

March Ramble: Mandai Boardwalk

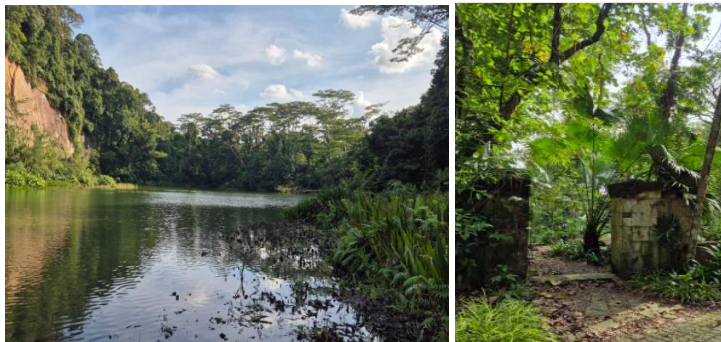
The boardwalk opens at the Mandai Wildlife Reserve on 14 Jan 2025, it stretches the perimeter of River Wonders and Singapore Zoo, offering visitors stunning views of the Upper Seletar Reservoir and the Central Catchment Nature Reserves. Suitable for all ages and abilities, the boardwalk connects the forest and water ecosystems through five thematic stations. Strolling along the boardwalk, the serene surroundings provide a perfect retreat from the bustle of daily life. Find moments of quiet connection with nature, with opportunities to spot local wildlife.



Meet at: **Springleaf MRT exit 3**
 Date / Time: **8 Mar (Saturday), 8.30am. Leave at 8.45am**
 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.

Feb Ramble: Dairy Farm Nature Park, Wallace Trail



March Bucky Chat



Available on YouTube

<https://www.youtube.com/watch?v=g72SmMdFBpk>
 17 mins 05 sec.

The Other Side of Ego narrates J Gravenor's transformative journey following a late-stage throat cancer diagnosis. This discovery prompted Gravenor to reflect on his life and recognises how his ego had distance him from loved ones. Through encounter with individuals like the homeless man and a sick child he learned the importance of connection, compassion, and living authentically. Gravenor's story emphasises the profound impact of facing one's mortality and the potential for personal growth and redemption. Very powerful messages succinctly told in 17 minutes.

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 discussion.

Date: **21st Mar (Friday)**
 Time: **3.30 pm**
 Meet at: **Big Appetite (food court), Funan Mall B2-24**
 Facilitator: **Quek Joo Hock**

Extract from the above YouTube video

When Doug, the homeless man whom Gravenor met, realized that he had cancer, he said: "I know you are going to be OK You have a lot more to do."

Gravenor, the speaker, then realized that 'the lot more to do wasn't me saving other people, that lot to do was me seeing other people, me receiving and in that, giving them the power to heal others.'

CNY Lohei Gathering for SACE members 4 February

Below are activities for the day



Lohei, Huat Ah!

Tucking in during interval



APT with Gea Ban Peng, SACE Director



Dancercise with SACE dance trainer Ben Lau



Laughing Yoga conducted by SACE trainer Gustin Low



Eddy Ooi, SACE harmonica trainer giving his rendition of *Entertainer* and *You Raise Me Up*



Performances by SACE Harmonica Alumni



Philip Marcelo, SACE Ukulele trainer, led in the sing-along session

CNY Lohei Gathering for SACE members 4 February

Cont'd



Update on SFC presented by a SFA officer.



We are here to provide you with fun and laughter!

CSR Activity



Performance at NTUC Home on 11 February by SACE Harmonica Alumni, ushering CNY with the residents



"Your presence today filled this place with the spirit of new year." Said one resident. She also studiously took down notes as we performed. We were told that many of them spent the festive season without the comfort of family visits. Her words touched our hearts.



Brenda Choy, singing in Cantonese operatic style, accompanied by Steven Loo on harmonica, was an instant

hit with the residents. Brenda is also part of the harmonica team. SACE is home to many hidden and untold talents.