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Realm of **一** Tranquility

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FY2023  
Singapore

Realm of Tranquility

# *Highlights of 2023*

Brief Intro

Message

Summary Financial Performance

Neighbourhood TCM Clinic

Island-wide Provisions Distribution

Weekly/Monthly events for Seniors

Volunteers Day **2023**

Collaborations

Participation in Community Projects

Our Four Pillars

45<sup>th</sup> Anniversary Celebration

Charity Transparency Award **2023**

The Years Ahead

Our Governance



# Encouragement of Good Deeds

for 45 years

&

Beyond



# Realm of Tranquility

Sustainable for more than 45 years

## Objective

Encouragement of Good Deeds

## Vision

Promote Social Responsibility

## Mission

To mobilise and advocate lifelong volunteerism

## Core Values

Our objective is to create greater community bonding across the board. With our vision, we can nurture personal growth together despite different culture, religions and languages. Eventually, lifelong volunteerism can be an instinct to sustain better living environment.

## Motto

Your generosity is our sustainability



## Overview of *Realm of Tranquility*

Realm of Tranquility was registered as a Society on 9th July 1981.

Realm was then registered as a charity under the Charities Act (Chapter 37).

Realm has been accorded Institution of a Public Character status from 24<sup>th</sup> April 2023 to 23<sup>rd</sup> February 2025.

Realm has Constitution as its governing instrument.

Charity Registration No. S81SS0064C

ROS Registration No. ROS 144/81

Registered Address      Realm of Tranquility  
170 Upper Bt Timah Road  
#05-11 Bukit Timah  
Shopping Centre Singapore  
588179

Activity Centre          Realm@Admiralty  
Blk 547 Woodlands Drive 16  
#01-177/181/185 Singapore  
730547

Bankers                    OCBC and UOB

Auditor                    Fiducia LLP



新加坡宗鄉會館聯合總會  
Singapore Federation of Chinese Clan Associations  
Member of SFCGA & TF(S)



## Organisation Structure

Realm of Tranquility

Founded by Mr Eddie Tay in 1978



Management  
Council

Sub-  
Committees

Realm  
@Admiralty

Pro Bono  
Management Team

- The Caring Unit  
The Caring Wing
- Island-wide Food Ration  
Wing
- The Social media



- Neighbourhood TCM  
Clinic
- Activities Centre for  
the Elderly & Residents
- Serving the Needy  
Community

## Message

'Encouragement of Good Deeds' was initiated by Mr Eddie Tay in 1978 who single-handedly mobilised volunteers for the vulnerable community to establish *Realm of Tranquility* with the sole objective as passion in doing good deeds and as a basis to sustain our mission "To Promote Social Responsibility". In continue to upholds virtue as the governing principle of *Realm of Tranquility* in serving to strive an inclusive mindset as being new holder of the current baton after four decades from my predecessor, Ms Rebecca Tan Lay Bay PBM,

Our form of assistance is rendered to anyone in needs, regardless of race, religion, age, nationality or background, The Caring Wing is one of our arms to extend a more in-depth assistance to our Cases, providing customised assistance within our capabilities including Cases referred by other SSAs or hospitals.

Due to the aging population, *Realm@Admiralty* curates activities tailored for seniors since 2014. Besides our daily operation of the TCM clinic, we initialise conducive neighbourhood for the seniors to minimise isolation and depression from loneliness, for instance encouraging the elderly to participate in community activities and learn to keep pace with digitalization. In addition, we have our Silver Corri-door, weekly Qigong 18 and partnering with HPB for Zumba for the seniors and residents as well.

Realm of Tranquility is looking forward to an upcoming serving arm by the Pro Bono SG to shelter a daily operation legal clinic in *Realm@Admiralty* to service the vulnerable with long standing legal issues. The *Realm* Community Law Centre is going to established by the Pro Bono SG in 2024 announced during our 45<sup>th</sup> Anniversary celebration.

With that, may I express my gratitude to all partners, stakeholders, volunteers, staff and members who have committed to the sustainability of the *Realm of Tranquility* in serving our community to a greater height.

**Chooi May Yin B Sc, Grad CG(CSIS)**  
President  
*Realm of Tranquility*

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Founded by Mr Eddie Tay  
Legal Advisor : Mr Aloysius Wee

## Realm of Tranquility Management Council 2023/2024



Realm of Tranquility has been managed by a Pro bono Board since day 1

# Realm of Tranquility

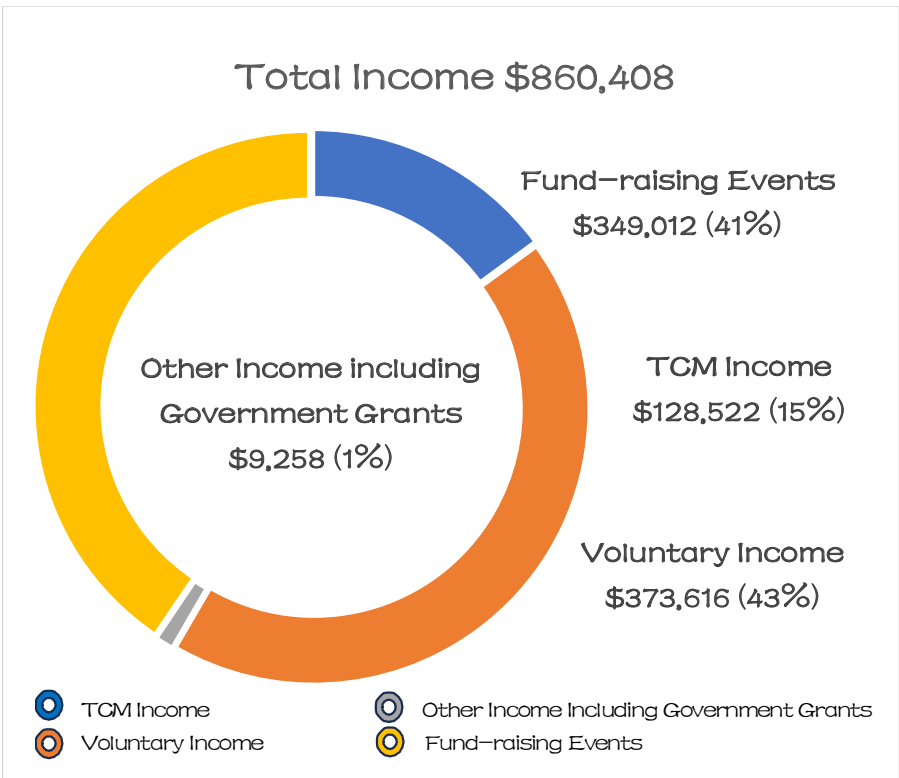
## List of Board Members 2023 Attendance

A total of 1 AGM and 11 Board meetings were held during the financial year. The following sets out the individual Board members' attendance at the meetings:

Board Member	Current Appointment	Occupation	Attendance	Immediate Past Appointment
Choo May Yin	President since 20/1/2019	Director TC Corporatenet.com Pte Ltd	12/12	Vice President
Tan Lay Bay, Rebecca PBM	Immediate Past President since 20/1/2019	Sole-proprietor TC Book-keeper	12/12	President
Toh Kim Sok	Vice President since 20/1/2019	TCM Physician Realm of Tranquility	12/12	Committee Member
Sue Yen Ping	Hon Treasurer since 8/1/2023	Accounts Executive TC Corporatenet.com Pte Ltd	11/12	Hon Secretary
Ng Siew Lan, Angle	Hon Secretary since 8/1/2023	Senior Financial Consultant Prudential Assurance Company Singapore Pte Ltd	11/12	Hon Treasurer
Maheshwari Vishal	Asst Hon Treasurer since 8/1/2023	General Manager (Finance & Accounts) In JSW International TradeCorp Pte Ltd	5/12	-
Liew Yat Hol, Henry	Asst Ext Affairs since 8/1/2023	Retiree	12/12	Asst Treasurer
Yang Jin, Jenny	Asst Int Affairs since 21/5/2023	Home Maker	5/8	Asst Internal Affairs
Yeo Soh Hong, Jojo	Internal Affairs since 24/1/2021	Operation Executive Realm of Tranquility	11/12	Hon Secretary
Zheng Chun Mu, Allen	External Affairs since 8/1/2023	Director Pioneer Energy (S) Pte Ltd	10/12	Asst External Affairs
Ong Wen Qing	Asst Hon Sec since 8/1/2023	Process Engineer Murata Electronic Singapore Pte Ltd	7/12	Asst Internal Affairs

# Realm of Tranquility

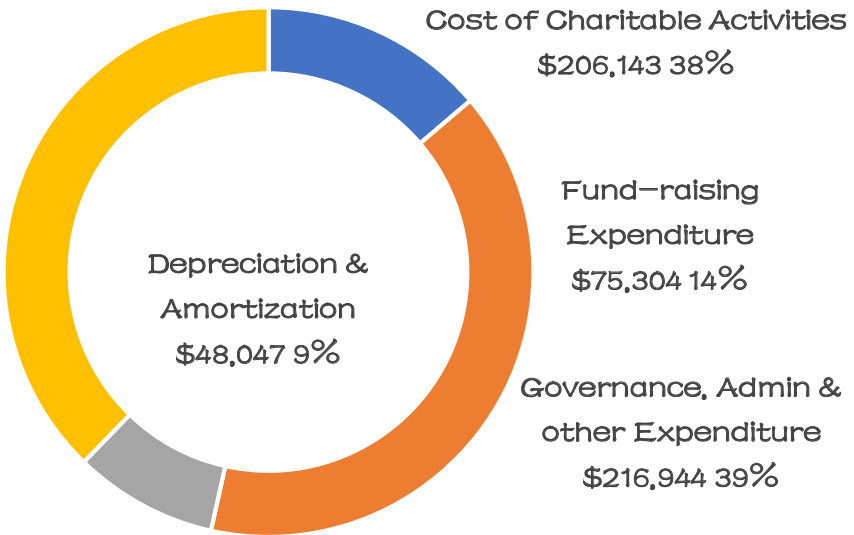
## Collection 2023



# Realm of Tranquility

## Expenses 2023

Total Expenditure \$546,438



- Fund raising Expenditure
- Governance, Admin & other Expenditure
- Depreciation & Amortization
- Cost of Charitable Activities

# Realm of Tranquility

## Summary Financial Performance 2023

- Total Income \$ 860,408.00
- Total Expenditure \$546,438.00
- Expenses increased by \$109,243.00 (25%) in the financial year.
- Donations increased by \$160,237.00 (36.5%) in 2023 due to the 45<sup>th</sup> Anniversary celebration and the fund-raising projects 2023.

## Major Financial Transactions

There are no major financial transactions in 2023.

## Purpose of Charitable Assets held

- Building Fund – held to own a premise of its own
- Development Fund – held to fund any development projects, including the gap between the amount spent and the NCSS grant received for the digitalisation.

# Realm of *T*ranquility

## Fund Raising Project 2023

2023 Fund Raised	Income	Expenses	Nett
45th Anniversary Dinner	\$315,021.00	\$63,675.39	\$251,345.61
3 <sup>rd</sup> party – MR Angel	\$ 13,805.65	\$3,431.00	\$10,374.65
3 <sup>rd</sup> party – My Support Through The Flower Language	\$ 14,303.00	\$3,300.00	\$11,003.00
Merchandise Sales– ^Bear	\$7,410.00		\$7,410.00
2023 New Regime Fund Raising	\$9,909.70	\$3,330.00	\$6,579.70
			<b>\$286,712.96</b>

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\*Bears were donated by Ms Jenny Yang

*Realm@Admiralty* Daily operation TCM Clinic  
Managed by the *Realm of Tranquility*

Our Neighbourhood  
Traditional Chinese  
Medicine Clinic (TCM)  
was established in  
24<sup>th</sup> November 2014  
@Blk 547 Woodlands  
Drive 16 #01-181  
Singapore 730547  
Tel 67605820



**Opening Hours**

Monday to Saturday 9.30am to 6.30pm  
Sundays and Public Holidays closed

**TCM Team 2024**



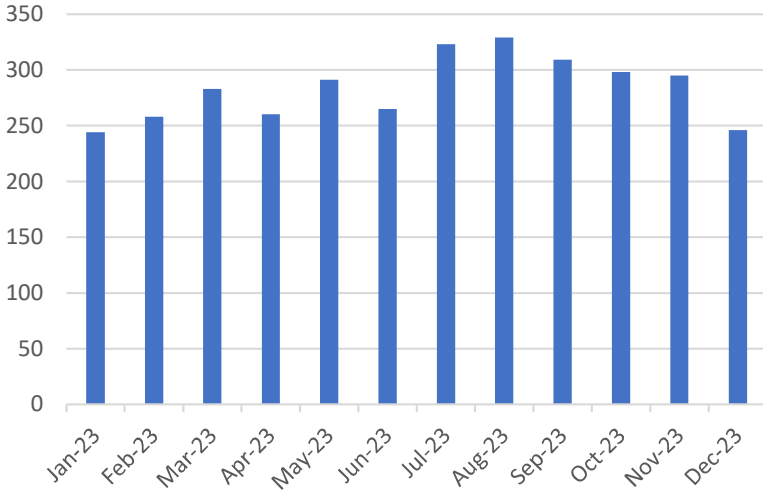
Neighbourhood TCM Clinic is  
one of the arms of  
Realm@Admiralty serving the  
residents, as for the needy  
families, less privileges, lonely  
elderly shall have the  
privilege for free consultation.

Senior Physician: Ms Toh Kim Sok  
Resident Physician:  
Physician: Ms Ng Soh Chin  
Physician: Mr Frank Woon  
Physician: Ms Chang Suit Mui



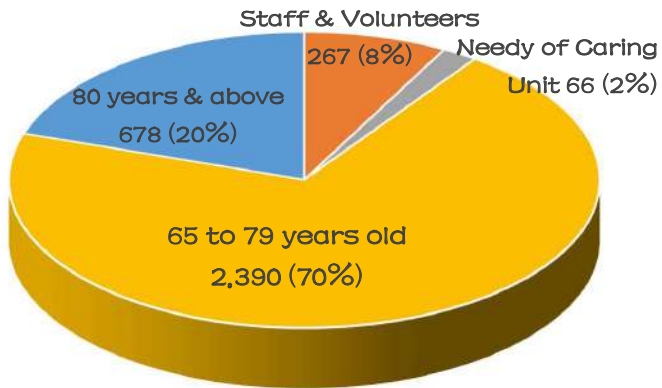
## Neighbourhood TCM Clinic

Number of Patients by Month



2023

SERVED 3401 PATIENTS



## TCM Income & Expenditure 2023

Mth	Service Income	Donation	TCM Labour Cost	TCM Subsidy	Expenses	Rental	Nett Deficit
JAN	7769	50	6716	2664	1465	1,572	-4598
FEB	10384	1820	6940	2998	948	1,572	-253
MAR	8130	200	7061	2355	2753	1,572	-5411
APR	9060	2215	7058	2021	1042	1,572	-417
MAY	7619	646	7019	2361	1846	1,572	-4532
JUN	7824	814	6893	2196	2348	1,557	-4356
JUL	13101	3162	11820	3241	1832	1,572	-2202
AUG	12132	0	12541	3566	1601	1,572	-7148
SEP	13100	3206	12425	3516	2505	1,572	-3712
OCT	11944	800	12400	3356	2481	1,572	-7064
NOV	14072	1766	12461	3460	2104	1,572	-3760
DEC	13387	2311	18488	2999	1746	1,572	-9106
<b>Grand Total</b>	<b>128522</b>	<b>16989</b>	<b>121822</b>	<b>34731</b>	<b>22671</b>	<b>18847</b>	<b>-52559</b>

# Weekly ~

- Coffee Corner for the Elderly ~  
Every Wednesday & Saturday @ 8.00am – 11.00am
- Zumba ~ Every Friday 7.30pm – 8.30pm
- Qi Gong ~ Every Saturday 8.30am – 10.00am  
Except Public Holidays



seniors' Circle  
Let's have a Cup of Traditional Coffee style  
For the day of Happiness  
Every Wed & Sat  
@8am – 11am  
早晨第一杯  
传统武开咖啡  
@第一间美邻站  
547 Woodlands Drive 16  
Singapore 730547  
Tel : 68911981



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Mr. Eric Goh  
Qigong 18 Movement Instructor



强身健体  
老少欢体  
迎

Qigong 18 @ Realm  
先功武  
每星期六  
早上八点半



547 Woodlands Dr 16 #01-177 S730547



Every Saturday  
8.30am

免费 Free



Friday Zumba  
14 APR 2023  
Realm @ Tranquility  
积德, 记得



ROW A1345 7.30PM TO 8.30 P  
Move It, Feel Strong

## Seniors Circle Attendance Rate 2023

Month	Date	Pax	Date	Pax	Date	Pax	Date	Pax	Date	Pax
April ~ Wed	5 <sup>th</sup>	8	12 <sup>th</sup>	12	19 <sup>th</sup>	15	26 <sup>th</sup>	12		
May ~ Wed	3 <sup>rd</sup>	13	10 <sup>th</sup>	19	17 <sup>th</sup>	19	24 <sup>th</sup>	27	31 <sup>st</sup>	19
June ~ Wed	7 <sup>th</sup>	20	14 <sup>th</sup>	27	21 <sup>st</sup>	27	28 <sup>th</sup>	31		
July ~ Wed	5 <sup>th</sup>	28	12 <sup>th</sup>	20	19 <sup>th</sup>	39	26 <sup>th</sup>	16		
Aug ~ Wed	2 <sup>nd</sup>	18	9 <sup>th</sup>		16 <sup>th</sup>	15	23 <sup>rd</sup>	16	30 <sup>th</sup>	16
Sept ~ Wed	6 <sup>th</sup>	17	13 <sup>th</sup>	17	16 <sup>th</sup>	33	27 <sup>th</sup>	32		
Oct ~ Wed	4 <sup>th</sup>	17	11 <sup>th</sup>	17	18 <sup>th</sup>	16	25 <sup>th</sup>	18		
Nov ~ Wed	1 <sup>st</sup>	15	8 <sup>th</sup>	13	15 <sup>th</sup>	25	22 <sup>nd</sup>	14	29 <sup>th</sup>	23
Dec ~ Wed	6 <sup>th</sup>	15	13 <sup>th</sup>	14	20 <sup>th</sup>	20	27 <sup>th</sup>	15		
April ~ Sat	1 <sup>st</sup>		8 <sup>th</sup>	17	15 <sup>th</sup>	23	22 <sup>nd</sup>		29 <sup>th</sup>	29
May ~ Sat	6 <sup>th</sup>	36	13 <sup>th</sup>	31	20 <sup>th</sup>	29	27 <sup>th</sup>	29		
June ~ Sat	3 <sup>rd</sup>	39	10 <sup>th</sup>	29	17 <sup>th</sup>	32	24 <sup>th</sup>	30		
July ~ Sat	1 <sup>st</sup>	38	8 <sup>th</sup>	28	15 <sup>th</sup>	32	22 <sup>nd</sup>	39	29 <sup>th</sup>	38
Aug ~ sat	5 <sup>th</sup>	38	12 <sup>th</sup>	27	19 <sup>th</sup>	34	26 <sup>th</sup>	29		
Sept ~ Sat	2 <sup>nd</sup>	42	9 <sup>th</sup>	17	16 <sup>th</sup>	43	23 <sup>rd</sup>	39	30 <sup>th</sup>	25
Oct ~ Sat	7 <sup>th</sup>	45	14 <sup>th</sup>	26	21 <sup>st</sup>	19	28 <sup>th</sup>	11		
Nov ~ Sat	4 <sup>th</sup>	38	11 <sup>th</sup>	24	18 <sup>th</sup>	30	25 <sup>th</sup>			
Dec ~ Sat	2 <sup>nd</sup>	18	9 <sup>th</sup>	31	16 <sup>th</sup>	15	23 <sup>rd</sup>	15	30 <sup>th</sup>	20



## Zumba attendance rate 2023

906 Participants @48 sessions

Average 19 participants per session

Date	Pax	Date	Pax	Date	Pax	Date	Pax	Date	Pax
6 <sup>th</sup> Jan	21	13 <sup>th</sup> Jan	11	20 <sup>th</sup> Jan	7	27 <sup>th</sup> Jan	8	0	0
3 <sup>rd</sup> Feb	5	10 <sup>th</sup> Feb	0	17 <sup>th</sup> Feb	23	24 <sup>th</sup> Feb	11	0	0
3 <sup>rd</sup> Mar	13	10 <sup>th</sup> Mar	18	17 <sup>th</sup> Mar	16	24 <sup>th</sup> Mar	13	31 <sup>st</sup> Mar	10
7 <sup>th</sup> Apr	0	14 <sup>th</sup> Apr	14	21 <sup>st</sup> Apr	16	28 <sup>th</sup> Apr	15	0	0
5 <sup>th</sup> May	13	12 <sup>th</sup> May	12	19 <sup>th</sup> May	19	26 <sup>th</sup> May	13	0	0
2 <sup>nd</sup> Jun		9 <sup>th</sup> Jun	15	16 <sup>th</sup> Jun	18	23 <sup>rd</sup> Jun	27	30 <sup>th</sup> Jun	18
7 <sup>th</sup> Jul	24	14 <sup>th</sup> Jul	11	21 <sup>st</sup> Jul	26	28 <sup>th</sup> Jul	25		
4 <sup>th</sup> Aug	27	11 <sup>th</sup> Aug	25	18 <sup>th</sup> Aug	27	25 <sup>th</sup> Aug	20		
1 <sup>st</sup> Sep		8 <sup>th</sup> Sep	28	15 <sup>th</sup> Sep	25	22 <sup>nd</sup> Sep	24	29 <sup>th</sup> Sep	15
6 <sup>th</sup> Oct	26	13 <sup>th</sup> Oct	25	20 <sup>th</sup> – Oct	21	27 <sup>th</sup> Oct	33		
3 <sup>rd</sup> Nov	30	10 <sup>th</sup> Nov	20	17 <sup>th</sup> – Nov	26	24 <sup>th</sup> Nov	16		
1 <sup>st</sup> Dec	19	8 <sup>th</sup> Dec	11	15 <sup>th</sup> Dec	17	22 <sup>nd</sup> Dec	24	29 <sup>th</sup> Dec	25

878 participants @34 sessions, average 25 participants per session taught by our member voluntarily

## Qigong 18 Attendance Rate 2023

Month	Date	Pax	Date	Pax	Date	Pax	Date	Pax	Date	Pax
Jan										
Feb										
Mar										
April	8 <sup>th</sup>	11	15 <sup>th</sup>	16	22 <sup>nd</sup>	0	29 <sup>th</sup>	26	0	0
May	6 <sup>th</sup>	25	13 <sup>th</sup>	15	20 <sup>th</sup>	19	27 <sup>th</sup>	25	0	0
June	3 <sup>rd</sup>	30	10 <sup>th</sup>	25	17 <sup>th</sup>	24	24 <sup>th</sup>	35	0	0
July	1 <sup>st</sup>	22	8 <sup>th</sup>	23	15 <sup>th</sup>	25	22 <sup>nd</sup>	24	29 <sup>th</sup>	31
Aug	5 <sup>th</sup>	22	12 <sup>th</sup>	33	19 <sup>th</sup>	37	26 <sup>th</sup>	32		
Sept	2 <sup>nd</sup>	33	9 <sup>th</sup>		16 <sup>th</sup>	33	23 <sup>rd</sup>	34	30 <sup>th</sup>	20
Oct	7 <sup>th</sup>	34	14 <sup>th</sup>	20	21 <sup>st</sup>	28	28 <sup>th</sup>			
Nov	4 <sup>th</sup>	32	11 <sup>th</sup>		18 <sup>th</sup>	29	25 <sup>th</sup>	31		
Dec	2 <sup>nd</sup>	21	9 <sup>th</sup>	20	16 <sup>th</sup>	20	23 <sup>rd</sup>	23		



## Monthly ~

Silver Corri-door ~ Every 1<sup>st</sup> Saturday of the Month  
@10.00am to gather the Seniors for collective learning  
of digitalization & sharing of Health Talk



Visiting Nursing/Elderly Homes to provide Recreational  
programmes led by Allen Tay



28/5/2023 @2.30pm ~ Thuja Home @ Pelangi Village  
23/7/2023 @2.30pm ~ Jenaris Home @ Pelangi Village  
27/08/2023 @2.00pm ~ Kheng Chiu Happy Lodge  
24/09/2023 @2.00pm ~ Lee Ah Mooi Old Aged Home  
22/10/2023 @3.00pm ~ St.John' s Home

Annually ~

## Volunteers' Day 2023

Volunteers' Day 2023 was scheduled on 17<sup>th</sup> December 2023 to demonstrate our gratitude for those volunteers who have been



demonstrating selfless dedication and hard work. Their contribution of time and efforts has had a tremendous impact upon the vulnerable community we served. Their kindness and enthusiasm inspire hope and optimism within us.

We cherish their commitment and will strive to continue the community spirit to meet our mission in *"Promoting Social Responsibility"*



## Participation in the Community Projects

Realm Of Tranquility was invited by Blossom World Society to participate in the Tree Planting Day @Woodlands Ave 3 (Park Connector) on 28<sup>th</sup> October 2023



Members and Volunteers were present for the day

Lantern Festival@Vista Park organized by Admiralty Citizens' Consultative Committee



30/09/2023

中秋节



## Collaboration ~

YWCA has been our collaborating partner since 2010 adopting 3 areas of our island-wide provision distribution. YWCA provides the items and their volunteers distributing to the needy households based on the Realm of Tranquility name lists, facilitated by our area leaders.

As for the collaboration of Food Ration 2023, there were 898 packs distributed to the followings:

261 packs for Blk 12/13  
Bedok South Avenue 2

224 packs for Blk 621A/621B Edgefield Walk

413 packs for Blk 63/64/68 Lorong 5 Toa Payoh



In addition, YWCA also contributed **648** packs for our Caring Wing in **2023**, which include milk powder & diaper to the vulnerable families as well.



## Collaboration ~



*Realm of Tranquility* collaborated with the Admiralty Active Ageing Committee and Admiralty Zone 3 Residents' Network to organise an Elderly Mental Health Talk in Mandarin on 9 July 2023 at ACE The Place Community Club. The Speaker was Dr Lee Cheng, a senior Psychiatrist at the Institute of Mental Health (IMH).



MP Mr Vikram Nair was the Guest of Honour for the event. More than 100 seniors attended the talk.



Ms Jojo Yeo, Section Leader with Ms Millie, Alex & Eric District Leaders led 25 Volunteers to distribute 126 packs for the needy families @Bik 3/4/6 Marsiling Road on 26th March 2023.



Credit Association of Singapore donated \$5000 for the collaboration.

# Sharing

Every 1<sup>st</sup> Sunday of the month is the sharing reception for our volunteers & members. The agenda for the day vary from health development to serving the vulnerable community for betterment, and exchange of the competitive challenges of work life balance matters arising.



## Activated risk management implementation



## Sharing session with the Residents



# Serving

Realm of Tranquility was invited to a Luncheon for the Elderly by Tian Hock Dian Temple (天福殿). Our volunteers led by Angie, served 47 Seniors for lunch @the temple, a goodie bag with a Hongbao was given to every elderly after the lunch.



## World Sight Day 2023

Realm of Tranquility brought the Seniors for a free eye check event hosted by Ngee Ann Polytechnic on 12-10-2023.



# Receiving ~



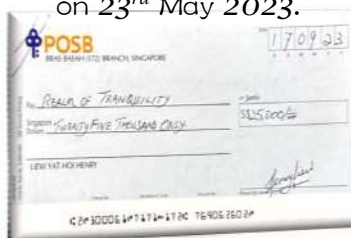
Delighted to attend a luncheon reception hosted by BreadTalk for our seniors on 28<sup>th</sup> January 2023 (Sat) at their headquarter. A goodie bag with a

hongbao was given to every elderly participants after the luncheon.



A donor presented a cheque amounted to fifteen thousand dollars to the *Realm of Tranquility* on 23<sup>rd</sup> May 2023.

A cheque amounted to Twenty-five thousand dollars was donated by Mr Henry Liew Yat Hoy, one of our council members, on 17<sup>th</sup> September 2023.



*Realm of Tranquility* was awarded a Charity Transparency Award 2023 on 21<sup>st</sup> November 2023



# Receiving ~

**1500 Kg of rice donated by Lotus Light Charity Society**

Received **1564** packets of rice donated by a Temple (普照禪寺) for monthly distribution in 2023

No.	Date	PKT
1	6/1/2023	65
2	14/1/2023	41
3	18/2/2023	124
4	11/3/2023	70
5	17/3/2023	112
6	25/3/2023	195
7	8/4/2023	82
8	28/4/2023	47
9	29/4/2023	142
10	24/6/2023	58
11	4/8/2023	80
12	12/8/2023	39
13	18/8/2023	139
14	25/8/2023	45
15	4/11/2023	77
16	11/11/2023	68
17	18/11/2023	48
18	15/12/2023	132
	<b>Total:</b>	<b>1564</b>



## Giving ~

Our Caring Wing has been Supporting 54 needy families dropped from 77 cases, during the last decade

as basically some have improved their livelihood & passing due to old age. *Realm of Tranquility* provided monthly food rations, financial assistance and customised assistance to them, which include dialysis patients, cancer patients, the elderly, physically challenged, low-income families, ex-prisoners etc, regardless of race,



In 2023, besides distributed 648 packs of provisions, mobility aids such as walking devices, wheelchairs etc & essential electrical appliances as well, and distributed hongbao during Lunar New Year.



Our volunteer drivers and befrienders have been connecting with our needy families on a monthly basis to monitor their livelihood upon regular reviews, such as their difficulties to overcoming challenges for betterment.

*Realm of Tranquility* Island-wide Food Ration  
2023 Distributed to 3119 vulnerable families

No.	Location	Pax
1	CHOA CHU KANG ST. 51 BLK 536/537	192
2	HOUGANG AVE 3 BLK 25	123
3	BUANGKOK CRESCENT BLK 986C/986D	197
4	BEDOK SOUTH AVE 2 BLK 12/13(YWCA)	261
5	TAMPINES ST.44 BLK 466/471	60
6	WELLINGTON BLK 512/513	133
7	HO CHING RD & CORPORATION DRIVE BLK 116/117/118	204
8	BOON LAY DRIVE BLK 188/191	239
9	COMMONWEALTH CRESCENT BLK 103/104/106/107	169
10	EDGEFIELD WALK BLK 621A/621B	224
11	MARINE TERRACE BLK 52/53	113
12	TAMPINES ST.22 BLK 299B	123
13	Marsiling Rd BIK 3/4/6	381
14	TOA PAYOH LORONG 5 BLK 63/64/68(YWCA)	413
15	CHAMPION WAY BIK 569A/569B	153
16	MARSILING LANE BIK 16	59
17	WOODLANDS ST 83 BIK 852	51
18	MARSILING CRESCENT BIK 218	15
19	WOODLANDS AVE 1 BIK 572B	3
20	WOODLANDS DRIVE 16 BIK 587	3
21	WOODLANDS 16 BIK 619	3
Total		3119

# A significant success of our 45<sup>th</sup> Anniversary

More than 500 guests attended to witness our accomplishment of 45 years journey celebration @ Chui Huay Lim Club on 25<sup>th</sup> November 2023.

45<sup>th</sup> Anniversary Gala Dinner  
 CHARITY TRANSPARENCY AWARDS 2023  
 Guest - Of - Honour  
**Ms Sim Ann**  
 Senior Minister of State,  
 Ministry of Foreign Affairs &  
 Ministry of National Development  
 to mark  
**Our 45 Years of**  
**Serving the**  
**Vulnerable Community**  
 Promoting Social Responsibility Since 1978  
 倡导社会责任  
 记积得德  
 Realm of Tranquility  
 NCSS Since 2006  
 主宾  
**沈颖女士**  
 外交部兼国家发展部  
 高级政务部长  
 鉴证  
 为弱势群体  
 伸出援手  
 四十五  
 载  
 终身义工精神

45<sup>th</sup> Anniversary was a significant celebration for the Realm of Tranquility, besides our 45<sup>th</sup> Anniversary publication compiled for the last century & New Millennium of our activities, and the acknowledgement of members for their long standing with our mission, Two breaking announcements were applauded from the audience in presence, 1) A Charity Transparency Award, 2) An inauguration of the Realm Community Law Centre on 29<sup>th</sup> January 2024.

The evening was concluded with an invitation for all to keep the date 30<sup>th</sup> November 2028 to celebrate our Half a Century of Sustainability in this “Red Dot” .

~50<sup>th</sup> Anniversary of the Realm of Tranquility~



In appreciation to ToteBoard for the Enhanced Fund-Raising Grant for **Realm 45<sup>th</sup>** celebration



**With Compliments**

*Pioneer Energy (S) Pte Ltd  
Maxbond Singapore Pte Ltd*

*H M Gallery*

*Elemen*

*Boon Huat Interior Design*

*Seng Kee Black Chicken*

*Herbal Soup Pte Ltd*

*Grand Venture Technology*

*Broadway*

*卓金锁医师*

*Zeles Network Ltd*

*Chang Cheng*

*Top93 Pte Ltd*

*Hing Huat Sketchline Design*

*Leaf Corner*

*27 Guang Shou Tang Pte Ltd*

*Royallimo*

*Benoi Logistics*

*Mr David C S Cheong*

*戴恩德先生*

*Cheng Yap Construction Pte Ltd*

*See Toi Watches*

*Univerz HR Consulting Pte Ltd*

*Hock Hai Civil Engineering &*

*Building Pte Ltd*

*Gold Pines Furniture Pte Ltd*

*LexBuild Motors Pte Ltd*

*中华餐室*

\*\*\* Details of our 45<sup>th</sup> Anniversary can be extracted from the above

# Acknowledgement

## List of stakeholders in our Food Ration 2023

Marina Bay Sands & Food Bank ~ 507 food packs

Hewlett Packard & Food Bank ~ 200 food packs

Lotus Light Charity Society (Singapore) ~ 1500 Kg of  
fragrance rice

for 11 years & 30 packets of vermicelli

普照禅寺 ~ 1564 packets of rice (since 2012)

My First Skool @Blk 541 AMK annual contribution of food  
ration

(since 2017)

Maya ~ 36 bottles ( 500ml ) of cooking oil  
& 36 packets of biscuit

BreadTalk ~ 100 boxes of Moon cakes

Alex ~ 70 boxes of Moon cakes

HQ Gano (Singapore) Pte Ltd ~ 150 packets of coffee  
& Tea

周宝胜 & 林锦江 ~ 120 packets of rice (5kg)

Lena & Lili ~ 132 pcs of home-made dumpling

高荣才先生 ~ 660 packets of rice vermicelli

Eu ~ 14 bottles of cooking oil ( 500ml )

& 20 bottles of soy sauce

何碧山宫 ~ food items

Joyce ~ 144 bottles of body wash (700ml)

& 2688 bottles of body wash (300ml)

YWCA ~ 648 packs of food ration for our Caring Wing,  
Including milk powder & diapers.



## Finale event 2023~Members/Volunteers

More than 100 participants gathered @BIK  
581 Woodlands Vista Park on 31-12-2023  
@8.00am – 10.00am for a morning  
exercise



Thereafter, all walked back to the  
Realm@Admiralty for some authentic  
gourmets Prepared by the volunteers



## The Year Ahead

### ~ Outlook 2024 ~

- Strive for digitalisation for effective caring
- Towards Governance Award 2026
- Pipeline
  - ❑ To create awareness of Z-Generation's interest in lifelong volunteerism.
  - ❑ PDPA Accreditation before 2028.

### Accomplished Outlook 2023

- ✓ A Youth Team was set up before 2024 to take charge of fund raising
  - ✓ Significant Success of our 45<sup>th</sup> Anniversary celebration on 25/11/23
    - ✓ Delighted to receive the Charity Transparency Award 2023 on 21/11/23

## Governance

### –Role of the Governing Board

The Board 's role is to provide strategic direction and oversight of Realm 's programmes and objectives and to steer the charity towards fulfilling its vision and mission through good governance. As part of its role, the following matters require Board 's approval:

- Review and approve monthly financial statements;
- Regularly monitor the progress of the charity' s programmes.

Committee Members served for more than 10 consecutive years were:

Ms Chooi May Yin, Ms Tan Lay Bay, Ms Toh Kim Sok, Ms Sue Yen Ping and Mr Liew Yat Hoi, Henry have been serving for more than 10 consecutive years.

The above committee members, especially Ms Chooi, Ms Tan, Ms Toh and Ms Sue are devoted core volunteers of the organization who have been actively participating in the organization in all areas including programmes and volunteer management, training of new blood and also see to the succession plan of the organization.

They are especially passionate for the less privileged.

## Disclosure of Remuneration and Benefits received by Board Members

No Board members were remunerated for their Board services in the financial year. Every serving committee member serves on pro-bono basis since day one of formation

## Disclose of Remuneration of three highest paid staff

Staff were only employed in our activity centre known as Realm @Admiralty for its full-day operation.

None of the charity's staff received more than \$100,000.00 in annual remuneration each. The three highest paid staff are:

- 1) Yeo Soh Hong, Jojo (Operation Executive) \$42,721.93.
- 2) Hoe Sor Har, Maggie (Project Executive) \$40,504.01.
- 3) Ng Soh Chin (TCM Physician) \$41,085.33

Ms Yeo Soh Hong served on the management Council in 2023 as Internal Affairs.

There is no paid staff who is a close member of the family belonging to the Executive Head or any Management Committee member of Realm of Tranquility.

In addition, no staff is involved in setting in/her own remuneration.

## Reserves Policy

The Reserves of Realm provides financial stability and the means for the development of the Society's activities. The Management intends to maintain the reserves at a level sufficient at all times of at least twelve (12) months' value for its operating needs. The Society reviews the level of reserves regularly for Realm's continuing obligations. For more information on the charity's reserves policy, please refer to Note 19 (page 36) of Realm's Financial Statements.

Realm of Tranquility's reserves position for financial year ended 31 December 2023 and 2022 are as follows:

		2023	2022	Increase/ decrease
		S\$'000	S\$'000	%
A	Unrestricted Fund			
	General Fund	1228	939	30.78
B	Restricted or Designated Funds			
	Designated Funds	36	11	227.27
	Restricted Funds	1	1	0
C	Endowment Fund	0	0	0
D	Total Funds (Restricted, Unrestricted & Designated)	1265	951	33.02
E	Total Annual Operating Expenditure (including Cost of Generating Funds, Cost of Charitable Activities, Governance and Administrative Costs)	546	437	24.94
F	Ratio of Funds to Annual Operating Expenditure (A/E)	2.25	2.15	

## Purpose of Restricted Funds

Realm has disclosed its restricted funds in the Financial Statements, Note 13.2, page 32. Please refer to the Financial Statements for more information.

## Conflict of Interest Policy

All Management Committee members and staff are required to comply with the charity's conflict of interest policy.

## Disclosure

The Management Committee members are to disclose any interest that they may have in companies doing business with the organisation. Any contract entered into with the related parties are to be reviewed and approved by the Management Committee not involved in the transactions. Each Management Committee member is to make an annual declaration on any possible conflict of interest. Management Committee members also abstain and do not participate in decision-making on matters where they have a conflict of interest.

## Procurement Contracts

Procurement of goods and services is on an arm's length basis. The organisation does not procure any service from a Management Committee member or his relative on less attractive terms than could have been obtained from the open market.

## Office Bearers

The office bearers of the Management Committee could not hold more than one post as Office Bearers in the Management Committee. Re-appointment of the outgoing Honorary Treasurer may be considered after a lapse of at least two years.

## Finance & Funding

Realm of Tranquillity is self-funded. It organizes fund raising events and receives donations from corporations, volunteers, members and supporters.

There is segregation of duties for the one who receives the donations money, banks in money and does the accounts. All payments are made via bank transfer prepared by the Hon Treasurer and approved by the President, with invoices and bills attached.

The President and Hon. Treasurer remain the authorized joint signatories for all bank documents in **2023**.

The financial year end of Realm of Tranquillity is **31st** December of the year and the Statement of Accounts are always audited.

## LOOKING FOR ACTIVITIES TO KEEP FIT & ACTIVE?

CHECK OUT THE FOLLOWING ACTIVITIES ORGANISED BY REALM OF TRANQUILITY  
AT BLK 547 WOODLANDS DRIVE 16 #01-177/181/185 SINGAPORE 730547

**Traditional Chinese Medicine Service**  
MONDAY - SATURDAY  
9.30AM - 6.30PM (AVOID 1PM - 2PM)  
SUBSIDISED FEE CHARGED

**Seniors' Circle**  
LET'S HAVE A CUP OF TRADITIONAL COFFEE  
EVERY WEDNESDAY & SATURDAY  
8.00AM - 11AM

**Zumba**  
EVERY FRIDAY  
7.30PM TO 8.30PM

**Visit to Old Folks Homes**  
4TH SUNDAY  
2.30PM TO 4.00PM

**Provisions Distribution**  
AS PER SCHEDULE IN WEBSITE  
WWW.REALMOTRANQUILITY.COM  
10.00AM TO 12.00PM

**Silver Carri Door**  
LEARNING SESSIONS FOR SENIORS  
1ST SATURDAY  
10.00AM - 12.00PM

**Qigong 1B**  
EVERY SATURDAY  
8.30AM - 10.00AM

**Stay Healthy**

FOR MORE INFORMATION, PLEASE CALL 6391 1881

**2023**  
Postal displayed  
@Ace the Place CC  
&  
Neighbourhood  
notice board

## ELDERLY MENTAL HEALTH TALK (MANDARIN) BY DR LEE CHENG, SENIOR PSYCHIATRIST

乐龄心理健康讲座 (华语)  
李清医生心理卫生学院高级顾问心理医生

9 JULY 2023 | 七月九日  
11:30AM - 2:30PM | 早上十一点半时至下午两点半  
ACE THE PLACE CC, MULTI-PURPOSE HALL  
意德坊民众俱乐部综合礼堂  
FEES \$2/PAX | 每人收费\$2

LUNCH WILL BE PROVIDED | 备有午餐招待  
KARAOKE SINGING (PARTICIPANTS TO BRING OWN CDS)  
卡拉OK唱歌 / (自带光碟)

TICKETS AVAILABLE - ACE THE PLACE CC / 68913430 |  
购票处 - 意德坊民众俱乐部 / 68913430

**TOPICS | 主题:**  
WHAT IS MENTAL HEALTH  
什么是心理健康

**ELDERLY MENTAL HEALTH**  
乐龄心理健康

**COMMON ELDERLY MENTAL HEALTH ISSUE**  
乐龄常见心理疾病

**CAREGIVERS' PRESSURE**  
看护者的压力

JOINTLY ORGANISED & SUPPORTED BY:

SINGAPORE SENIORS' SERVICES BOARD  
新加坡乐龄服务局

Poster for the  
Elderly Mental  
Health Talk 2023  
collaborated with  
the Ace the Place

CHARITY  
TRANSPARENCY  
AWARDS 2023

清一閣  
1978

Realm  
of  
Tranquility

记积  
得德



履行社会责任全面化

To promote Social Responsibility

活动中心

Activities Centre

清一閣社区关怀站

Realm@Admiralty



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Tel 68911981/64693843 [Realmoftranquility.com](http://Realmoftranquility.com)

