

June Ramble: The Tree Top Walk

Tree Top Walk (TTW) is a key attraction along several hiking trails in the Central Catchment Nature Reserve. The suspension bridge offers a unique view of the forest's layers—emergent, canopy, tree, shrub, and ground.

The first of its kind in Singapore and the region, this free-standing steel bridge connects Bukit Peirce and Bukit Kalang, providing a bird's-eye view of the canopy's plant and animal life. The bridge spans 250 metres, reaching up to 25 metres above the forest floor.

Route: A leisurely 5km walk starting from Windsor Park, through shaded trails, ending at Venus Drive carpark. Expect a short, steep climb before reaching the TTW entry. Optional lunch at Thomson Plaza food court.

Meet at : **Upper Thompson MRT Exit 1.**
 Date/Time : **Sat 14 Jun 8.15am, leave at 8.30am**
 Facilitator : **Stephen Tan**

For new joiners please email secretariat@sace.org.sg State your mobile number and whether you are a SACE member and we will include you in our group chat for logistic arrangement.

May Ramble: Kallang River Side Walk



June Bucky Chat



The HERO'S JOURNEY - Joseph Campbell

Available on YouTube

<https://www.youtube.com/watch?v=GNPcefZKmZ0>

Duration: 11:06

Joseph Campbell's concept of the Hero's Journey, or 'monomyth', outlines a universal narrative structure found across myths and stories worldwide. This framework describes a hero's transformative adventure through distinct stage:

- Separation (Departure)**
- Initiation**
- Return**

This monomyth structure is evident in various stories from myths to modern films like *Star Wars*, *The Matrix*, and *The Lion King*.

Joseph's **Hero's Journey** isn't just about a story telling tool for myths and movies, it's a powerful metaphor for personal growth and transformation that applies to everyday life. Campbell believed this journey reflects a deep psychological process we all go through as we grow, heal, and find our purpose.

Date: **20th June (Friday)**

Time: **3.30 pm**

Meet at: **Big Appetite (food court), Funan Mall B2-24**

Facilitator: **Quek Joo Hock**

Interested in these topics? For new joiners please email us at secretariat@sace.org.sg and we will include you in our group chat and for in-person meet up for this monthly chat

"Opportunities to find deeper powers within ourselves come when life seems most challenging."

Joseph Campbell



For registration of courses, go to <https://www.sace.org.sg/course-schedule/>



Live . Love . Learn

Attendance at the SACE 47th AGM



Line up of the Board of Directors

Top front row, left: Serene Low, Susan Wong (*exited from the new board*), Elaine Tan, Sherry Teo, Irene Wee (President), Gea Ban Peng (Hon Secretary), Lee Kang Yam, Johnny Pang, Edward Khoo. Top right: Teo Eng Leong, the newly elected director

All the 9 nominees were elected to the Board for 2025-2027

The meeting approved all the other proposals in the Agenda for the meeting.



Around 70 SACE Members and friends were at the One Farrer Hotel on 29 May 2025 afternoon to attend the Symposium



Our Keynote Speaker was Dr Tan Lian Choo, a former award-winning journalist with Straits Times and retired Diplomat. She shared her personal journey of resilience and how the ability to bounce back lies in being mindful of our emotions at every moment.



The second speaker was Mr Takalah Tan, whose near fatal accident left him mentally and physically incapacitated, with a NUH neurosurgeon predicting that he had only 0.1% chance of survival. He is now back on his feet.



The breakout groups under Adrian Teo, Elaine Tan, Chung Yin Wah, Vincent Soo and Elizabeth Pang allowed every participant to share their own journey of Resilience and how they

bounce back.

Many of us rejoiced with Edward Khoo (SACE director) for overcoming fourth stage lymphoma recently and how his positivity, social and family network and faith sustained him. Through the heartfelt stories shared, we discovered that resilience is deeply rooted in our ability to adapt to life's trials, supported by the strength of community, faith, and self-reflection. It was inspiring to witness how resilience can manifest in such powerful and unique ways, transforming adversity into triumph.



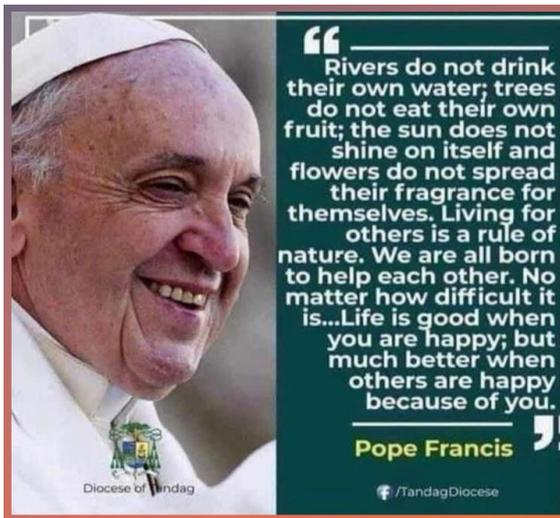


Yin Wah's prize-winning Red team was creative and original, based on the Chinese idiom of horse die get down to walk. Though tired and forlorn, the rider with mental fortitude - and with encouragement, love, willingness to accept help – the rider is able to make his way to the final destination.



We sincerely thank Empire Food Holdings Limited for their generous contribution of MacTea and MacCoffee in support of our Symposium and AGM events

Words of Wisdom, courtesy of Dr Tan



Symposium Keynote Summary
The Power of Resilience – Dr Tan Lian Choo

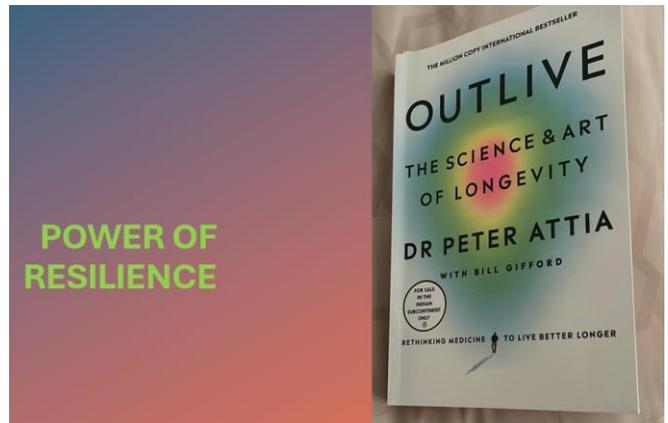
Beware the Second Arrows



In her keynote address, "The Power of Resilience", Dr Tan Lian Choo offered powerful insights into the nature of adversity and how we can build mental strength to overcome it. She introduced the concept of "second arrows"—the mental and emotional responses we create after an initial setback or painful experience.

While the *first arrow* represents the unavoidable challenges life throws at us, the *second arrow* is self-inflicted, often taking the form of negative thoughts, stress, or self-blame. According to Dr Tan, these second arrows can be avoided through conscious mental training and mindfulness. She showed us how.

'Every personal crisis is an opportunity to train our minds, to avoid these second arrows of negative emotions. This way, with the clarity of mind, your resilience capability grows' – Dr Tan Lian Choo.



Add this to your reading list - to live long and well.