

BERITA
(For Members Only)



PUDU

www.rotarypudu.org.my

*The Weekly Bulletin
of The Rotary Club of Pudu*



This website is sponsored

by

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Programme Today	
Speaker	: DG LIM KOK BENG
Subject	: D.G.'S OFFICIAL VISIT TO PUDU ROTARY CLUB
ON DUTY	
Duty Table	: Daisy Chiu
Fellowship	: Arvin Kumar
Finemaster	: Y.K. Chew
Introduce	: K.U. Rajah
Thanking	: Dato' N.K. Jasani

Happy Birthday!
NIL
Happy Anniversary!
Rtn Jeffrey Yap and Ann Catherine (30th March)

Programme	On Duty
Speaker : MR. JAMMIE MATHEWS Subject : ST. JOHN AMBULANCE MALAYSIA Dialysis Centres and Its New Challengers (unconfirmed)	Duty Table : Suresh Kumar Fellowship : Jeffrey Yap Finemaster : Michael Yeow Introduce : Dr. C.C. Wong Thanking : Robin Tay

**Next
Week**

Diary 28th March - 17th April 2011						
Mon	Tues	Wed	Thur	Fri	Sat	Sun
28 12.45 pm Rotary Lunch Meeting/DG Visit Hotel Sentral Pudu, KL	29	30	31 7.00 pm BOD meeting Royal Lake Club	1	2 5.00 pm Pudu Rotaract Club Meeting Eurasian Club	3
4 12.45 pm Rotary Lunch Meeting Dialysis Center Project "cheque presentation ceremony" 2.00 pm Public Relations Committee Mtg. Shangri-la KL	5	6 7.00 pm Club Admin Committee Meeting Marco Polo Rest.	7 7.00 pm Rotary Foundation Comm. Meeting Royal Lake Club	8	9	10
PETS/SETS/TETS						
11 12.45 pm Rotary Lunch Meeting/DG Visit Shangri-la KL	12 7.00 pm Service Avenue Meeting RSGC	13	14 7.30 pm District TRF Nite Klang Executive Club	15	16 5.00 pm Pudu Rotaract Club Meeting Eurasian Club	17



Getting news from Club Directors and organizing chairpersons is akin to looking for gold sometimes as one need to dig hard and deep to prize the snippets of news from them. The value of pre-event publicity and post- event record is not often recognized and it's a shame. It could be the simple act of posting records of meetings with the editorial committee. Sketchy reports, any report, is fine for its better than nothing. Photos with captions would help a lot to amplify and inform members of what's happening.

In order for our bulletin to present an accurate and fun record of happenings within and outside of our club there must be up-to-date news and pictures for publication. We spend a substantial amount to get our bulletin published each year and it pains to see it being tossed aside carelessly sometimes, happily not that frequently.

The duty of the editorial committee becomes a habit that can be enlivened and encouraged with members coming forward with news of any kind, be it jokes, an incident, important District and International Rotary news.

Fortunately there is a core of concerned Rotarians, small in numbers, but great in volunteer spirit, who constantly come forward with whatever they think might be interesting reading fodder for our members. They are the silent key workers that the club can treasure and whom the editor values all the time. They keep the information coming and keep the editor abreast of news, past and current. But others could help too for in doing so the weekly routine of getting the bulletin sorted out and printed need not appear to be like a chore, or worst just a routine. It kills the enthusiasm.

This week out DG Kok Beng pays an official visit to his home club and it will be a chance to hear from him regarding the health of our club based on the reports submitted to him, and more importantly to find out the wellbeing of the district in general. He has almost become a stranger to the club as his routine takes him away often and it will be good to catch up with him at our coming assembly and club meeting.

District Governor Kok Beng, Welcome Back to Pudu.



District Governor's visit is always a special event in a Rotary calendar.

To the Rotary Club of Pudu, this year's DG visit is particularly meaningful because we are welcoming our DG Kok Beng back after his many months away on call of duty to serve the district.

DG Kok Beng, we are proud of your service to Rotary, and for being an excellent ambassador for our club, our district and our country. We salute you for the sacrifices you have made to promote Rotary and to provide leadership to the seventy over clubs in District 3300.

We are amazed by your boundless energy in discharging your duties. You even found time to lead a team of Rotarians to conquer Mount Kinabalu in order to raise awareness on the Polio disease and at the same time raised the much needed funds to contribute to The Rotary Foundation's Polio Plus programme.

Always soft spoken, always smiling, DG Kok Beng is also my fellow member from the Institute of Chartered Accountants in England and Wales. Many years ago, we served together as the honorary auditors for the Malaysian chapter of our institute. I had the opportunity to get to know DG Kok Beng better when he was assigned as the assistant governor to our club and was delighted when he decided to transfer his membership to our club.

My association with DG Kok Beng moved a notch closer when he became my District Governor in the Rotary Year that I took office as the club president. It is indeed a great honour to be the serving president of the host club to the current District Governor of District 3300!

Our DG Kok Beng, Welcome Back to Pudu!

In Rotary Service,
President RY 2010/2011

Record of Meeting on 21st March 2011

Guest Speaker : DR. JAMEELAH BT. SATAR
Subject : HEMOTOLOGI/THALASEMIA & WHEEL CHAIR PROJECT

VISITING ROTARIANS

<u>Name</u>	<u>Club</u>
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GUESTS

<u>Name</u>	<u>Host</u>
Mr Attawit	PP KH Low
Ms Supranee	PP KH Low
Ms Mary Chiew	PP Ng Sim Bee
Ms Winnie Ting	PP Ng Sim Bee
Mr Ravinder Singh	Rtn Lawrence Annies
Dato Sri Ong Tee Kiat	Club

STATISTICS

Visiting Rotarians	:	
Guests	:	26
Club Members	:	28
Total Present	:	54

COLLECTIONS

Birthdays / Anniversaries / Fines	:	Nil
Paying Diners	:	RM 180.00
Raffles & Others	:	RM 91.00
Total	:	RM271.00

Club Proceedings *Recorded by PP Phang Poke Shuan*

Acting Sgt-at-Arms PP KU Rajah called the meeting to order at 1:15 pm and proceeded to introduce the visiting Rotarians and Guests. He then led in the singing of the National Anthem and proposed the loyal toast.

President's Announcement

Welcome to Pudu Rotary Club RY2010/2011's 34th Weekly Meeting.

The following activities were carried out last week:-

- The incoming Board for RY2011/2012 met on 18 March 2011 at 6.30 pm at PE Steven Oon's office.
- RC Singapore West's incoming board had a strategic planning meeting in Melaka last weekend. IPP Robin Tay joined them for a fellowship on Saturday.
- I attended the district 3450 conference on 19 -20 March 2011. It was a well organized conference and it was a great Rotary experience for me.

Highlights of the upcoming Club events,

- Our DG Kok Beng will be making his official visit to our club on 27 & 28 March 2011, venue is at Hotel Sentral Pudu. We will also be having our 3rd club assembly in conjunction with DG's visit at 7 pm on 27 March, which is a Sunday. There will be a "welcome back" fellowship for our DG after the assembly. Please bring your spouse! Board of

Directors, please send the soft copy of your report to Secretary Lawrance latest by this evening.

- On 4 April 2011, there will be a simple cheque presentation ceremony, where partners from Skrine, including our former member Dato' Philip Chan are donating RM22,500 towards our Dialysis centre project. The launch of the dialysis centre will be sometime in May or June 2011. Further details will be announced later.
- Pudu Rotary Club's spouses' Nite with the theme "Down Memory Lanes" will be held on Saturday 14 May 2011 at 8 pm at the New Orleans Restaurant, Kelana Jaya. Cost is RM110 per couple & RM60 per pax. IPP Robin is asking members for your courting days' photographs to be compiled into a presentation for the evening.

Other District Announcements,

- In response to the Earthquake & Tsunami in Japan, DG Kok Beng has directed the Disaster Relief Committee, under the advisory of PDG Dato Jimmy Lim to launch a Disaster Relief fund for the victims. This fund, managed by the committee will be distributed on a need basis to support the victims. The committee will identify possible solutions to alleviate the sufferings of the victims. Members who wish to donate can forward your contribution to VP CT Heng.

Our District is also asking for Sympathy & Condolence card to be signed by presidents and members from our district to be forwarded to the Japanese Embassy in Malaysia by DG Kok Beng together with donations at a later date.

There is also a separate “1 Blanket 4 Japan” effort supported by RC KL DiRaja. IPP Robin has opened his office as one of the collection centres.

- b) The 77th District 3300 Assembly will be held from the 8 - 10 April 2011 at the Bayview Beach Hotel, Batu Ferringhi, Penang.
- c) The District TRF Nite has been brought forward to the 14 April to coincide with RI director Ravi's visit. Venue is Klang Executive Club at 7.30 pm. Cost is at RM60 per pax, bring your own drinks. Please give your names to Director Edward Lee.
- d) The district is holding its first ever seminar for Rotarian Advisors to Interact Clubs on 7 May 2011 from 9am to 1 pm at D'Villa Residence, Jalan Ampang.
- e) The “D3300 Abuse & Harrassement Prevention Policy Seminar organized by the D3300 Youth Exchange Committee will be held on Sunday, 15 May 2011. From 9 am - 1 pm at Deck 2, Level 7, D'Villa Residence.

The Speaker

PP Sim Bee was called upon to introduce the speaker of the day Dr Jameelah Bt Satar who was to speak to us on the subject “Hemotologi/Thalasemia”. Dr Jameelah is a Haematologist at the Hospital Ampang where she has worked for 5 years. Before that she had worked as an MD at the UKM. She has a physician degree from the UK (MRCP) and the FRCPATH also from UK. She is married and has 4 children.

The Talk

Dr Jameelah has 20 years experience working as a doctor and many of these years had been devoted to the subject of Haematology. According to her there are 2 parts to Hematology, the malignant and the non malignant parts. The Ampang Hospital where she worked is a center for Haematology and has transplant facilities. Relating to Haematology is the disease Thalassaemia which Dr Jameelah described as the most common genetic disorder in the world as there are at least 217 million carriers. The carriers are mostly found in countries around the Mediterranean, the Arab region, India and SEA. The reason why there is such a high concentration of carriers in these countries is that these are malaria disease prone countries. For Malaysia, the problem area is in Sabah as it is most exposed to malaria.

Thalassaemia is caused when two carriers produce the offspring and the chance is about 25%. The blood has 3 main cells ie white, red and platelet. The hemoglobin

which equates heme and globin is disfunctioned in the case of the victim of this disease. In the case of Heme it has the properties of iron/porphyrin while for globin there is the properties of alpha and beta globin chain. Thus there are thalassaemia caused by the offending alpha genes and those that are caused by the offending beta genes. When one type of genes is not working properly, thalassaemia occurs. The carriers red blood cells are pale in colour and their faces even show it. Carriers though can look healthy if they are properly treated with blood transfusion and it is a life long treatment as otherwise they will die. This is because their blood has not enough oxygen.

In further explaining the types of thalassaemia that can occur, Dr Jameelah showed some slides of victims. There was a picture of a 4 year boy undergoing blood transfusion and another victim with a bloated stomach. They are caused by different reasons. In her experience, the doctor thought the disease is highly disruptive to families and the parents suffer as the victim needs blood transfusion every month and they are not economically active even as adults. They live short lives and maximum life span is from 20 to 25 years.

Thalassaemia also causes deaths at birth especially those cause by alpha defect which cause the heart to bloat. In this case, even the mother's life is endangered due to the high presence of iron. Those who survive this disease at birth suffer from many other problems later in life ie abnormal facial features and bloated stomach. This can be attributed to the red blood cells not functioning, and the liver taking over the red blood production from the bone marrow but giving rise to host of problems. Other features mentioned by Dr Jameelah include stunted growth for the child as well as no sexual maturing, cause of high blood pressure and diabetics.

In the 1950s when there was no treatment for such disease, the patients die. Even if they survive they live about 25 years at most. Nowadays one type of treatment is an injection of drugs every day to get rid of excess iron in the blood. It is a tedious and expensive procedure. The ultimate treatment is a bone marrow transplant which is also expensive. On the positive side, it can be 80% successful.

Ultimately according to Dr Jameelah there is a need for premarital screening to ensure both parents are compatible. The life time cost to treat a victim up to 20 years is about RM1 million.

Thanking of Guest Speaker

Thanking her is Rtn Tan Peng Huat who also presented her with a Certificate of Appreciation and a Memento.

28th March 2011



WELCOME TO PUDU ROTARY

OFFICIAL VISIT ON 27-28 MARCH 2011



DG LIM KOK BENG (KB) started his Rotary career in 1992 in Rotary Club of Gombak introduced by IPDG Leslie Sallehuddin. In 2006 he transferred to Rotary Club of Pudu and introduced by PDG Dr. Paul Lee.

DG KB is a Chartered Accountant in private practice with the firm Ong Boon Bah & Co. He read Law at the University of London King's College and graduated with LL.B (Hons) in 1968.

He then trained as a Chartered Accountant qualifying in 1971 as an ACA of the Institute of Chartered Accountants in England & Wales. He has had working experience in London, Singapore, United States & Malaysia.

His other community and social interest have included memberships of Malaysian Nature Society (Past Treasurer & Selangor Branch Chair), national Treasurer Logo of R.I. (1995-2005), and Vice President (2); Royal Selangor Flying Club (Holds a PPL and was Treasurer 1995-2007)

DG KB is very involved and committed to District duties. Among his many activities, he was a GSE Team Leader to D3260 India in RY2003-04. He is a Major Donor + of Rotary Foundation, and a Jamil Rais Fellow. He holds the Four Avenues of Service Award and the District Foundation Award.

**THE PAST
DISTRICT
GOVERNORS
D3300**



KB Lee 1989/90



Paul Lee 1998/99

.....but what about the FUTURE?

*Remember, I didn't say that
you qualify*



*You should go
for it man*



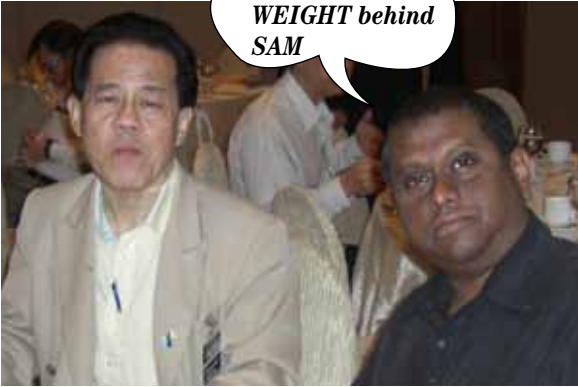
*No! Thank you
brother*

*He has very impressive
supporting documents*



.....our **FUTURE D.G's?**

*I throw my
WEIGHT behind
SAM*



*Robin accepted to
support me*



*I support anyone
who offers whisky*



*Let me put it this
way.... sweet dreams
are made of these*



*Me? You got to be
joking*



*Me? My England
not there yet lah!*



ANOTHER PUDU PROJECT



Dr. Jameelah was our speaker.



Our guest of honour YB Dato' Sri Ong Tee Kiat & Dr. Roosli bin Mohamed Salleh.



PP Sim Bee has become a polished speaker at the rostrum.



Service Director Peng Huat thanking our speaker Dr. Jameelah.



PP Chandran was the raffles winner that day.



Press & Photographers had a field day – thanks to PP Albert.



PP K.H. Low brought along two Thai visitors.



A handshake for the great effort.

**WHEEL CHAIR PROJECT
&
TALK ON THALASSAEMIA
ON
21ST MARCH, 2011**



View of the old folks home.



A tender moment feeding an old folk at the home.



Interactors posing with an inmate.

VISIT TO AN OLD FOLKS HOME PORT DICKSON in conjunction with the ILTMC PROJECT



Interactors talking to an inmate.



Lending a sympathetic ear.



Another feather in the cap for the Rotary Club of Pudu!

PP KU Rajah has been appointed as District Governor Special Representative to the Provisional Club of Metro Klang. He invites all Pudu Rotarians to join him in making this new club a success. Metro Klang meets every Wednesday 8pm at the Premiere Hotel Klang.

Let's congratulate PP KU Rajah on his appointment.

Thanks and best regards

Lawrance Annies
Honorary Secretary 2010/11
Rotary Club of Pudu

NEW STRAITS TIMES

Friday, March 25, 2011.

Pudu Rotary Club's gift of wheelchairs to Ampang hospital

KUALA LUMPUR: The Rotary Club of Pudu has donated 20 wheelchairs to the Ampang Hospital under the Club's Wheelchair for Poor Patients project.

The project was officially launched by Member of Parliament for Pandan, Datuk Seri Ong Tee Keat, at the Shangri-La Hotel Kuala Lumpur recently.

Initiated by Rotary Club of Pudu past president Ng Sim Bee, who noticed the shortage of wheelchairs in the hospital, the project was aimed at easing the burden of the hospital's poor patients with mobility problems brought on by illness or an accident.

Ampang Hospital, like many government hospitals, has set up a department of Medical Social Works to assist poor patients who are without families or means of paying the most basic of medical care.

This department is entrusted to assign the donated wheelchairs to the respective poor and needy patients who require them.

In conjunction with the presentation, there was also a talk on thalassaemia by Dr Jameela Sathar, a consultant haematologist at Ampang Hospital.

Ong urged Malaysians to do more to help others. Citing the recent Japanese quake and tsunami disaster, Ong said:

"We should find out what their needs are so that we can help better".

Ong presented the wheelchair donation to Dr Rosli Mohamed Salleh, the deputy director (Medical) of Ampang Hospital.

Read more: Pudu Rotary Club's gift of wheelchairs to Ampang hospital <http://www.nst.com.my/nst/articles/05WHEEL/Article#ixzz1Ha5XB4vz>

OUR INTREPID TRAVELLER IS OFF AGAIN



Dear Quah

I am off on another 4x4 adventure trip. This time it'll be through 5 countries in Africa namely Tanzania, Kenya, Ethiopia, Sudan and Egypt from 23 May to 25 Jun 2011. The last time I did Africa was in Jan 2008 covering 7 countries ie South Africa, Namibia, Botswana, Zambia, Malawi, Tanzania and Kenya. So with this trip, I'd have covered the whole length of the African continent south to north.

We'll be in a convoy of 12 x 4WD cars of various makes – Toyota Landcruisers, Mitsubishi Pajeros and Isuzu Dmax. Some people are bringing their wives and teenage sons.

The group will actually start from Cape Town (South Africa), but I am joining them midway at Dar-es-Salaam (Tanzania) ending in Cairo hopefully on 22 Jun 2011. I say, hopefully because a 20-hr river boat ride to cover the stretch of the Nile from Wadi Haifa to Aswan might not be too punctual. We will also be crossing the Nubian Desert in Sudan where the road disappears during a sandstorm and navigation would just be by GPS. But then, adventurers like us always have our Plan B and Plan C.

Total distance of this trip is approximately 6,850 km over a period of about one month. The attached map should give you an idea of the geography of the countries concerned.

I'll be updating both my Travel blog at www.eastwest-overlanders.com/tblog and Pudu's website www.rotarypudu.org.my whenever I have internet connectivity especially at the cities, namely Dar-es-Salaam, Nairobi, Addis Ababa, Khartoum and Cairo. When I get back to KL. I'll most pleased to do a talk on my experience on the trip especially about the animals at the game parks, the people, culture and religion, and terrain from savannah to tropical vegetation to desert.

This would be my fifth 4x4 adventure trip since the first one in 2005 from KL to London which was in fact a Pudu Rotary Club project during PP Tai Chin Peow's year.

DATIN, HE IS OFF AGAIN

♪... ONLY 6850 km
away from
home ♪...
...
...
...

... Wrong way
Dato, go North

● CAIRO

○ LUXOR

○ ASWAN

○ ABU SIMBEL

○ KHARTOUM

○ ADDIS ABABA

April 2011

○ NAIROBI

○ ARUSHA

● DAR-es-SALAAM

PUDU

DISTRICT ASSEMBLY

In April and May, club presidents-elect and incoming club leadership teams will attend the district assembly. This event helps Rotary club leaders, including secretaries, treasurers, and committee chairs, to develop their leadership skills and meet the district leaders who will be supporting their efforts.

Participants are encouraged to read the appropriate manual before the meeting so they arrive prepared to discuss their duties and goals for the coming year. Manuals in the Club Officers' Kit (225) include:

Club President's Manual

Club Secretary's Manual

Club Treasurer's Manual

Manuals for the following club committees:

- Administration
- Membership
- Public relations
- Service projects
- Rotary Foundation

At the assembly, incoming club leadership teams should further develop their annual goals using the Planning Guide for Effective Rotary Clubs. Before the meeting, club presidents, secretaries, and committee chairs should review the discussion questions in their manuals so they can think about their responses and be ready to participate.

R.I. News

PDG Dr. Paul Lee

World Community Service and Rotary Volunteers programs update

The RI Board agreed at its November meeting to phase out the World Community Service and Rotary Volunteers programs, effective 30 June 2011.

This decision was made in light of the priorities of the revised RI Strategic Plan and the need for an overall shift in the way Rotary International administers its programs, moving to a "resource and support" model.

The goal of the new model is to expand resources in a way that helps clubs connect and partner with greater ease, leading to an increase in the number and scope of significant international service projects.

RI staff will be developing and enhancing resources to foster connections for international service projects, fellowship visits, and international volunteer opportunities.

This will include augmenting the current Rotary Friendship Exchange program.

Developments will be shared on the RI website and with Rotarians appointed to serve in 2011-12 district leadership positions.

What It Means To Delve Into History Of Rotary?

Sometimes, we just take things for granted! In fact, interesting and thought provoking aspects can 'stir' our thinking process further. Then we are bound tell ourselves: LET US FIND OUT MORE!

That is why I want you, my dear Rotarian Friends to visit this website:

ROTARY GLOBAL HISTORY FELLOWSHIP (RGHF)
..... <http://www.rghf.org/>

ABOUT HISTORY

In July 2010 , President 10/11 Ray Klinginsmith, USA (in a July 2010 letter to RGHF:

President Ray is a member of RGHF

"I believe that knowledge of history is vital in developing the type of tolerance advocated by our founder, Paul Harris, and it is through such tolerance that Rotary effectively promotes international understanding, goodwill, and peace."

AND... WHAT OUR FOUNDER PAUL P. HARRIS SAID?

"This is a changing world; we must be prepared to change with it. The story of Rotary will have to be written again and again!" Page 253 : The Rotarian Age.

AND, TO TELL YOU MORE ABOUT "DEVELOPMENT OF ROTARY"

1910 *Address to the 1910 convention by President Elect Paul Harris"*

Full text Website:

<http://www.whatpaulharriswrote.org/library/conventions/1910convaddress.htm> "Of course, the Rotary Club idea means much to me. It could not be otherwise. I have been living with this project since 1904, and during the major portion of that time it has been my conviction that all of these things, or nearly all of these things which have transpired now, would eventually come to pass"

1911 *Paul Harris' Report to the Convention of 1911 in Portland"*

Full text Website:

<http://www.whatpaulharriswrote.org/library/conventions/1911report.htm>

"We have sometimes varied a little at first, but in time we have been able to arrive at harmonious conclusions in almost every instance, and I want here to call your attention to one thing, that the longer Rotarians deliberate upon any particular subject pertaining to Rotary the more certain they are to arrive at pretty nearly uniform conclusions"

1912 *Paul Harris Convention at Duluth:*

If you, Brother Rotarian, think that you have a great mission in Rotary, remember that great missions are serious undertakings. Do not expect to perform great missions in a day, First, live with the principals of Rotary till they are as familiar to as your own business, and associate with Rotarians until they constitute your warmest and closest friends. If you desire is results, mould your propaganda to conform to the recognized principals of Rotary before attempting to make it a part of Rotary"

(If you have visited the websites mentioned, your comments on the subject to the Bulletin Editor, PP Quah will be much appreciated....VG)