in Singapore — not as individual clubs, but as **one Rotary family**.

The programme was thoughtfully curated to honour both legacy and the future. Opening the evening was a wonderful e-message from Senior Minister of State, Ministry of Culture, Community and Youth & Ministry of Trade and Industry, Ms. Low Yen Ling emphasising on the critical role that Rotary plays in bringing the community together.

Session by the Youth voices reminded us that service transcends generations, followed by reflections on Rotary's role in Singapore's growth — from uplifting families and seniors to environmental stewardship and youth development. Highlights included the showcasing of impactful projects across clubs through a movie, and meaningful recognition moments — including Rotaractors from the Rotary Flag Day winning teams.

The event also shone a spotlight on the work of **FRCS**, particularly through its stewardship of the **Family Service Centre (FSC)**, the **Active Ageing Centre (AAC)**, and initiatives such as the **Rotary-SIT Mangrove Project**. These efforts reflect Rotary's long-term commitment to sustainable, community-anchored service that evolves with Singapore's needs.

This memorable evening would not have been possible without the dedication and tireless efforts of many. **Heartfelt thanks go to the SG60 Task Force**, who worked with passion, agility, and countless hours behind the scenes to bring this event to life. We also extend our deep appreciation to the **FRCS Board of Directors** for their leadership, guidance, and unwavering support, and to **all Rotary Clubs in Singapore** for their enthusiastic participation, project contributions, and strong show of unity.

# FRCS SG60 Commemorative Dinner, Sep 27



# Rotary-SIT Mangrove Conservatory Project Fundraiser at the Singapore-China Gala Symphony, Oct 26



## Rotary-SIT Mangrove Conservatory Project Fundraiser at the Singapore-China Gala Symphony, Oct 26

The Singapore–China Gala Symphony Concert was held on 26 October 2025 at the Esplanade Concert Hall. The event marked the 17-year journey of Singaporean pianist William Wei, from Rotary-supported young talent to international soloist. Conducted by Maestro Tang Muhai, the concert featured the Shanghai Nine Trees Philharmonic Orchestra together with Singapore musicians, presenting a programme that included Pasat Merdu, The Butterfly Lovers, and the international premiere of Dreaming of Fengpu. Wei performed Chopin’s Piano Concerto No. 1.

The concert was organised by Dong Lee Investment Pte. Ltd. and Willway Cultural Initiatives in collaboration with the Foundation of Rotary Clubs Singapore and the Shanghai Nine Trees Philharmonic Orchestra. The concert received support from organisations including SMRT and Stellar Lifestyle, Cristofori Music School, and SG Culture Pass, and involved engagement with the National Arts Council Singapore. Media coverage reached mainstream platforms such as The Straits Times and Jiefang Daily.

## FRCS FSC's Activities Conducted between October and December 2025

### 1. Youth Spark: Knights of Light on 18 and 24 October 2025

In partnership with The Singapore Scout Association, our youths explored the world of lighthouses at Labrador Park, learning how these beacons guide ships safely to shore. Through a reflective session at the FSC, they discovered how they too can be “lighthouses” in their own lives – offering guidance, hope, and support to others. The experience encouraged them to see their potential as positive guiding forces within their community



### 2. Men's Group 3rd Edition: Fathers in Focus on 16 October and 13 November 2025

The third edition of our SuperMe! Men's Group comprises four group sessions aimed at supporting fathers in their parenting journey. Two sessions have been held on 16 October and 13 November 2025, with four participants to date. These sessions provided a safe and open space for fathers to reflect on their roles, discuss common parenting challenges, and share coping strategies for managing stress. Through meaningful conversations, participants found reassurance in shared experiences and recognised the value of acknowledging challenges, seeking support, and building a supportive community. The remaining two sessions are scheduled for January and February 2026.





### 3. Run 2 on 6 November 2025



Co-organised with peer specialists from Agents of Change (AOC) and supported by members of Alcoholics Anonymous, the session focused on the theme of family support and drew 19 participants. The programme concluded on a joyful note with a Wheel of Fortune game, highlighting key elements that support recovery and offering words of encouragement.

### 4. IGNITE Growth Support Group from 1 to 29 November 2025



The groupwork aimed to provide a safe and non-judgmental space for adults aged 25 to 50 to build emotional resilience, strengthen communication skills, and develop practical coping strategies. Through weekly sessions conducted over a month, participants engaged in structured discussions and activities that supported personal growth and fostered a sense of community. Each session involved 7 to 11 participants, allowing for meaningful interaction and engagement. By the end of the programme, the participants reported positive changes, including increased self-awareness, improved emotional well-being, and enhanced interpersonal skills.



### 5. Youth Spark: From Pedals to Paddles on 5 and 6 December 2025



In collaboration with The Singapore Scout Association, this edition brought youths aged 12 to 19 on an unforgettable two-day adventure this December. On Day 1, participants cycled from Changi Airport's Hub & Spoke through the Jurassic Mile and along the scenic East Coast Park coastline. Day 2 saw them trade pedals for paddles as they kayaked to a traditional *kelong* off Pasir Ris Beach. Filled with fun, discovery, and meaningful connections with nature, the experience allowed our youths to challenge themselves, bond with one another, & truly shine.

## 6. Lighthouse Stars on 26 November, 3 and 17 December 2025

We concluded the pilot three-session Lighthouse Stars programme with meaningful learning, creativity, and celebration, engaging eight children. Across the sessions, participants explored key themes such as safe families, protective figures, and truths versus myths about family violence through fun and interactive activities. Highlights included photography exercises and the creation of personal safety maps, which encouraged reflection and self-expression. Overall, the children enjoyed the programme and expressed interest in participating in similar activities in the future.



## 7. Joyful Hearts Christmas Celebration on 20 December 2025

In collaboration with the Rotary Club of Sentosa Singapore and the Rotaract Club of Bukit Gombak, we were delighted to host 21 families for a heartwarming Christmas celebration. The children enjoyed a variety of fun-filled activities, while each family received a generous pack of food items and household essentials. We extend our sincere gratitude to the Rotary Club of Sentosa for their generous sponsorship, and to all Rotarians, Rotaractors, and Interactors from Bukit Gombak EAGLES Interact Club for their invaluable support and volunteer efforts. Thanks to their dedication, the event was a resounding success, bringing joy and festive cheer to all who attended.



## Strengthening Partnerships with Community Partners

### 1. Community Engagement on 2 November 2025

We participated in an Active Ageing Carnival organised by the West Coast Active Ageing Committee at the Community Centre. Through engaging game and meaningful conversations, elderly participants and their caregivers enjoyed an enriching experience while gaining valuable insights into the services offered by the FSC. The event provided a meaningful platform to strengthen our connection with the community, raise awareness of our programmes, and extend our support to seniors and families in need.



### 2. Social Service Office (SSO) @ Clementi on 3 November 2025

A get-together session between the FSC and SSO team as we networked, foster closer collaboration and exchanged ideas and resources to better serve the community.



### 3. Community Policing Unit on 24 November 2025

We had the privilege of hosting a productive session with the Community Policing Unit from Clementi Police Division. The session provided an excellent opportunity for an in-depth exchange on our respective scopes of service in supporting our communities, jointly managed cases, and the challenges faced by our shared community that may intersect with the legal system. We also explored potential areas for meaningful collaboration to better support residents.



## Calling for Collaborations!

The RainTree Project is a holistic 12-month programme, supported by the Yellow Ribbon Fund, dedicated to assisting ex-offenders and their families. This initiative guides individuals recently discharged from prison in overcoming challenges such as restoring family ties, dealing with social stigma, and building resilience.

Through various activities, the programme aims to help participants **reintegrate** and **transform** their lives, working towards achieving **progress** for themselves and their families. More information about **The RainTree Project** can be found on our [website](#). We invite like-minded Rotarians who are keen to serve the community to join us as **Mentors**. As a mentor, you will befriend and inspire our participants as they transition to the next phase of their lives.

## Scan to register your interest!



# JOIN US



# AS MENTORS!

Journey with ex-offenders as they **Reintegrate, Transform** & achieve **Progress** in overcoming challenges, rebuilding familial & social ties, & strengthening resilience.

### YOUR ROLE AS MENTOR

-  **Offer Practical Advice:** Share life experiences & insights.
-  **Be a Listening Ear:** Provide emotional support & encouragement.
-  **Connect & Empower:** Help navigate resources & build confidence.

### REQUIREMENTS

-  **Empathetic, Patient, & Open-minded** individuals willing to listen & encourage.
-  **Commit** to meet their mentee **monthly** for **6 - 12 months**.

**Training will be provided to equip you with the understanding and skills needed for this meaningful and rewarding role.**






Scan to Register Your Interest!

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RTP@FRCSFSC.SG

## Upcoming Activities up to March 2026

### FRCS FSC

❖ SuperME! Fathers in Focus: 12 February 2026

❖ SoberPLAY Run 2: 5 February 2026

For queries on any of the activities above, please contact us at [enquiry@frcsfsc.sg](mailto:enquiry@frcsfsc.sg).

## Support Our Causes Through Partnerships and Volunteerism!



[www.frscfsc.sg](http://www.frscfsc.sg)



[www.facebook.com/FRCSFSC](https://www.facebook.com/FRCSFSC)



[@frscfsc](https://www.instagram.com/frscfsc)

## FRCS AAC's Activities Conducted between October and December 2025

### 1. Senior National Games – 4th October

Our seniors took part in the Senior National Games, an event featuring indoor sports specially modified to be elderly-friendly, such as seated floorball, boccia, and disc throwing. Leading up to the competition, our participants trained diligently and showed great commitment and teamwork. With more than 80 teams from active ageing centres across Singapore participating, the event was highly competitive. Although our seniors did not emerge as winners, they gained valuable experience, confidence, and a strong sense of camaraderie through the journey.



### 2. Rummikub Competition – 10th October

We were pleased to participate in a Rummikub competition organised for active ageing centres in the Western region of Singapore. Our seniors played with focus and enthusiasm, progressing impressively all the way to the final six. While we did not clinch the top prize, the competition was filled with laughter, friendly rivalry, and meaningful social interaction. Most importantly, everyone had a fun and enriching time connecting with peers from other centres.



### 3. Sing-Along Karaoke & Dance 18<sup>th</sup> October (RC Suntec City)

This joyful sing-along karaoke and dance event was organised by the Rotary Club of Suntec City. The Rotarians spent the day singing, dancing, and sharing familiar local tunes that brought back many fond memories for our seniors. They also thoughtfully hand-baked cookies and biscuits, adding warmth to the occasion. It was a meaningful day of bonding, where Rotarians and seniors came together to share music, movement, and heartfelt moments.



### 4. Men's Hiking Club – 3<sup>rd</sup> November

The Men's Hiking Club is a specially curated programme designed to encourage greater participation among male seniors, a group that often takes part less frequently in centre activities and communal meals. Hiking is one of several male-focused initiatives organised by the team, providing a comfortable space for men to come together, enjoy the outdoors, and stay active. As they walk along scenic routes, participants breathe in the fresh air, chat freely, and bond naturally along the way. This programme has proven to be a meaningful platform for building friendships and strengthening social connections among our male seniors.



## 5. Beginner's Portraiture Studies – 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> Nov

The Beginners' Portraiture Studies workshop introduced seniors to the fundamentals of portrait painting using watercolours. Through a step-by-step approach, participants learned to observe facial features and understand proportions in a structured and supportive environment. The workshop allowed seniors to pick up a new artistic skill while rekindling their interest and passion for art. It was an enriching experience that encouraged creativity, confidence, and self-expression.



## 6. Bird Paradise Outing (RC Queenstown) – 24<sup>th</sup> Nov

This memorable Bird Paradise outing was generously sponsored by the Rotary Club of Queenstown. Our seniors were delighted by the opportunity to explore Bird Paradise, where they encountered a wide variety of familiar and lesser-known bird species and enjoyed observing wildlife up close. The day was made even more special with a sumptuous fine-dining lunch at Amber West Restaurant. It concluded with lively conversations, shared laughter, and the forging of new friendships, making it a truly fulfilling and joyful experience for all.



## 7. Ukulele Recital & Outdoor Community Engagement – 3<sup>rd</sup> Dec

An outdoor ukulele recital was successfully conducted, attracting an audience of over 120 residents and members of the public. Our AAC members from the Ukulele Interest Group were practicing regularly for this performance and presented a repertoire of Christmas songs and familiar local tunes. The event concluded on a joyful note with three lucky draw prizes sponsored by AAC, further enhancing audience engagement and festive cheer.



## 8. CPR and AED Life Saving Skills Training – 4<sup>th</sup> Dec

AAC seniors and staff, together with members of the public, attended an AED and CPR training session conducted by certified trainers and organized through the People’s Association. Participants gained practical knowledge of emergency response procedures and developed a better understanding of essential basic life-saving skills, contributing to greater community preparedness and confidence.



## 9. Deck The Halls - Intergenerational Arts & Crafts Session – 22<sup>nd</sup> Dec

Our seniors participated in an arts and crafts session organized and facilitated by students from Singapore Polytechnic at the AAC. During the session, seniors were guided to hand-paint Christmas tree ornaments, fostering creativity and intergenerational interaction. The event concluded with participants proudly hanging their completed ornaments on AAC's very own Art Christmas Tree, creating a strong sense of collective achievement.



<https://frCS.sg/ecc/>



 FRCS Active Ageing Centre



 FRCS (Rotary) Active Ageing Centre