



Berita Pudu



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**The Weekly eBulletin of the
Rotary Club of Pudu
Kuala Lumpur, Malaysia
RI District 3300**

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Date : 2nd September 2013
Issue No : 9

Berita

Pudu

PROGRAMME FOR TODAY

Speaker: YB Teresa Kok
Subject: Analysis of GE 13 and the Work in East Malaysia

On Duty

Duty Table: Rtn C T Heng
Fellowship: Rtn Krishna Roy Sreenivasan
Finemaster: Rtn Sarkunan Subramaniam
Introducing: Rtn Robert Tan
Thanking: PDG Dr Paul Lee

PROGRAMME FOR NEXT WEEK

Speaker: Mr Paul Kwong
Subject: Adjudication as an Alternative Dispute, CIPAA

On Duty

Duty Table: Rtn Elaine Tan
Fellowship: Rtn Steven Ho
Finemaster: Rtn Asok Kumar
Introducing: Rtn Dr C C Wong
Thanking: PP Datuk Y K Chew

Rotarians' Birthdays

10th – PP K H Low
17th – Rtn Loo Ming Chee

Spouses Birthdays

2nd – Ann Ranee (PP Kumar Tharmalingam)
26th – Ann Carol (PP Phang Poke Shum)

Wedding Anniversaries

CLUB DIARY OF EVENTS – SEPTEMBER 2013

Date	Time	Programme	Venue
Mon, 2 nd Sept	12.45 pm	Weekly Meeting	Shangri-La Hotel, KL
Thurs, 5 th Sept	6.30 pm	Membership Development Cttee Meeting	Royal Lake Club, KL
Thurs, 5 th Sept	7.30 pm	Club Service Committee Meeting	Royal Lake Club, KL
Sat, 7 th Sept	3.00 pm	Rotaract Club of Pudu General Meeting	Carmens Restaurant, KL
Sat, 7 th Sept	4.00 pm	Rotaract Board of Directors Meeting	Carmens Restaurant, KL
Sun, 8 th Sept	7.30 am	Family of Rotary Breakfast Fellowship	Rotary Square, Dataran Merdeka, KL
Mon, 9 th Sept	12.45 pm	Weekly Meeting	Shangri-La Hotel, KL
Wed, 11 th Sept	6.30 pm	Youth Service Committee Meeting	Bukit Kiara Equestrian Club
Wed, 11 th Sept	7.30 pm	Community Service Committee Meeting	Bukit Kiara Equestrian Club
Mon, 16 th Sept	12.45 pm	Weekly Meeting	Shangri-La Hotel, KL
Tue, 17 th Sept	6.30 pm	Vocational Service Committee Meeting	Bukit Kiara Equestrian Club
Tue, 17 th Sept	7.30 pm	International Service Committee Meeting	Bukit Kiara Equestrian Club
Fri, 20 th Sept	2.00 pm	Interact Coordinating Council Meeting	SMK Methodist, KL
Sat, 21 st Sept	—	RI Director Nominating Cttee Meeting	—
Sat, 21 st Sept	8.30 am	I-QUIZ Challenge Trophy	Sunway University, PJ
Sat, 21 st Sept	3.00 pm	Rotaract Club of Pudu General Meeting	Carmens Restaurant, KL
Sat, 21 st Sept	6.30 pm	2 nd Club Assembly	—
Sun, 22 nd Sept	10.00 am	DGN Selection Interview	—
Mon, 23 rd Sept	12.45 pm	Weekly Meeting	Shangri-La Hotel, KL
Wed, 25 th Sept	6.30 pm	Board Of Directors Meeting	Royal Lake Club, KL
Mon, 30 th Sept	12.45 pm	Weekly Meeting	Shangri-La Hotel, KL

EDITORIAL

The common theme of Mother Teresa words reflect her work with the lonely, the sick, the dying and the destitute. Her unending love came through in her work and in her words. She was forever compassionate towards the loneliness felt by people, who on the surface had it all. She was also very concerned about the breakdown of families.

Here is a collection of her quotations which say it all:

- Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.
- I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love.
- If we want a love message to be heard, it has got to be sent out. To keep a lamp burning, we have to keep putting oil in it.
- Do not think that love, in order to be genuine, has to be extraordinary. What we need is to love without getting tired.
- Everybody today seems to be in such a terrible rush, anxious for greater developments and greater riches and so on, so that children have very little time for their parents, parents have very little time for each other, and in the home begins the disruption of peace of the world.
- If you can't feed a 100 people, then feed just one.
- Let us always meet each other with smile, for the smile is the beginning of love.
- Love begins at home, and it is not how much we do... but how much love we put in that action.
- Peace begins with a smile.
- Spread love everywhere you go. Let no one ever come to you without leaving happier.
- The biggest disease today is not leprosy or tuberculosis, but rather the feeling of being unwanted.
- The most terrible poverty is loneliness and the feeling of being unloved.
- There is more hunger in the world for love and appreciation in this world than for bread. We think sometimes that poverty is only being hungry, naked and homeless. The poverty of being unwanted, unloved and uncared for is the greatest poverty. We must start in our own homes to remedy this kind of poverty.
- Good works are links that form a chain of love.
- In this life we cannot do great things. We can only do small things with great love.

Mother Teresa's message of love and hope lives on. May we as Rotarians be inspired by Mother Teresa and continue her legacy of ministering to the unwanted, unloved and uncared.

*Warmest regards.
PP Mike Tung*

PRESIDENT'S MESSAGE

When a great man dies, for years the light he leaves behind him, lies on the paths of men.

Henry Wadsworth Longfellow (1807-1882)
U.S. poet.



The passing of a great Rotarian:
Rtn K K Yap



It is with a heavy heart that I must share the sad news of the passing of a great Rotarian. Rtn K K Yap is no longer with us, he passed away peacefully on August 26, 2013 morning at 5.50 am.

Rotarian Yap Kok Kuen or more affectionately known as KK Yap has been a very active member of our Rotary Club of Pudu for over 40 years. KK had never missed a single Rotary Club meeting for all his over 40 years of Rotary membership. He was a Class A electrical contractor and has served our club as Vice President but didn't take up the Presidency. He was a charitable rotarian who donated dialysis machines for all the five centres that RC Pudu Sponsored.

He leaves behind Ann Sandra, 3 sons, one daughter, two daughters-in-law, one grandson and one granddaughter.

KK's legacy will live on for ages, both in the Rotary Club of Pudu and in the hearts and souls of all the people who have had the pleasure of working with KK through the years.

Please take a moment of silence to honour a great Rotarian and a friend, may his soul rest in peace.

*Alex Chang
President
RY 2013-14*

PUDU NEWS

Record of Meeting on: 26th August 2013

Guest Speaker: Mr Sim Po Jinn

Subject: Malaysian Art Today

Visiting Rotarians:

Name	Club
President Hanns Sim	RC Sungei Way
Rtn Avan Tan	RC Sungei Way

Guests:

Name	Host
Cik Raja Madihala	President Alex Chang
Mr Steven Chiew	PP Gary Lim
Mr Federick Kam	Rtn Steven Ho
Mr Sim PoJinn	Club
Ms Tan Rei Chin	Club

Statistics

Guests	5
Visiting Rotarians	2
Club Members	23
Total Present	30

Collections:

Birthdays/Anniv/Fines	40.00
Paying Diners	80.00
Raffles & Others	52.00
Total	172.00

CLUB PROCEEDINGS

Acting Sgt-At- Arms Rtn Patrick Lee called the meeting to order at 1.15 pm on behalf of President Alex Chang. He welcomed all visiting Rotarians and Guests. Rtn Patrick Lee led in the singing of the National Anthem and then proposed the Loyal Toast.

The fine master was PP Datuk Y K Chew.

- PE Daisy Chiu was fined RM 1 for the honour of sitting beside PP Datuk Y K Chew.
- Members who did not attend the Club Service Fire-side were fined RM 1.
- PP Albert Lim and PP Leong Choy Ying were fined RM 1 each for interrupting the fine session.
- Members who attended the 3 Pillars of Rotary Seminar were fined RM 3 while those who did not attend were fined RM 1.
- Rtn Robert Tan was fined RM 1 because he looked more handsome nowadays. Losing hair and gaining more face.
- Members who have not paid their dues were fined RM 1.
- AG K U Rajah was fined RM 1 for being the Resource Rotarian at the Club Service Fireside.
- Rtn Mike Yeow was fined RM 2 for discussing politics during lunch and another RM 1 for putting on weight.

- AG K U Rajah was fined RM 2 for his birthday celebration and RM 1 for not knowing who was Ann Shirley.

PRESIDENT'S ANNOUNCEMENT

1) It is with a heavy heart that I must share the sad news of the passing of a great Rotarian K K Yap. His legacy will live on for ages, both in the Rotary Club of Pudu and in the hearts and souls of all the people who have had the pleasure of working with Rtn K K Yap through the years. He was one of the most senior members for 40 over years with a 100% attendance. He was the Vice President in RY 1999-2000. A charitable Rotarian who donated dialysis machines for all the 5 centres sponsored by the Rotary Club of Pudu.

Please take a moment of silence to honour a great Rotarian and friend. The wake will be held tonight and tomorrow night at Nirvana Memorial Centre. Room 22, off Jalan Sg Besi. KL. The funeral will be on Wednesday. I propose to pay our last respects tomorrow night at 8:30pm. I urge all Rotarians to join me.

2) Vocational Service and International Service Committee Meeting will be held on Tuesday, 27th August 2013 at the Bukit Kiara Equestrian Club at 6.30 pm and 7.30 pm respectively.

3) The Board of Directors Meeting will be held on Wednesday, 28th August 2013 at 6.30 pm at the Royal Lake Club.

INTRODUCING THE SPEAKER

PP Richard Liew introduced the guest speaker Mr Sim PoJinn who spoke on the subject “Malaysian Art Today.”

SPEAKER'S CV

- Project Director of Art Expo Malaysia.
- Managing Editor of Malaysia Art Gallery Guide.
- Responsible for revamping and upgrading Art Expo Malaysia closer to international standards since 2008 as Project Director.
- Instrumental in getting participation of reputable galleries at home and abroad.
- Made linkages with more than 80 media with out-reach across 62 countries.

SPEAKER'S TEXT





ENG TAY
UNTITLED
1992
Oil on canvas
60cm x 75cm

ESTIMATE
RM 15,000 - 25,000

PRICE REALISED
RM 29,700



AHMAD ZAKII ANWAR
BALINESE GIRLS
1994
Acrylic on canvas
101.5cm x 76cm

ESTIMATE
RM 35,000 - 45,000

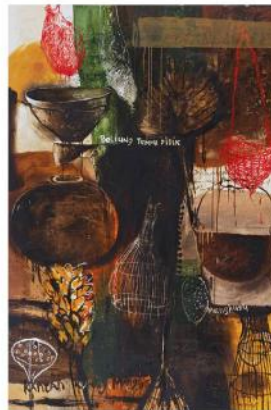
PRICE REALISED
RM 55,000



TAN CHOON GHEE
ENTRANCE TO KHOO KONGSI
1989
Watercolour on paper
51cm x 63cm

ESTIMATE
RM 8,000 - 12,000

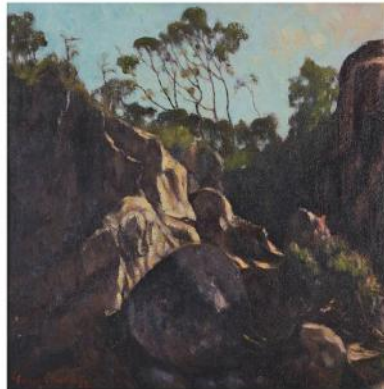
PRICE REALISED
RM 16,500



JALAINI ABU HASSAN
BELUNG TEMAH DIDIK
1999
Mixed media on canvas
183cm x 122cm

ESTIMATE
RM 35,000 - 50,000

PRICE REALISED
RM 74,800



FUNG YOW CHORK
ON THE ROAD TO GENTING HIGHLANDS
1986
Oil on board
25cm x 23cm

ESTIMATE
RM 2,500 - 4,000

PRICE REALISED
RM 3,300



ABDUL LATIFF MOHIDIN
MINDSCAPE
1983
Oil on canvas
181cm x 90cm, diptych

ESTIMATE RM 250,000 - 350,000
PRICE REALISED RM 396,000



CHIA YU CHIAN
CALLIGRAPHER AT WORK
1970
Oil on board
70cm x 52cm

ESTIMATE
RM 18,000 - 30,000

PRICE REALISED
RM 39,600

THANKING THE SPEAKER

Rtn Robert Tan on behalf of the Club thanked Mr Sim Po Jinn for a very educational and enlightening talk.

Rtn Robert Tan remarked that Mr Sim has made tremendous efforts to promote Malaysian Artists both locally and internationally. He commended Mr Sim for inviting renowned overseas artists to display their works of art in Malaysia. He then presented a Memento to Mr Sim Po Jinn.



SUZLEE IBRAHIM
OMBAK MERAH
2009
Oil on canvas
102cm x 158cm

ESTIMATE
RM 13,000 - 19,000

PRICE REALISED
RM 39,600

CLUB MEETING ON 26 AUGUST 2013



The Top Table



Acting SAA

Finemaster



RC Sungai Way President, Rtn Hanns Simm was there



President Alex posing with members



Mr Sim Po Jimm doing his presentation



Rtn Robert Tan presenting memento to Mr Sim

FIRESIDE @ DATUK YK CHEW'S



This is the first Fireside for the Year 2013-14. It was held at PP Datuk YK Chew's residence in Bukit Jalil on Saturday evening 24 August, 2013. Datuk YK Chew also happened to be the Fireside Chairman. The subject matter was Club Service with AG KU Rajah as the Resource Rotarian .

Quite a number of Rotarians attended with some of them bringing the Anns along for fellowship. It was heartening to note also that many new Rotarians also attended. At the end of it all — after dinner, that is — First Lady Elaine presented a fruit basket to Datin Adeline as a gesture of thanks to the gracious hosts.

CLUB & DISTRICT DIARY OF EVENTS - FUTURE

Date	Time	Programme	Venue
Sun, 8 th Sept	7.30 am	Family of Rotary Breakfast Fellowship	Rotary Square, Dataran Merdeka, KL
Sat, 21 st Sept	-	R I Director Nominating Cttee Meeting	-
Sat, 21 st Sept	8.30 am	District I-QUIZ Challenge Trophy	Sunway University
Sat, 21 st Sept	6.30 pm	2 nd Club Assembly	-
Sun, 22 nd Sept	10.00 am	DGN Selection Interview	-
Mon, 23 rd Sept	6.00 pm	Membership Development Night	Shangri-La Hotel, KL
4 th – 6 th Oct	-	GDLTS	-
Sat, 5 th Oct	6.30 pm	2 nd Fireside	Rtn Tenny Lee's Residence
Mon, 7 th Oct	-	Launching of 4 Way Test Project – Vocational Service	-
7 th – 10 th Oct	-	Asia Pacific Rotaract Conference	Taiwan
11 th – 13 th Oct	-	Joint R I Districts 3300 and 3310 “SEEING EYE TO EYE” Seminar	Bayu Marina Resort, Johor Bahru
Sat, 12 th Oct	7.30 pm	100 Per Center Appreciation Dinner	-
Sun, 13 th Oct	11.00 am	In House Rotary Information Seminar	418, Jalan 5/132, Gasing Indah, PJ Shangri-La Hotel, KL
Mon, 14 th Oct	6.00 pm	Employer/Employee Dinner – Voc Service	-
Sun, 20 th Oct	6.30 pm	PP Council Meeting	-
8 th – 10 th Nov	-	PETS 1	-
Sat, 9 th Nov	11.00 am	Art Competition Awards Ceremony	Craft Complex, Jalan Conlay, KL
Sun, 10 th Nov	7.30 pm	Spouses Nite	-
Sat, 16 th Nov	9.00 am	Career Development Day – Voc Service	Berjaya Times Square
Sun, 17 th Nov	6.30 pm	3 rd Fireside	PP Ng Sim Bee's Residence
Sun, 17 th Nov	6.30 pm	R C Pudu Nominating Committee Meeting	-
21 st – 24 th Nov	-	District Interact Conference	Benum Hill Resort, Raub
21 st – 24 th Nov	-	Tri-Sister Clubs Fellowship	Bangkok
Sun, 24 th Nov	8.00 am	District Charity Walk/Jog	Padang Merbok, KL
Mon, 25 th Nov	-	MEETING CANCELLED	-
Sun, 1 st Dec	6.30 pm	Club AGM/3rd Club Assembly	-
6 th – 8 th Dec	-	Taipei Rotary Institute	Taipei
13 th – 15 th Dec	-	79 th District 3300 Conference	Sunway Putra Hotel, KL
18 th – 22 nd Dec	-	RYLA	AIMST Univ, Sg Petani, Kedah
Sat, 11 th Jan 2014	8.00 am	Scholarship & Grants Presentation	-
3 rd – 9 th Feb 2014	-	Trip to Northern India (District Project)	-
Sat, 8 th Feb 2014	6.30 pm	4 th Fireside	PP Datuk Y K Chew's Residence
25 th – 27 th Apr 2014	-	80 th District 3300 Assembly	Seremban

1st Announcement

79th Rotary International District 3300 Conference

Focal Theme :

Engage Rotary, Change Lives

- Ron D. Burton -

Sunway Putra Hotel, Jalan Putra, Kuala Lumpur
13th - 15th December 2013

DISTRICT NEWS

ROTARY IN ACTION

The Sunday edition of the STAR (Star Fit4 Life, Sunday 25 August 2013 HEALTH AT LARGE) carried a full page article on Polio, 'Keeping polio a thing of the past', with **absolutely no reference** to the tremendous efforts of Rotary International.

Following on the THREE PILLARS SEMINAR (thank you RC PJ) on Sunday, guess we have a plenty of work to do.

Padma

Dear Padma,

I hasten to provide you a short reply with cc to the e-group as your question is actually very often asked by many Rotarians in our district and other parts of the world.

UN and WHO recognises that the idea of polio eradication was initiated by Rotary. In fact it was initiated by our late RI Past Director Dr Sabino S. Santos from Quezon City, Manila, Philippines District 3770 in 1985.

Polio eradication programme started in 1985. It was later changed to Polio Plus to include the eradication of measles, diphtheria, whooping cough, tetanus and tuberculosis as the drop of vaccine could eradicate all the 5 diseases. This is again changed back to only polio eradication to ensure success of the polio eradication by 2005. The initial sum allocated was very small (if I am not mistaken only US\$20 million). But in the course of trying to eradicate polio, we realised that it is a mammoth task. So in 1988, the Global Polio Eradication Initiative was started spearheaded by the World Health Organization (WHO), Rotary International, the US Centres for Disease Control and Prevention (CDC) and UNICEF. Governments and Non-Governmental Organisation were also roped in to eradicate this crippling disease.

From that, Rotary's financial contribution was comparatively smaller than them. Thus to recognise the countries and UN, Rotary was often not given the full recognition although UN, WHO, CDC and UNICEF acknowledged Rotary's pioneering and significant role.

[Ref the article 2 years ago on Rotary & Polio.]

PDG Dr Paul Lee

ROTARY & POLIO

Polio

Poliomyelitis (polio) is a crippling and potentially fatal disease that still threatens children in parts of Africa, Asia and the Middle East. The poliovirus invades the nervous system, and can cause total paralysis in a matter of hours. It can strike at any age, but mainly affects children under five years of age.

PolioPlus

In 1985, Rotary International created PolioPlus – a program to immunize all the world's children against polio. To date, Rotary has contributed more than US\$800 million and countless volunteer hours to the protection of more than two billion children in 122 countries. Rotary is currently working to raise an additional US\$200 million toward a US\$355 million challenge grant from the Bill & Melinda Gates Foundation. These efforts are providing much needed polio vaccine, operational support, medical personnel, laboratory equipment and educational materials for health workers and parents. In addition, Rotary has played a major role in decisions by donor governments to contribute over \$4 billion to the effort.

Polio Today

Today, endemic wild poliovirus has been eliminated from all but four countries in the world (Afghanistan, India, Nigeria and Pakistan), and less than 2000 cases were reported worldwide in 2008. Though great progress has been made, challenges remain. Overall, the quality of immunization campaigns must be improved, and more funding is critically needed. In response, governments, donors and international agencies have endorsed a plan with clear milestones to tackle these and other challenges to a polio-free world.

Global Polio Eradication Initiative

With its community-based network worldwide, Rotary is the volunteer arm and top private sector contributor to a global partnership dedicated to eradicating polio. Since its launch in 1988, the Global Polio Eradication Initiative - spearheaded by the World Health Organization (WHO), Rotary International, the US Centers for Disease Control and Prevention (CDC) and UNICEF - has reduced the incidence of polio by more than 99 percent. At the time, more than 125 countries were polio-endemic, and more than 350,000 children were paralysed by the disease each year.

Rotarians in Action

Besides raising funds, over one million men and women of Rotary have donated their time and personal resources to help immunize nearly two billion children during mass immunization campaigns throughout the world. Rotarians prepare and distribute different types of mass communication tools to get the message to people cut off from the mainstream by conflict, geography or poverty. Rotarians also recruit fellow volunteers, assist with transporting the vaccine, administer the vaccine to children and provide other logistical support.

Lasting Legacy

The savings of polio eradication are potentially as high as \$ 1.5 billion per year - funds that could be used to address other public health priorities. The savings in human suffering will be immeasurable.

SHARING ROTARY

Rotaract Club of Taylor's College Subang Jaya

Dear Fellow Rotarians

I am pleased to announce the Charter of The Rotaract Club of Taylors College Subang Jaya, with 152 Charter members.

The **Inauguration Ceremony** was held at our regular meeting on Wednesday, **28 August 2013** at 7.30pm at the Sunway Lagoon Resort Hotel. Our District Rotaract Chairman, Robin Tay was present at the Ceremony.

Our Club would like to put on record our thanks to PP Karthi, Rotaract Chairman 2012-13 and DRR Sunil 2011-12, for all their assistance in getting the Rotaract Club chartered.

Yours in Rotary Service
Sandra Anne Raj
President
RC Bandar Sunway

Wow this is awesome - 152 Charter members. I don't think any of our clubs in District 3300 has that many members. Great job to all who helped set this up. How come the eGroup is so quiet on this. There should be more applause and congratulatory messages.

IPP Mah

Dear friends,

News like this brings so much cheer and especially so, when the young are joining Rotary and its family. Coming close on the heels of the provisional New Gen Rotary club of Mont Kiara and the provisional Rotary club of Seputeh, this August has indeed been a fruitful month.

Congrats to the Rotaract club of Taylor's college, Subang Jaya and the sponsoring Club, RC Bandar Sunway; and the District and club officers involved in your sincere and committed efforts to strengthen our Rotary movement.

Warm regards
PP Baskaran
District Extension Committee

Rotary Publicity @ Subang Airport

Dear friends,

I do not know whether this piece of information has been shared with you before, but I cannot resist doing so, for the simple reason I am impressed. While at the Subang airport last week, as I was heading to the departure lounge, I stopped suddenly for I saw something very familiar. There were three banners, one depicting the 4 way test, the next one their signature project "Limb for the Limbless" and finally another one on the Rotary club responsible, RC Bandar Sunway. It is simply brilliant.



This is a wonderful promotion of Rotary and if all the other clubs can emulate Sunway by putting up similar banners in the remaining airports and other prominent spots in the rest of our country, it would generate great publicity for us.

I would like to take this opportunity to congratulate RC Bandar Sunway on this fine piece of advertisement. I cannot but also express admiration for your long standing projects, namely the "Limbs for the Limbless" and the National Interact Quiz competition which to me are what we call the ideal signature projects, projects that are meaningful, done over a period of time and create an impact on our community.

Your work on all the fronts is indeed admirable. (what with the charter of the Rotaract club on 28 August.)

Regards
PP Baskaran



FREE Entry

FREE Breakfast

Rotary Family Breakfast Fellowship at Rotary Square

An invitation to all Rotarians and their family to a **FREE Breakfast** Fellowship

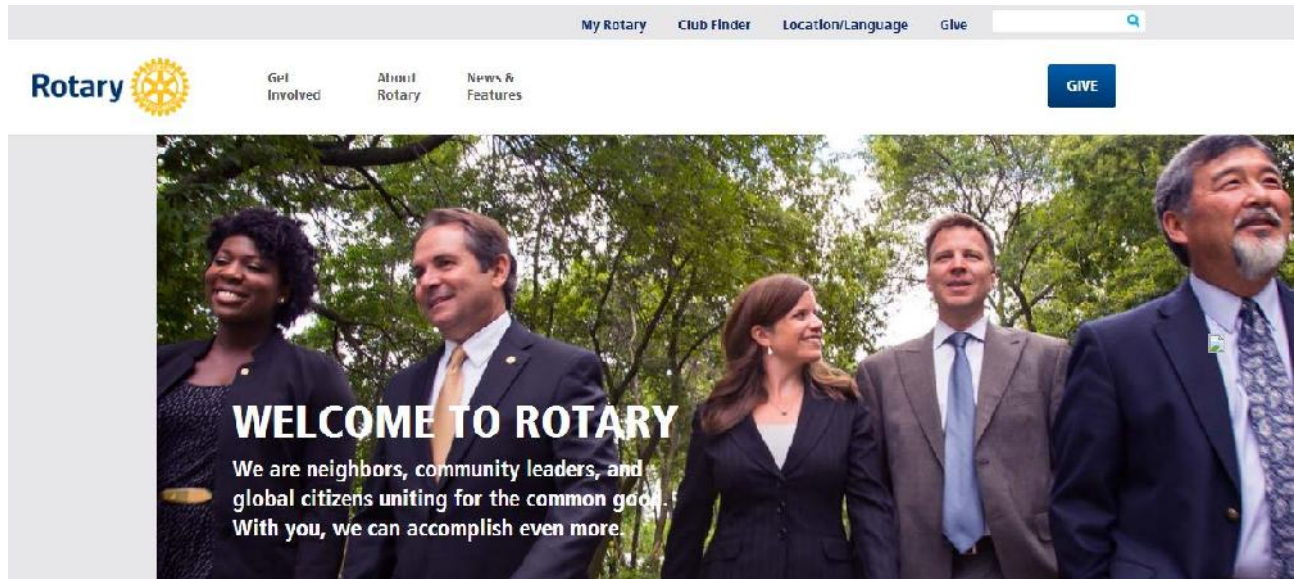
Date	 Sunday	Dress code: Rotary T-shirts
	8th September 2013	
Time	 7.30am - 10.00am	Closing date: 3rd Sept 2013. 5pm
Venue	 Rotary Square at Dataran Merdeka, KL	

Nasi Lemak / Fried Bee Hoon / Sandwiches / Milk / Coffee / Fruits

Brought to you by the Special Functions Committee RC Kajang / RC Pantar Valley / RC Sri Petaling / RC Titilwangsa	For reservations call PP Elizabeth Yam 012 221 0986 IPP Mah Soon Chai 017 886 6611 PP Tiffany Tan 012 292 2290 PP Peter Gan 019 335 9794 PP Isfahani Suki 012 331 0720
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RI NEWS

RI's New Website



Some people are not impressed. Here's some email exchanges (names withheld):

Member Access

The new Rotary International website is now functional. The "Member Access" is no longer available, it is replaced with "My Rotary." If you are already a member, you must re-login with your old email address and then your old password. Then check your email, you will find in your email from RI. While in the RI email, click onto the blue wording [account](#).

It will take (you) onto an account set-up page. Now re-type your old email address again, and your new password (it must be at least 8 characters minimum, at least one uppercase, one lowercase and a number) and set security question and security answer. Then click "Create Account."

After that, you can login the new RI website at "My Rotary." If you want to log-out, you have to click onto your name, then you will find the "log-out" on your profile page.

It took me almost TEN minutes to find where that "log-out" is. I find this new RI website not to my liking...

The new webpage of RI (website) was released. Take a look: <http://www.rotary.org/>

Create your account!

To sign-in click the button 'My Rotary' on the first menu bar (**3 orange horizontal bars**) at the top page. <http://www.rotary.org/myrotary/en/home>

Click: **Sign in / Register** button - Left upper corner of page. In new pop-up window fill in the details to create your own account. Enjoy & explore the new environment.

Cannot find the download file feature at New RI Website

I have been searching through the new RI website... but where is the usual download files page? Even the usual RI President's monthly message etc... not there. If anyone find it, please let us know.

I am so used to the old RI website, but now ... I (am) totally lost!

SOMETHING WEIRD HAPPENING

From: rotary3300@googlegroups.com
[mailto:rotary3300@googlegroups.com] On Behalf
Of YOK LOY HO
Sent: Thursday, August 29, 2013 10:31 AM
To: rjacob@rcj.com.my; rotary3300@googlegroups.com
Subject: Re: [rotary3300] FW: What Paul Harris
Said and Africa Calling #227

Dear Fellow Rotarians,
The website is sent through Rotary Global History
Fellowship (RGHF), and it is now linked with 'My Ro-
tary'. All Rotarians who have registered with 'My Ro-
tary' are now can go directly into RGHF.

I subscribe RGHF news for many years.

Regards,
PP Ho Yok Loy.

From: Richard Jacob <rjacob@rcj.com.my>
To: rotary3300@googlegroups.com
Sent: Thursday, August 29, 2013 8:20 AM
Subject: [rotary3300] FW: What Paul Harris Said
and Africa Calling #227

Dear All,
This is the second email below, I am getting
is regarding Africa Calling. Can I please have feed-
back whether this is a spam mail or genuine mail. It
is asking for information etc. I am of the opinion that
it is spam.
Have a great day.

Thank you and warm regards.

Richard Jacob
President RC Damansara

Editor's Note

If only the designer of the new RI website had thought of including a site map, we wouldn't have all these problems that has been highlighted by Rotarians. The website is not very intuitive and would easily put off some people who are not computer savvy.

SOLUTIONS FOR YOUR WEB-SITE ISSUES

(We appreciate your patience and support as we work on the new www.rotary.org. We're working hard on fixing the issues. Read some of our suggestions and tips. Rotary International)

The good news: In just one day, more than 3,000 people created an account on My Rotary. The bad: Some tried, but unfortunately, were unsuccessful. We are working to correct this and several other issues that you may have encountered while using the new website. In the meantime, please review the information below. If you still have problems, please [send us an email](#). And as always, thank you for your patience and support.

UNABLE TO CREATE AN ACCOUNT

If you tried to create a My Rotary account but received an "access denied" email when clicking the activate link, please [send us an email](#) so we can let you know when this issue has been resolved. We anticipate a solution within a day.

MEMBER ACCESS DENIED

To access the tools and applications previously available through the Member Access Portal (MAP), you'll be asked to sign in again if it has been four hours since you last signed in. If after signing in a second time, you still receive an access denied error message, try signing out (available on your My Rotary profile page) and signing back in. For 99 percent of the users, this solves the problem.

The other one percent may receive this message because either their role does not give them access or their new role as a club or district leader has not been updated in our database. If you think your website account does not have the right role, please [contact us](#).

SITE LANGUAGE REVERTS TO ENGLISH

We are aware of this issue and are working to resolve it permanently. In the short term, you can change the language code in the URL. For instance, if you're trying to read about the international convention in Spanish and it keeps reverting to English, change "en" to "es" as in www.rotary.org/myrotary/es/international-convention. It's not ideal, but it works.

RECOMMENDED BROWSERS

The new website works best on the following browsers: Chrome, Firefox, Internet Explorer (IE) 9 and 10, and Safari 5 or higher. If you encounter compatibility view errors when using IE 9 or 10, please follow the instructions on the screen.

BE GOOD TO YOUR-SELF



**Its good to walk.
Be good to yourself. Be
good to your body.
ALL ACCUPRESSURE
POINTS ARE IN THE
SOLE OF YOUR FEET
JUST LIKE YOUR
HANDS !!**

- Walking generates positive neurochemicals. People look forward to walking and enjoy walking.
- And research shows that fit beats fat for many people. Walking half an hour a day has health benefits that exceed the benefits of losing 20 pounds.
- When we walk every day, our bodies are healthier and stronger. A single 30 minute walk can reduce blood pressure by five points for over 20 hours.
- Walking reduces the risk of blood clots in your legs.

- Walking 30 minutes a day cuts the rate of people becoming diabetic by more than half and it cuts the risk of people over 60 becoming diabetic by almost 70 percent.
- Walking cuts the risk of stroke by more than 25 percent.
- Walking reduces hypertension. The body has over 100,000 miles of blood vessels. Those blood vessels are more supple and healthier when we walk.
- Walking cuts the risk of cancer as well as diabetes and stroke.
- Women who walk have a 20 percent lower likelihood of getting breast cancer and a 31 percent lower risk of getting colon cancer.
- Women with breast cancer who walk regularly can reduce their recurrence rate and their mortality rate by over 50 percent.
- The human body works better when we walk. The body resists diseases better when we walk, and the body heals faster when we walk.
- We don't have to walk a lot. Thirty minutes a day has a huge impact on our health.
- Men who walk thirty minutes a day have a significantly lower level of prostate cancer. Men who walk regularly have a 60 percent lower risk of colon cancer.
- For men with prostate cancer, studies have shown that walkers have a 46 percent lower mortality rate.
- Walking also helps prevent depression, and people who walk regularly are more likely to see improvements in their depression.
- In one study, people who walked and took medication scored twice as well in 30 days as the women who only took the medication. Another study showed that depressed people who walked regularly had a significantly higher level of not being depressed in a year compared to depressed people who did not walk. The body generates endorphins when we walk. Endorphins help us feel good.
- Walking strengthens the heart. Walking strengthens bones.
- Walking improves the circulatory system.
- Walking generates positive neurochemicals. Healthy eating is important but dieting can trigger negative neurochemicals and can be hard to do.
- People who walk regularly have much lower risk of deep vein thrombosis.
- People who walk are less likely to catch colds.

LIGHTER MOMENTS

All crumpled up

A man sits reading his paper when his wife enters the house. She approaches him in a most provocative manner and says, "Have you ever seen a **twenty dollar bill** all crumpled up?" in a soft sweet voice.

Not knowing what to make of this situation he replies "No."

Pursing her lips she give him a sexy little smile, reaches into her cleavage and slowly pulls out a crumpled twenty dollar bill.

Then stepping closer in she asks in a low sexy voice, "Have you ever seen a **fifty** all crumpled up?"

Intrigued, he answers "Uh, no."

She gives him another sexy little smile, seductively reaches into the waistband of her slacks and, ever so slowly, removes a crumpled fifty dollar bill.

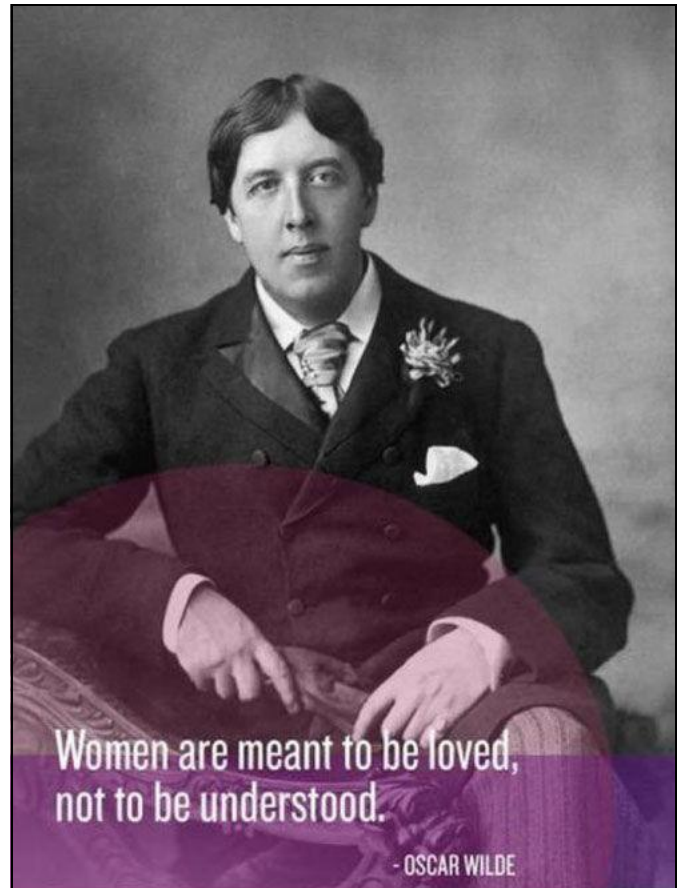
"Now," she says as she leans down and whispers, "Have you ever seen **50,000 dollars** all crumpled up?"

Totally confused and excited he stammers, "No-o-o-o"

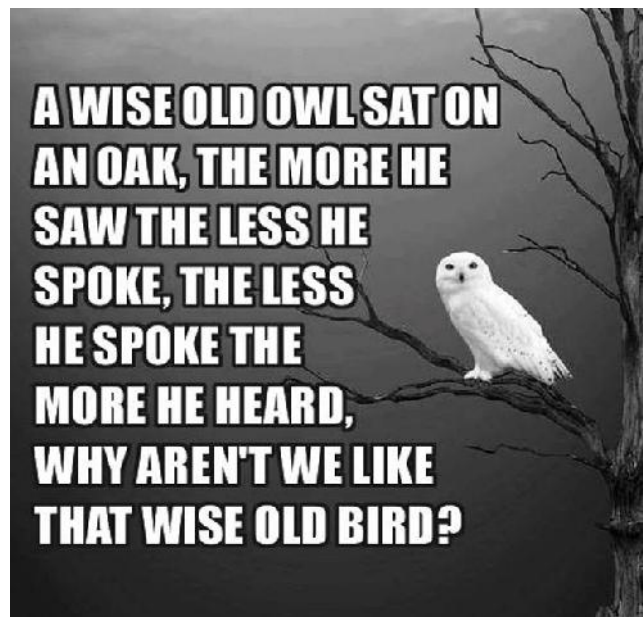
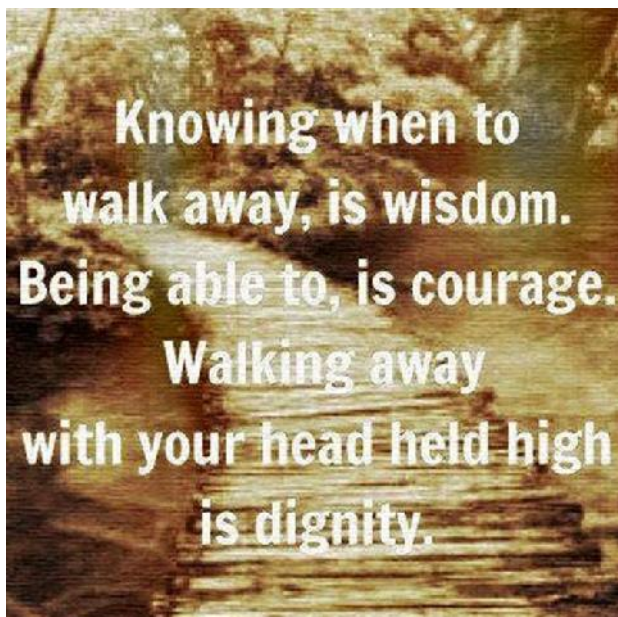
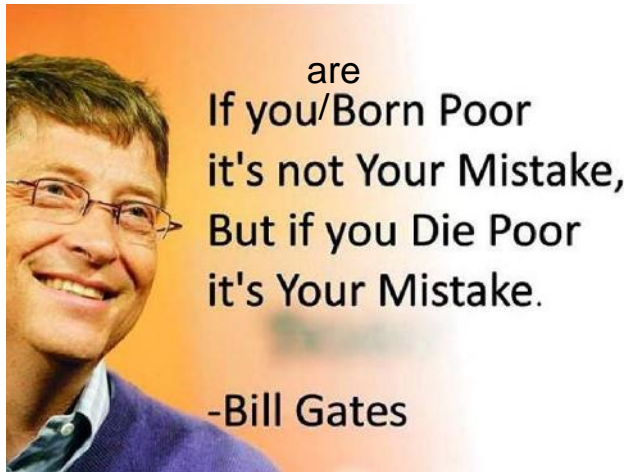
"Well then," she whispers in his ear, "Go look in the garage..."



Men socialize by insulting each other, but they don't really mean it.
Women socialize by complimenting each other, and they don't really mean it either.



THOTS FOR THE WEEK



ONE STEP AHEAD...

Three women and three men are traveling by train to a conference.

At the station, the three men each buy tickets and watch as the three women buy only a single ticket. "*How are three people going to travel on only one ticket?*" asks one of the guys.

"*Watch and you'll see,*" answers a woman.



All of them board the train. The men take their respective seats but all three women cram into a restroom and close the door behind them. Shortly after the train has departed, the conductor comes around collecting tickets.

He knocks on the restroom door and says, "*Ticket, please.*" The door opens just a crack and a single arm emerges with a ticket in hand. The conductor takes it and moves on.

The men saw this and agreed it was a clever idea. So after the conference, the men decide to copy the women on the return trip and save some money. When they get to the station they buy a single ticket for the return trip.

To their astonishment, the women don't buy a ticket at all.

"*How are you going to travel without a ticket?*" says one of the perplexed men.

"*Watch and you'll see,*" is the answer. When they board the train the three men cram into a restroom and the three women cram into another one nearby. The train departs. Shortly afterward, one of the women leaves her restroom and walks over to the restroom where the men are hiding.

She knocks on the door and says in a low voice, "*Ticket, please.*"

Men never listen

A woman is driving at night on a narrow country road.

At the same time, a man is driving in the opposite direction on that same road.

When they narrowly pass each other, the woman rolls down her window and loudly shouts, "DONKEY."

Immediately the man shouts back, "BITCH!"

The man laughs.

He is proud to have reacted so quickly to the shouting woman and takes the next turn in the road, maintaining his speed; UNTIL...



ADDENDUM



THE 2013 INTERACT NATIONAL IQuiz CHALLENGE TROPHY



Rotary Club Bandar Sunway

21 SEPTEMBER 2013 | SUNWAY UNIVERSITY

Register at
IQuiz@rotarysunway.org

Registration 8:30 am - 9:00 am
Quiz commences 9:00 am

Come And Join Us!

01 Topics covering everything from General Knowledge and Trivia to History, Science, Films, Music and Sport

02 Teams of Three. No Entry Fee. All entrants must be from the same Interact club. Multiple entries from one Interact club allowed. Download forms from www.rotarysunway.org

03 When and Where – 21 September 2013, **MULTIPURPOSE HALL, SUNWAY UNIVERSITY**, No. 5 Jalan Universiti, Bandar Sunway, 46150 Petaling Jaya, from **8:30 AM to 1 PM**

04 Main event prizes in the form of Plaques, Certificates, Sunway University Scholarships and Electronic/Electrical items

05 Light Refreshments for all participants at 10 AM. Attractive Audience prizes. In addition, all entrants will get a certification of participation

06 Download practice questions from past events from www.rotarysunway.org or visit us at www.facebook.com and search for "Interact Quiz Malaysia" for a daily dose of questions. E-mail rotaryinteractquiz@gmail.com for more details

Great Prizes To Be Won!



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Winners will get a full scholarship to pursue their further education at Sunway University!

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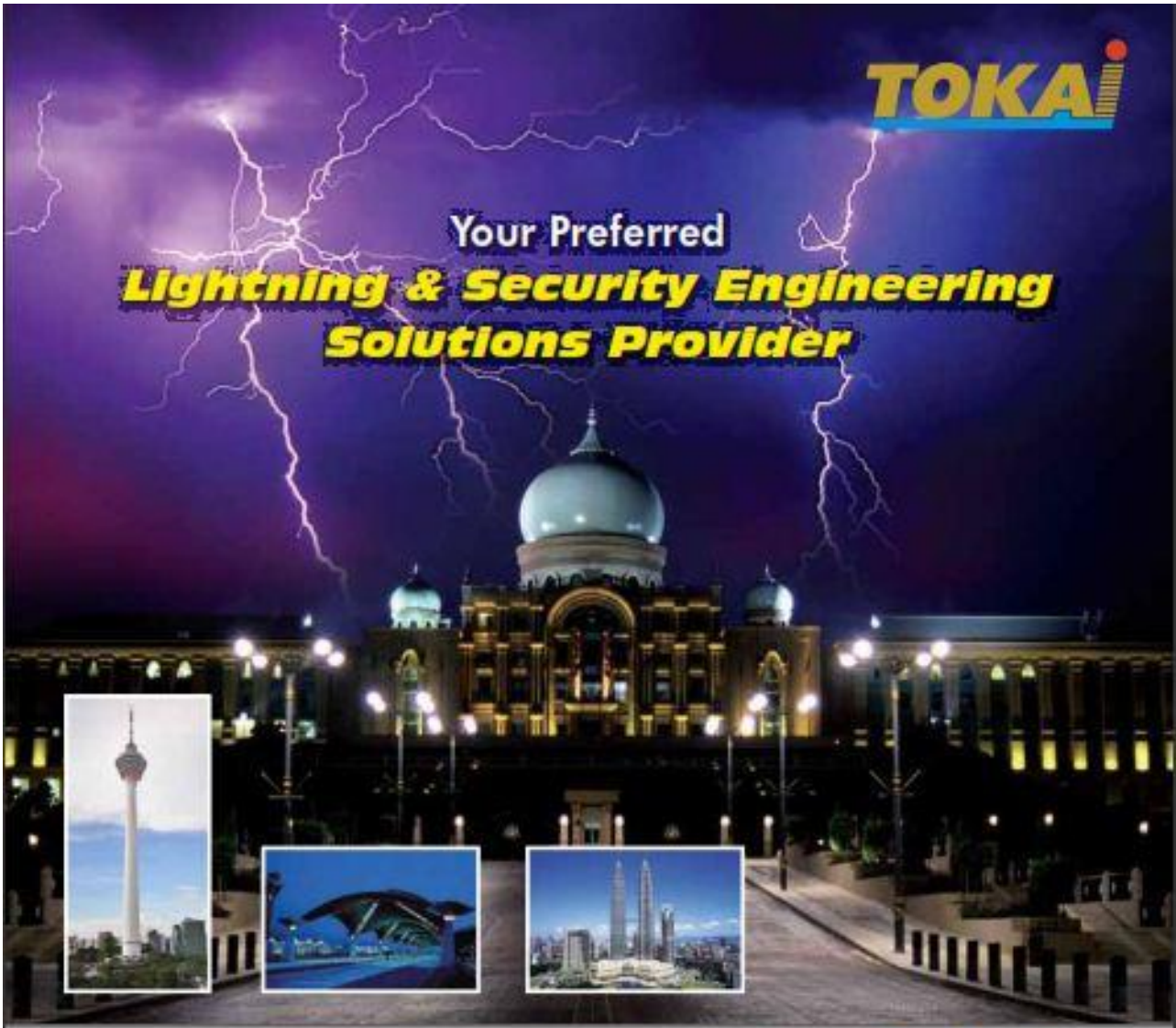
SUNWAY UNIVERSITY 

Rotary Club of Pudu 2013-14

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Established in 1993, Tokai has grown from strength to strength, winning numerous projects that have become landmarks in the nation. Tokai is the dominant force in the field of lightning & surge protection as well as engineering security solutions. Tokai Group of Companies is a 100% Malaysian owned entity. Our engineers and technicians are highly-trained with vast project experience to ensure total customer satisfaction. Tokai's name is synonymous with quality and excellence.

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Our Awards



Tokai is the proud winner of various prestigious industry awards namely The Golden Bull, Enterprise 50 and the Asia Pacific Entrepreneurship Award.



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