

## Ramble

To walk in nature is to witness a thousand miracles - Mary Davis

**April Ramble: Hort Park, cum museum visit.**



From Pasir Panjang MRT, we walk uphill towards Reflections at Bukit Chandu (last admission 4.30pm). This is a museum housed in a bungalow that bears artefacts dating back to the 1930s. It pays tribute to the Malay Regiment who engaged in a heroic last stand against the Japanese army at the Battle of Pasir Panjang. We then walk downslope to reach Hort Park, a 9-hectare park teeming with foliage and flora. The park was opened in Dec 2007. We continue our walk from the park to Alexandra Retail Centre for dinner. We end our journey at Labrador MRT.

Date: **21 April, Sunday**  
 Time: **3.20pm. Leave at 3.30pm**  
 Meet at: **Pasir Panjang MRT, exit A**  
 Facilitator: **Edward Khoo / Jeffrey Yan**

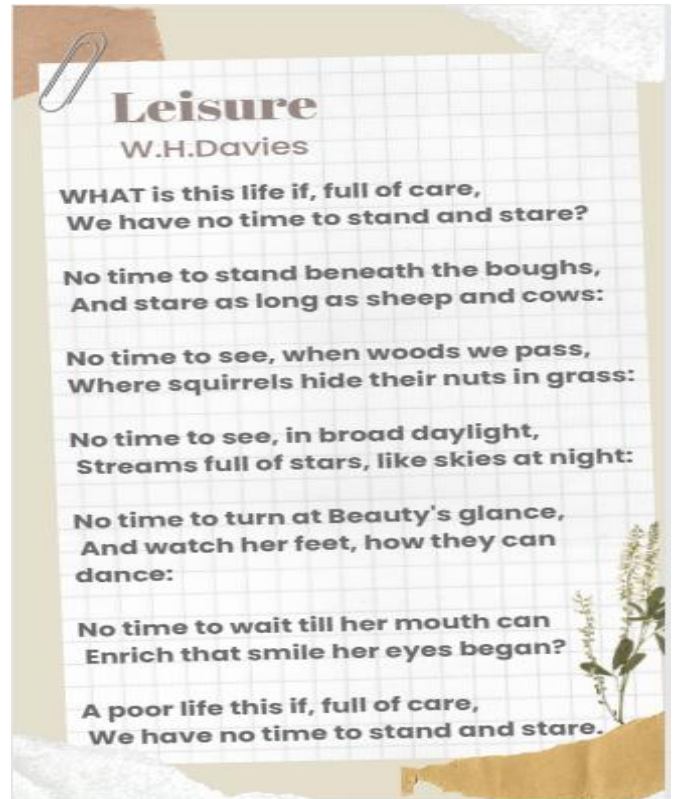
For new joiners please email [secretariat@sace.org.sg](mailto:secretariat@sace.org.sg). State your mobile number and whether you are a SACE member and we will include you in the group chat.

**March Ramble: East Coast Park**



**Bucky Chat**  
 The purpose of our lives is to add value to the people of this generation and those that follow.  
 -Buckminster Fuller

**April Bucky Chat: Poetry Appreciation**  
**"Leisure" a poem by William Henry Davies**



To widen the scope of our discussion in Bucky Chat, this month we have included **Poetry Appreciation**. Quek Joo Hock, our facilitator, has chosen the title 'Leisure' written by Welsh poet W.H.Davies, published in 1911.

"In this poem, Davies writes about living a life 'full of caring' – life that revolves mostly around physical needs. As a result, they don't have enough time to focus on their thoughts. Davies explores a variety of themes, including modernism, simplicity, spirituality, nature, and especially relaxation".

**But what does it mean to you? Let us discuss! All are welcome.**

You can research more information from the link below <https://discover.hubpages.com/literature/Poem-Leisure-By-WH-Davies-Summary-and-an-Important-Message>

Date: **19<sup>th</sup> April, Friday**  
 Time: **4pm to 5.30pm**  
 Zoom ID: **810 6187 5647**  
 Passcode: **123123**  
 Facilitator: **Quek Joo Hock**

EVENTS & ACTIVITIES

Team Bonding @ Exotic Miri-Mulu  
27 Mar to 31 Mar 2024

Supported by:



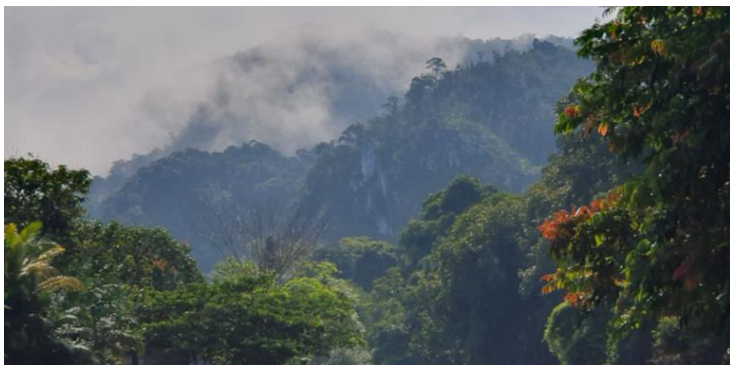
At Miri Airport on 27<sup>th</sup> Mar, comprising 39 SACE members.



Welcoming dinner with lively dance and musical cultural performance by Sape Movement.



Boat ride to the Clearwater Cave



View of the rainforest from the river.

The 4 caves that we walked:  
Deer Cave, Lang Cave,  
Clearwater Cave, and Wind Cave



Can you name the caves?

## Team Bonding @ Exotic Miri-Mulu (cont'd)

A talk on the local culture



At The Grand Old Lady – Miri's first drilled oil well



Ready, aim, shoot



## Upcoming Courses – sign up fast!

Course Title	Date / No. of session / Time
How to correct Backache caused by Poor Posture	15 April 1 session. Mon AM
Emotional Intelligence	23 Ap to 30 Apr, 2 sessions. Tues PM
Creative Airplants Wall Art	30 Apr, 1 session. Tues AM
Choreographed Dance Performance L1 (Afro Jazz)	30 Apr to 21 May, 4 sessions, Tue PM
Choreographed Dance Performance L2 (Afro Jazz)	4 May to 25 May. 4 sessions, Sat PM
Learn Acoustic Guitar	2 May to 13 Jun. 6 sessions. Thu PM
How to Manage Aches and Pains	3 May to 10 May. 2 sessions. Fri AM
Digital Photo Editing	7 May to 7 May. 1 session. Tue AM
Manage Anxiety for 3rd Ager	6 May to 13 May. 2 sessions. Mon PM
E Travel	7 May. 1 session. Tue PM
Goolge Photos	7 May. 1 session. Tue AM

**COMING SOON**

**SACE Symposium**

**30 May 2024**

Stay tuned for more details

But what is happiness except the simple harmony between a man and the life he leads

ALBERT CAMUS