



June Ramble: Marina Bay Walking Trail

Attractions on the walking trail include: Boat Quay, Merlion statue, the Esplanade, the SG Flyer, MBS, ArtScience Museum, Fullerton Hotel, Makansutra Gluttons Bay, and more. The round trip covers around 3.4km (4,500 steps).

We couldn't complete the walk in Dec 22 due to rain. Now we are back on to complete the walking trail.

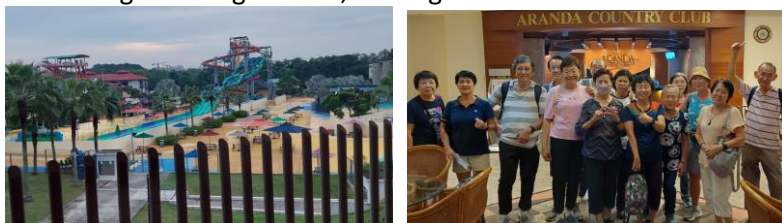
Date: **23 June Friday**
 Time: **4.30 pm**
 Meet at: **Bayfront MRT, in front of 7 Eleven**
 Facilitators: **Serene Low / Ronald Lam**

All SACE members are welcome to join, for new joiner please email secretariat@sace.org.sg. Please indicate your mobile number and state whether you are a member.

May Ramble: Pasir Ris Park

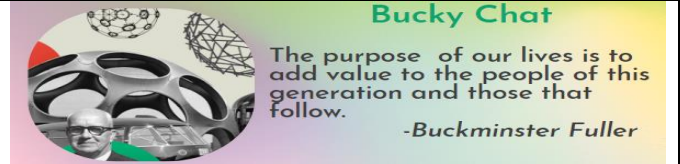


Bottom left: Katherine demonstrating her squatting pose.
 Bottom right: taking a break, sharing tidbits.

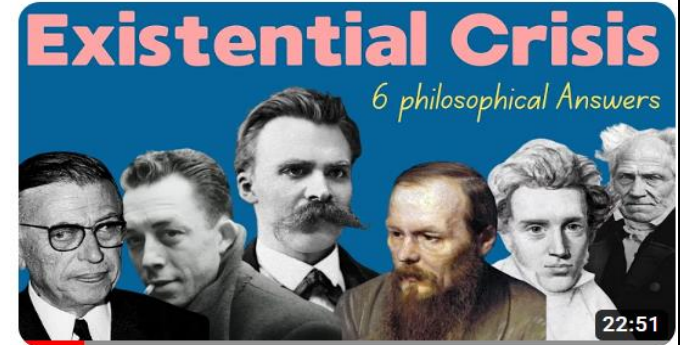


Above left: view from Downtown East
 Above right: visit to Aranda Country Club

Ronald Lam led the group in exploring not just the park, but also paid visit to Downtown East and Aranda Country Club.



June Bucky Chat:

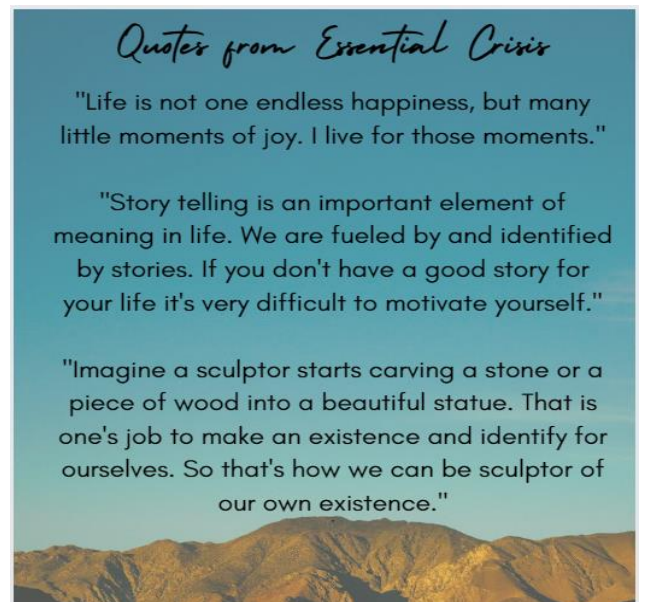


We heard about **Existential Fatigue** in Mr. Inderjit Singh's speech during the Symposium, we read about it in the Straits Times. What is **Existential Crisis**? These are 'inner conflicts characterized by the impression that life lacks meaning or by confusion about one's personal identity.' – Wikipedia. Let 6 philosophers provide answers to Modern Emptiness.

Watch this video on YouTube
https://www.youtube.com/watch?v=fpMGy_Y5tto

and discuss in Bucky Chat via zoom
<https://youtu.be/vtUSiGcU2c8>

Date: **16 June Friday**
 Time: **4pm to 5pm**
 Zoom ID: **821 7327 9344**
 Passcode: **123123**
 Facilitator: **Quek Joo Hock**



SACE 45th AGM and Symposium held on 31 May 2023



Symposium keynote speaker **Mr. Inderjit Singh** took us through some important statistics which reflected major changes in the global scenario, to name a few: deglobalisation, demographic shifts, rapid urbanisation, deep fake, climate change, resource scarcity, political tensions, shifting economic power, nuclear weapons etc. Participants then discussed in smaller groups the implications for us and practical measures we can take to reduce/avert the full impact of such disasters.

What the group facilitators say:



Regarding the US-China geopolitical tension, the group opined that if there is a World War, we have to accept the reality. They stressed: if we have to go, we have to go. – **Michael Lum**



Singaporeans look to a sustainable lifestyle which evolves around making conscious choices on the consumption of resources, such as energy, water and food. This includes reducing waste and using renewable resources.

Sustainable lifestyle choices can also include using public transportation, biking or walking instead of driving. Simple personal strategies may include bringing one's own mug to events rather than using disposable ones and to bring one's own shopping bags. Overall, the 3 Ps: people, private and public sectors need to work hand in hand to combat climate change –

Anne Marie



The group advocated strongly for seniors staying in touch with digitalisation and using it. It is also important to seek to understand what generative AI may imply. We need not be masters and

certainly should not be slaves but continue to learn about and use them wisely as tools in areas relevant to us, to learn, to do and to connect – **Chung Yin Wah**

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Healthspan is the quality of health which currently may not seem to match lifespan, but something we need to do

differently to bridge the gap. Attention to habits and choices we make daily with regards to our health is crucial, being in congruent in our thoughts and actions can lead to healthier outcomes. Awareness and action will improve the way we live and ensure our healthspan matches our lifespan. – **Vincent Yong**



The group shared that cost of living and healthcare cost have definitely gone up driven by

escalating inflation. In view of the uncertainties in economies, to stay safe, we are left with little investment options except for some risk-free principal protected instruments such as FD, SSB and TBills which currently still enjoy good returns, and of course CPF top-ups. Intergenerational support also changes as we see more youngsters struggling financially as a sandwich generation. It remains for us to stay vigilant in safeguarding our hard earned money – **Elaine Tan**.

To view the photographs of the Symposium please click <https://www.youtube.com/watch?v=VgrltqPEW3A>



At the close of the 45th AGM, the board presented the new line up of directors, from left to right: Gea Ban Peng (Hon Secretary), Adrian Teo (President), Irene Wee (First VP), Serene Low (Second VP), Johnny Pang (Asst Hon Treasurer), Sherry Teo (Director), Susan Wong (Director), Elaine Tan (Director). Absent from the photo: Lee Kang Yan (Hon Treasurer), Edward Khoo (Director).