

# 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: 28<sup>th</sup> October 2013  
Issue No: 16

# Berita Pudu

## PROGRAMME FOR TODAY

Speaker: Mr James Nayagam  
Subject: Human Trafficking

### On Duty

Duty Table: Rtn Steven Ho  
Fellowship: Rtn Asok Kumar  
Finemaster: Rtn Patrick Lee  
Introducing: Rtn May Lim  
Thanking: PP Leong Choy Ying

## PROGRAMME FOR NEXT WEEK

Speaker: PP Leslie Yeap  
Subject: GSE Team to Kobe, Japan

### On Duty

Duty Table: Rtn Elaine Tan  
Fellowship: Rtn Jeffrey Yap  
Finemaster: PE Daisy Chiu  
Introducing: Rtn Roy Sreenivasan  
Thanking: AG K U Rajah

## Rotarians' Birthdays

12<sup>th</sup> – PDG K B Lee  
17<sup>th</sup> – PP Michael Yeow  
29<sup>th</sup> – PP Mike Tung

## Wedding Anniversaries

2<sup>nd</sup> – PP Ken Ong and Ann Chin Lian  
18<sup>th</sup> – Rtn Edward Lee and Ann Elsie  
27<sup>th</sup> – President Alex Chang and Ann Elaine

## Spouses Birthdays

5<sup>th</sup> – Spouse Johnny Lim (Rtn May Lim)  
8<sup>th</sup> – Ann Catherine Foo (Rtn Jeffrey Yap)  
13<sup>th</sup> – Ann Siew Leng (PP Ng Sim Bee)  
13<sup>th</sup> – Ann Bharati (PP Dato' N K Jasani)  
19<sup>th</sup> – Ann Eelian (Rtn Loo Ming Chee)

## CLUB DIARY OF EVENTS – OCTOBER 2013

Date	Time	Programme	Venue
Wed, 2 <sup>nd</sup> Oct	6.30 pm	Membership Development Meeting	Royal Lake Club, KL
Wed, 2 <sup>nd</sup> Oct	7.30 pm	Club Service Committee Meeting	Royal Lake Club, KL
Sat, 5 <sup>th</sup> Oct	6.30 pm	2 <sup>nd</sup> Fireside	Marco Polo Restaurant
Mon, 7 <sup>th</sup> Oct	12.45 pm	Weekly Meeting	Hotel Sentral Pudu
		Launching of 4 Way Test Project	
Wed, 9 <sup>th</sup> Oct	6.30 pm	Youth Service Committee Meeting	Bukit Kiara Equestrian Club
Wed, 9 <sup>th</sup> Oct	7.30 pm	Community Service Committee Meeting	Bukit Kiara Equestrian Club
Sat, 12 <sup>th</sup> Oct	6.30 pm	100 Per Center Appreciation Dinner	Crystal Palm Seafood Restaurant, KL
Sun, 13 <sup>th</sup> Oct	11.00 am	In House Rotary Information Seminar	418, Jalan 5/132, Gasing Indah, PJ
Mon, 14 <sup>th</sup> Oct	6.00 pm	Weekly Meeting Employer-Employee Dinner	Shangri-La Hotel, KL
Wed, 16 <sup>th</sup> Oct	6.30 pm	Vocational Service Committee Meeting	TGIF, Plaza Damas, KL
Wed, 16 <sup>th</sup> Oct	7.30 pm	International Service Committee Meeting	TGIF, Plaza Damas, KL
Thur, 17 <sup>th</sup> Oct	6.30 pm	Art Competition Project Meeting	Rtn Veron's Residence
Sat, 19 <sup>th</sup> Oct	3.00 pm	Rotaract Club of Pudu General Meeting	Carmen's Restaurant, KL
Sun, 20 <sup>th</sup> Oct	6.30 pm	Past Presidents Council Meeting	Marco Polo Restaurant
Mon, 21 <sup>st</sup> Oct	12.45 pm	Weekly Meeting	Shangri-La Hotel, KL
Fri, 25 <sup>th</sup> Oct	2.00 pm	Interact Coordinating Council Meeting	SMK Methodist, KL
Sat, 26 <sup>th</sup> Oct	3.30 pm	Rotaract Board of Directors Meeting	Carmen's Restaurant, KL
Mon, 28 <sup>th</sup> Oct	12.45 pm	Weekly Meeting	Shangri-La Hotel, KL
Wed, 30 <sup>th</sup> Oct	6.30 pm	Board Of Directors Meeting	Royal Lake Club, KL
Thur, 31 <sup>st</sup> Oct	12.30 pm	Art Competition Project Committee Meeting	Craft Complex, Jalan Conlay, KL

## EDITORIAL

A fable tells the story of the young athletic boy hungry for success, for whom winning was everything and success was measured by such a result.

One day, the boy was preparing himself for a running competition in his small native village, himself and two other young boys to compete. A large crowd had congregated to witness the sporting spectacle and a wise old man, upon hearing of the little boy, had travelled far to bear witness also.

The race commenced, looking like a level heat at the finishing line, but sure enough the boy dug deep and called on his determination, strength and power, he took the winning line and was first. The crowd was ecstatic and cheered and waved at the boy. The wise man remained still and calm, expressing no sentiment. The little boy, however, felt proud and important.

A second race was called, and two new young, fit, challengers came forward, to run with the little boy. The race was started and sure enough the little boy came through and finished first once again. The crowd was ecstatic again and cheered and waved at the boy. The wise man remained still and calm, again expressing no sentiment. The little boy, however, felt proud and important.

"Another race, another race!" pleaded the little boy. The wise old man stepped forward and presented the little boy with two new challengers, an elderly frail lady and a blind man. "What is this?", quizzed the little boy. "This is no race" he exclaimed. "Race!", said the wise man. The race was started and the boy was the only finisher, the other two challengers left standing at the starting line. The little boy was ecstatic, he raised his arms in delight. The crowd, however, was silent showing no sentiment toward the little boy.

"What has happened? Why don't the people join in my success?" he asked the wise old man. "Race again", replied the wise man, "this time, finish together, all three of you, finish together" continued the wise man. The little boy thought a little, stood in the middle of the blind man and the frail old lady, and then took the two challengers by the hand. The race began and the little boy walked slowly, ever so slowly, to the finishing line and crossed it. The crowd were ecstatic and cheered and waved at the boy. The wise man smiled, gently nodding his head.

"Wise man, I do not understand! Who are the crowd cheering for? Which one of us?", asked the little boy. The wise old man looked into the little boy's eyes, placing his hands on the boy's shoulders, and replied softly. "Little boy, for this race you have won much more than in any race you have ever ran before, and for this race the crowd cheer not for any winner!"

May we as Rotarians walk with the aged, the blind and the orphans to help them complete the journey of life gracefully.

*Warmest Regards.*  
*PP Mike Tung*

## PRESIDENT'S MESSAGE

*"Whatever the mind can conceive and believe, it can achieve."*

Napoleon Hill, Think and Grow Rich:  
A Black Choice



In August 2013, all the Rotary Clubs have been asked to make several amendments to their club's constitution. I wish to highlight some of them and hope the members will take note of them.

### Article 12 Duration of Membership

Section 4 — Termination Non-attendance.

(a) Attendance Percentages. A member must

- (1) attend or make up at least 50 percent of club regular meetings or engage in club projects, other events and activities for at least 12 hours in each half of the year, or a proportionate combination of both;
- (2) attend at least 30 percent of this club's regular meetings or engage in club projects, other events and activities in each half of the year (assistant governors, as defined by the board of directors of RI, shall be excused from this requirement).

We will be tabling all the amendments for adoption by the members in due course.

It brings to my mind on the concept of make up. For years we have been telling our members, if you cannot make it for our regular weekly lunch meeting please come for committee meetings, we have so many committee meetings, project meetings, project launches, in house seminars that you can easily make up the regular lunch meetings that you have missed. With this system of make up and the many opportunities open to the members, I am proud to say that our attendance is running very close to 90%.

I urge all members put in a little extra effort to reach out to that 10% more so that we can achieve a 100% attendance.

*Alex Chang*  
*President RY 2013-14*



# PUDU NEWS

Record of Meeting on: 21<sup>st</sup> October 2013

Guest Speaker: Past President Sudhaharan Nair

Subject: "The Big C-How Does It Affect Us"

## Visiting Rotarians:

Name	Club
PP Sudhaharan Nair	R C Melawati
PP Darul Abdullah	R C Melawati

## Guests:

Name	Host
Ms Crystal Ong	President Alex Chang
Mr Raymond Chew	PP Ng Sim Bee
Mr Eddy Tey	PP Gary Lim
Ms Vone Kwan	Rtn Sandy Soh
Mr Chai Seong Yin	Rtn Tenny Lee
Mr William Tan	Rtn Tenny Lee

## Statistics

Guests	6
Visiting Rotarians	2
Club Members	20
Total Present	28

## Collections:

Birthdays/Anniv/Fines	33.00
Paying Diners	160.00
Raffles & Others	50.00
Total (RM)	243.00

## CLUB PROCEEDINGS

Sgt-At-Arms Rtn Tenny Lee called the meeting to order at 1.10 pm on behalf of President Alex Chang. She welcomed all Visiting Rotarians and Guests.

Sgt-At-Arms Rtn Tenny Lee led in the singing of the National Anthem and then proposed the Loyal Toast.

The fine master was PP Gary Lim.

Past Presidents who did not attend the Past Presidents Council Meeting were fined RM 2.

Members who did not wear the name tags were fined RM 1.

Rtn Tenny Lee was fined RM 2 for not wearing her SAA sash.

Rtn Sandy Soh was fined RM 2 for inviting her daughter to a number of lunch meetings.

Rtn Steven Ho who claimed to have lost his voice was fined RM 1 for speaking so loudly at the duty table.

Every Rotarian was fined a happy RM 1.

The Board of Directors were fined RM 1 for the poor lunch attendance.

## PRESIDENT'S ANNOUNCEMENTS

- 1) The Interact Coordinating Council Meeting will be held on Friday, 25<sup>th</sup> October 2013 at SMK Methodist, KL at 2.00 pm.
- 2) The Rotaract BOD Meeting will be held on Saturday, 26<sup>th</sup> October 2013 at the Carmen's Restaurant, KL at 3.30 pm.

## INTRODUCING THE SPEAKER



IPP Aaron Ong introduced the guest speaker PP Sudhaharan Nair who presented a talk on the subject "The Big C – How Does It Affects Us."

## SPEAKER'S CV

### Past President Sudhaharan Nair

#### Personal Details

-Born in 1954 in Ipoh  
-Eldest in a family of eight children, 4 boys and 4 girls.  
Late father was an estate planter.  
-Raised in Muar, Johore –did my primary and secondary schooling in Muar  
-Tertiary Education was at University of Malaya-  
majored in Applied Economics-graduated with Bachelor of Economics degree in 1977.

-Married with 2 sons- wife is a senior government officer attached to Malaysian External Trade Development Corporation (MATRADE) under MITI.  
Eldest son, aged 28 is a Doctor with a Government Hospital in Sabah and youngest son, aged 24, is attached to IBM as a Customer Delivery Specialist.

#### Working Career

-Spent 32 years in the commercial banking industry  
-Started off banking career in United Asian Bank in 1978 as Management Trainee and spend 5 years there  
-Joined Public Bank in 1983 and spend 25 years there.  
Last posting was as Senior Manager of the Overseas Operations Division of the Bank. Exposed to all areas of branch banking and administration of overseas branches and banks of Public Bank Group in Hong Kong, China, Vietnam, Cambodia, Laos and Sri Lanka. Was responsible for setting up the Bank's Sri Lanka operations in 1992 and served as the Country Head till 1995.

-Joined International Commercial Banking Group in Jan 2009 as Regional Director for Asia & Europe-  
overseeing the operations of the Group's banks in Indonesia, Bangladesh, Laos and Albania.

- March 2013-joined The National Cancer Society of Malaysia, as General Manager.  
NCSM, a cancer NGO, provides an extensive range of cancer services to the public including cancer treatment, support for cancer patients and caregivers and education on cancer. I am responsible for the overall operations of the organisation.

#### Rotary Involvement

- Joined Rotary in August 2003. Member of Rotary Club of Melawati.  
- Positions held in Rotary:  
a) Club Level: Sergeant-At-Arms, Director-Vocational Service, Club Treasurer (2 years), Club Secretary, Club President (RY 2011-12)  
b) District Level: Member of District Strategic Planning Committee (RY 2012-13), Deputy IYE Chair (RY 2013-14) and District Chair for Vocational Service (RY 2013-14).  
-Paul Harris Fellow-Level 1

#### Other Community Involvement

-Committee Member of Taman Melawati Residents Association  
-Member of Taman Melawati Zone A Residents Security Committee

#### Interests

Sports especially soccer, watching movies and doing Community Service

## SPEAKER'S TEXT

# The BIG C – How Does It Affect Us

By: Sudhaharan Nair  
General Manager  
National Cancer Society Malaysia

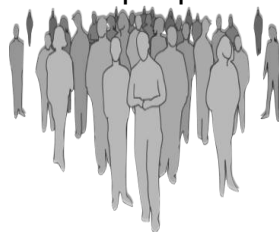


Cancer can affect people  
of all **nationalities** and **age**  
**groups**

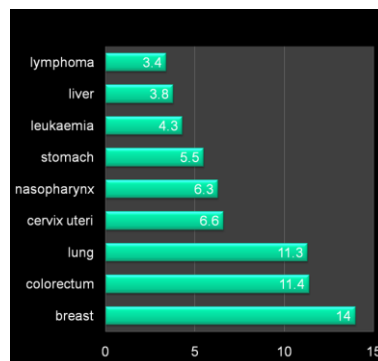


## SPEAKER'S TEXT

Cancer can occur at any age, but **67%** cancer deaths occur in people older than **65** years



## CANCER INCIDENCE IN MALAYSIA 2008



## 5 MOST COMMON CANCER IN MEN

- Lung (17.5%)
- Colorectal (13.1%)
- Nasopharyngeal (9.6%)
- Stomach (7.0%)
- Liver (5.9%)

## 5 MOST COMMON CANCER IN WOMEN

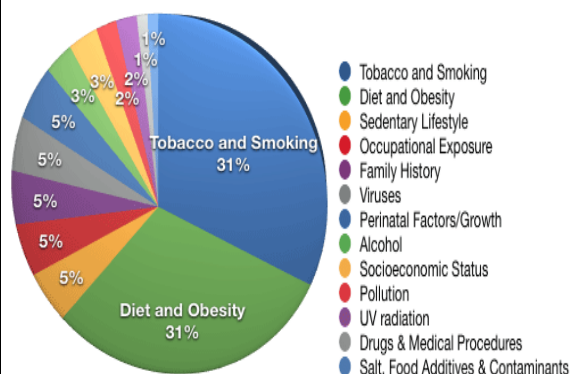
- Breast (26.5%)
- Cervical (12.6%)
- Colorectal (9.9%)
- Lung (5.8%)
- Ovarian (5.4%)

## Reality Check

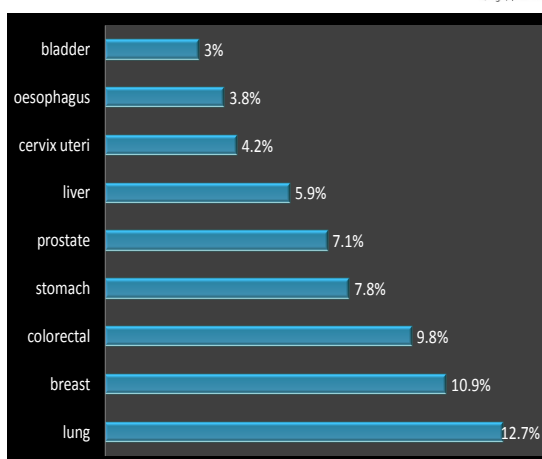


- 1 in 4 Malaysians have a lifetime risk of developing cancer
- Cancer happens at any **age, sex or race**
- World Statistics:
  - 12.7M new cancer cases & 7.6M cancer deaths reported annually – Globocan 2008
  - 2030- 21.4M new cancer cases & 13.15M cancer deaths
  - 2050-27M new cancer cases & 17.5M cancer deaths
- Malaysian Statistics:
  - NCR Malaysia 2008-35,000 new cancer cases and 20,000 cancer deaths annually
  - Cancer related deaths had increased to 11.8% in 2010, compared to 7.3% in 1975. (Minister of Health, Malaysia)
  - Every 12 mins a person is diagnosed with cancer in Peninsular Malaysia

## Cancer Risk Factors



## CANCER INCIDENCE IN THE WORLD 2008



## What's so bad about smoking?



It **KILLS** Biggest preventable cause of death worldwide

It is the only **LEGAL** product that **kills** people when **used as intended!**

**50%** of all teenagers who smoke will eventually be **killed** from it

**One person dies of cancer every 5 minutes** as a result of smoking

## Unhealthy Diets



## Air pollution a leading cause of cancer - U.N. agency -Oct, 17,2013



(Reuters) - The air we breathe is laced with cancer-causing substances and is being officially classified as carcinogenic to humans, the World Health Organization's cancer agency said on Thursday.

The International Agency for Research on Cancer (IARC) cited data indicating that in 2010, 223,000 deaths from lung cancer worldwide resulted from air pollution, and said there was also convincing evidence it increases the risk of bladder cancer.

Depending on the level of exposure in different parts of the world, the risk was found to be similar to that of breathing in second-hand tobacco smoke, Kurt Straif, head of the agency's section that ranks carcinogens, told reporters in Geneva.

\* Air pollution, mostly caused by transport, power generation, industrial or agricultural emissions and residential heating and cooking, is already known to raise risks for a wide range of illnesses including respiratory and heart diseases.

There was relatively high exposure in Asia, South Asia, eastern North America, some places in Central America and Mexico, as well as North Africa.



## Impact of Cancer



## Psychosocial Needs

Common concerns of individuals with cancer on:

- Self
  - Fear of recurrence
  - Physical symptoms e.g. fatigue, trouble sleeping, pain
  - Body image disruption
  - Sexual dysfunction and sexual attractiveness
  - Treatment related anxieties
  - Intrusive thoughts about illness / persistent anxiety
  - Feelings of vulnerability
  - Existential concerns regarding mortality
  - Self-care issues
- Family & friends
  - Effect on family and friends
  - Risk of disease to family
  - Impact on work, daily activities and social life



## What's a healthy lifestyle?



- Don't start smoking or **STOP** if you already are
- Be **active**
- Eat **healthy**
- Be **Sun Smart**



## Importance of causes & risk factors?

- **Prevention : >40%**
  - Avoidance of carcinogenic (cancer causing) substances
- **Early detection : 80%**
  - Assessment of personal degree of risk
  - Screening
- **Cure : >85%**
  - Early detection increases possibility of cur



## Emotional

- Fear
- Denial
- Anger
- Guilt
- Acceptance

People with cancer and their families may:

- Feel guilty about their emotional responses to the illness.
- Feel pressure to keep a positive attitude at all times. This feeling of pressure can come from within themselves or from other people in their lives.
- Sadness, depression, guilt, fear, and anxiety are all normal parts of learning to cope with major life changes -- a cancer diagnosis is a major life change.
- Trying to ignore these feelings or not talking with others about how you feel can make you feel lonely. It can also make the emotional pain worse.





## How to deal with it emotionally



- Have a buddy – don't do it alone
- Types of support
  - Spiritual
  - Other survivors
  - Support groups
  - Friends
- Express your feelings
- Pay attention to yourself – do not give up control
- RESILIENCE

## Economic



- Financial implications
  - How to pay
  - Insurance
- Work
- Balancing cancer treatment costs with life responsibilities
  - Most expensive treatment may not be the best option

## Informed decisions



- Is there time?
  - Rush to get rid of the cancer
- Learn about the cancer
  - Sources of information
  - Talking to doctors
  - Feel comfortable with health team
  - Work out treatment goals – may not always be cure
- Analyse information sources
  - Scientific base
  - Complementary
  - Alternative
  - Make decision based on knowledge not emotions
- Can revisit decisions/options as goals change

## Financial & Non-Financial Aid



Common concerns on financial and medical needs:

- Treatment too expensive; not enough money to cover cost
- Money need to be spent on other family needs
- Do not know where to get financial assistance
- Do not know where to get assistance for equipment / medical aid

## Telling Friends & family



- Tell when u comfortable
- Hard to hide diagnosis
- Difficulty in expressing emotions
  - Yourself
  - friends
- Valuable source of help and support
  - Need to give guidance on how to help
  - 'well meaning friends'

## NCSM's Services



EDUCATION, PREVENTION & RISK REDUCTION, SCREENING & EARLY DETECTION, STAGING & MONITORING, DIAGNOSTICS, TREATMENT, SURVIVORSHIP CARE, PALLIATIVE CARE, ADVOCACY, RESEARCH



Cancer & Health Screening Clinic



Nuclear Medicine Centre



Cancer Treatment Centre



Resource & Wellness Centre



Children's Home of Hope

## Telling a loved one they have cancer



- When to tell?
- Keeping it a secret?
- Changes in family dynamics
  - New responsibilities
  - Caregivers
  - Stress on children

## THANKING THE SPEAKER



PP K H Low on behalf of the Club thanked PP Sudhaharan Nair for a very educational and enlightening presentation. He commented on the facilities

available to cancer patients. He mentioned that one of the ways to reduce the risks of cancer is to Enjoy Rotary. He then presented a Certificate of Appreciation and a Memento to PP Sudhaharan Nair.

## CLUB MEETING ON 21<sup>st</sup> OCTOBER 2013



SAA Rtn Tenny Lee



Finemaster PP Gary Lim



IPP Aaron Ong  
introducing the speaker



PP Sudhaharan, the  
speaker



PP Ng Sim Bee winning the Raffles Draw



L to R: PPs Darul, KH Low, Mike Yeow & Quah



Guests of the Pudu Rotary Club



IPP Aaron Ong with guest of PP Gary Lim

## CLUB & DISTRICT DIARY OF EVENTS - FUTURE

Date	Time	Programme	Venue
4 <sup>th</sup> – 6 <sup>th</sup> Oct Sat, 5 <sup>th</sup> Oct	6.30 pm	Group Discussion Leaders Training Seminar <b>2<sup>nd</sup> Fireside</b>	- Marco Polo Restaurant, Wisma Lim Foo Yong, KL
Mon, 7 <sup>th</sup> Oct	12.45 pm	<b>Launching of 4 Way Test Project – Vocational Service</b>	Hotel Sentral Pudu, KL
11 <sup>th</sup> – 13 <sup>th</sup> Oct		Joint R I Districts 3300 and 3310 “SEEING EYE TO EYE” Seminar	Bayu Marina Resort, Johor Bahru
Sat, 12 <sup>th</sup> Oct	6.30 pm	<b>100 Per Center Appreciation Dinner</b>	- Crystal Palm Seafood Restaurant, KL
Sun, 13 <sup>th</sup> Oct	11.00 am	<b>In House Rotary Information Seminar</b>	418, Jalan 5/132, Gasing Indah, PJ
Mon, 14 <sup>th</sup> Oct	6.00 pm	<b>Employer – Employee Dinner Vocational Service</b>	Shangri-La Hotel, KL
Sun, 20 <sup>th</sup> Oct	6.30 pm	<b>Past Presidents Council Meeting</b>	Marco Polo Restaurant, Wisma Lim Foo Yong, KL
8 <sup>th</sup> – 10 <sup>th</sup> Nov	-	President Elects Training Seminar 1	Kuantan
Sat, 9 <sup>th</sup> Nov	9.00 am	<b>Art Competition Awards Ceremony</b>	Craft Complex, Jalan Conlay, KL
TBA	6.30 pm	<b>Youth Service</b>	
Sun, 17 <sup>th</sup> Nov	6.30 pm	<b>3<sup>rd</sup> Fireside</b>	PP Ng Sim Bee’s Residence
Sat, 23 <sup>rd</sup> Nov	6.30 pm	<b>R C Pudu Nominating Committee Meeting</b>	-
Sun, 24 <sup>th</sup> Nov	7.00 am	<b>Spouses Night</b>	Royal Lake Club, KL
-	-	District Charity Walk/Jog	Padang Merbok, KL
Sat, 30 <sup>th</sup> Nov	6.30 pm	<b>Tri Sister Clubs Fellowship</b>	Bangkok
		<b>Club Annual General Meeting/</b>	Rtn Sarkunan’s Residence
		<b>3rd Club Assembly</b>	
6 <sup>th</sup> – 8 <sup>th</sup> Dec	-	Taipei Rotary Institute	Taipei
6 <sup>th</sup> – 9 <sup>th</sup> Dec	-	Joint RI District 3300 and 3310 Interact	Port Dickson
	-	Conference	
Sat, 7 <sup>th</sup> Dec	10.00 am	<b>Career Development Day Vocational Service</b>	Berjaya Times Square, KL
Sat, 7 <sup>th</sup> Dec	6.30 pm	<b>47<sup>th</sup> Club Anniversary Celebrations</b>	Bei Ping Restaurant, Shah Alam
13 <sup>th</sup> – 15 <sup>th</sup> Dec	-	79 <sup>th</sup> RI District 3300 Conference	Sunway Putra Hotel, KL
18 <sup>th</sup> – 22 <sup>nd</sup> Dec	-	Rotary Youth Leadership Awards (RYLA)	AIMST University, Sg Petani, Kedah
Sat, 11 <sup>th</sup> Jan 14	8.00 am	<b>Scholarship &amp; Grants Presentation</b>	
Sun, 19 <sup>th</sup> Jan 14	9.00 am	<b>Visit to Jenjarom Old Folks Home</b>	Jenjarom, Selangor.
Sun, 19 <sup>th</sup> Jan 14	6.00 pm	<b>District Governor’s Visit</b>	Hotel Pudu Sentral, KL
3 <sup>rd</sup> – 9 <sup>th</sup> Feb 2014		Trip to Northern India organized by the District International Service Committee	-
Sat, 8 <sup>th</sup> Feb 2014	6.30 pm	<b>4<sup>th</sup> Fireside</b>	PP Datuk Y K Chew’s Residence
28 <sup>th</sup> Feb – 1 <sup>st</sup> Mar 2014		Presidents Elect Training Seminar 2	-
25 <sup>th</sup> – 27 <sup>th</sup> April 2014		80 <sup>th</sup> R I District 3300 Assembly	Seremban

### \*\*\**Condolences*\*\*\*

The Members of the Rotary Club of Pudu would like to extend their deepest condolences and heartfelt sympathies to PP Dato’ PY Choong and his family on the demise of his beloved mother.

**SEPTEMBER 2013 ATTENDANCE REPORT**

<b>ACTIVE</b>			<b>SEPT.</b>				<b>Total %</b>
			<b>2</b>	<b>9</b>	<b>23</b>	<b>30</b>	
1	IPP	Aaron Ong Lai Huat	P	M	M	P	100
2	PP	Albert LimYew Seng	P	M	P	P	100
3	Pres	Alex Chang	P	P	P	P	100
4	PP	Chew Yin Keen	A	P	A	P	50
5		Chinniah a/l Arumanadan	M	M	M	M	100
6	PE	Daisy Chiu	P	M	P	P	100
7	PP	Dato Narendra K Jasani	P	A	A	A	25
8	PP	Dato Steven Oon	P	A	A	A	25
9		Dr. Wong Chin Chaw	P	P	A	P	75
10		Edward Lee	M	M	P	P	100
11		Elaine Tan Gee Hoon	M	P	M	M	100
12	PP	Gary Lim Beng Huat	M	P	P	P	100
13	VP	Heng Choun Tee	P	P	P	P	100
14		Jeffrey Yap	A	A	A	P	25
15	AG	K U Rajah	M	P	M	M	100
16		K.A. Kumar	P	P	P	P	100
17	PP	Ken Ong Keng Swee	P	M	M	M	100
18		Krishna Roy Sreenivasen	P	P	M	P	100
19		Laura Lee	P	P	P	P	100
20	PP	Leong Choy Ying	P	P	P	P	100
21		Loo Ming Chee	P	M	M	M	100
22	PP	Low Keng Hwa	P	P	P	M	100
23		May T Lim	P	P	P	A	75
24	PP	Michael Tung Siak Kei	P	P	P	P	100
25	PP	Michael Yeow Kiew Meng	P	P	A	P	100
26		Mok Sin Jee Wan	P	P	P	P	100
27	PP	Ng Sim Bee	P	P	P	P	100
28		Patrick Lee Hong Lian	P	P	P	P	100
29	PDG	Paul Lee	P	M	P	M	100
30	PP	Richard Liew Ngeok Nyan	P	P	M	P	100
31		Robert Tan Siang Chiok	P	P	M	M	100
32		Sandy Soh Kwee Tin	P	P	P	M	100
33		Sarkunan Subramaniam	A	M	P	P	75
34		Steven Ho	P	P	P	P	100
35	PP	Tai Chin Peow	P	P	M	P	100
36		Tenny Lee Chea Yun	P	P	M	P	100
37		Veronique Pearcey	P	P	P	P	100
Total Present			29	25	20	24	
Total Make Up			4	9	11	10	
Total Absent			4	3	6	3	
Total			37	37	37	37	
% Present/Make Up			89	92	84	92	



## DISTRICT NEWS

### ROTARY LEADERSHIP INSTITUTE FAST TRACK FACULTY TRAINING SEMINAR

My dear friends

The Rotary Leadership Institute (RLI) provides an excellent interactive means for Rotarians with leadership potential to gain that knowledge in a discussion based environment. The RLI is a multi-district, grassroots leadership development programme of member districts organised into regional divisions in various parts of the world. The RLI seeks to have Rotary Clubs in its member districts identify those Rotarians who appear to have the potential for future club leadership (not necessarily as club presidents) and provide those so identified with a quality education in Rotary knowledge and leadership skills. For more information please visit <http://www.rotaryleadershipinstitute.org/>

The objectives of the RLI programme is to develop at club level, as well as District Level, Rotarians with the ability to lead and capable of addressing and dealing with the issues for Rotary to continue to grow in its ability to provide service.

**The RLI programme consists of a series of three fast-paced, interactive, one-day courses offered to refine a Rotarian's leadership skills and increase their Rotary knowledge base. In order to conduct these programmes, our District needs RLI certified trainers. Currently, we do not have many RLI certified trainers in our District and that is why the District RLI Committee has endeavoured to organise (on a one time basis only), a FAST TRACK RLI FACULTY TRAINING SEMINAR. This programme will be lead by PDG Fong Hoe Beng (from Singapore), the Regional RLI Coordinator and his team of RLI certified trainers from D3310.**

**The programme details are as follows:**

**Dates: 22 - 24 November, 2013**

**Venue: Holiday Villa, Subang**

**Cost: RM350\* per person**

**Accommodation (if required) : RM280++ (Deluxe Room /Single) or RM300++ (Deluxe Room /Double) at Holiday Villa, Subang**

As there are only a limited number of places available for this special fast track programme (leading to the participants being certified as RLI trainers), the programme was initially offered to PDGs and then a select group of PPs who are active in District Training.

**In order to widen the pool of RLI certified trainers in our District, the District RLI Committee has made the decision to extend the invitation to all Past Presidents in our District.**

We are interested in significantly enhancing the quality of trainers and GDLs in our District. This in turn will lead to more interesting District Seminars and District Assemblies. Ultimately, the aim is to provide training to as many Rotarians as we can and to improve the Rotary knowledge within all the clubs.

**Register immediately as registration is on a first come, first served basis and there are only 20 places left.** I am attaching herewith a copy of the detailed programme for your perusal.

Disclaimer: The Rotary Leadership Institute is a recommended unofficial affiliate of Rotary International, but not an official program of RI nor is it under its control.

Warmest regards,  
PP Dr Siva Ananthan  
Chair  
RLI Committee RY 2013-14

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### **Subject: Procedure for Concurring with Challenge - Nomination for RI Director Zone 6B**

Dear Rotarians,

As you are aware there has been a challenge to the nomination of RI Director for Zone 6B by PDG Dato Dr. Lakshmanan .....kindly refer to the email sent by DG on 15 October 2013 (forwarded herewith)

For the challenge to be valid, there needs to be a concurrence by a majority of . Rotary Clubs in D3300. These concurrences from the clubs have to be collated and sent to RI by DG

I have been asked by DG to give some direction to the format in which the support for the challenge needs to be worded.for purposes of uniformity.

Letters of concurrence need to be on the club letterhead and worded as below:

<p>We the Rotary Club of .....at our regular meeting on the .....2013 resolve to support and concur to the challenge of PDG Dato Dr Lakshmanan .for the post of RI Director Nominee for Zone 6B for RY2015-17</p> <p>Signed by President Secretary.</p>	<p>Kindly send or deliver all letters of concurrence to reach the District Governor at the address given below before <a href="#">15 November 2013</a>;</p> <p><b>DG Datuk Dr. Mohinder Singh</b> <b>Office of the District Governor,</b> <b>2nd Floor ( Room 1 &amp; 2 ),</b> <b>Bangunan Sultan Salahuddin Abdul Aziz Shah,</b> <b>16 Jalan Utara,</b> <b>46200 Petaling Jaya.</b></p> <p>Regards PP Dr.Krishna District General Secretary1</p>
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*Dear Presidents and Club Rotary Foundation Chairs*

Please refer to the report below from The Rotary Foundation and take necessary action.

With best regards

PDG Dr Rajindar Singh  
DRFC

Project	Sponsor	Last Payment or Report Date	Report Due	Report Overdue?	Coordinator Email
DS1376535	D-3300	31-Oct-13	31-Oct-13	NO	cecelia.lisinski@rotary.org
MG1378418	Kelana Jaya	30-Apr-13	30-Apr-14	NO	cecelia.lisinski@rotary.org
MG1379048	Tampin	31-Jul-13	31-Jul-14	NO	cecelia.lisinski@rotary.org
MG1378804	Tampin	31-Jul-13	31-Jul-14	NO	cecelia.lisinski@rotary.org
MG1276775	D-3300	30-Jun-12	30-Jun-13	YES	cecelia.lisinski@rotary.org
MG1276112	Subang	30-Nov-12	30-Nov-13	NO	cecelia.lisinski@rotary.org
MG1377854	Cheras	31-Jan-13	31-Jan-14	NO	cecelia.lisinski@rotary.org
MG1378252	Tampin	31-Mar-13	31-Mar-14	NO	cecelia.lisinski@rotary.org
MG1378091	Kota Bahru	31-Mar-13	31-Mar-14	NO	cecelia.lisinski@rotary.org
MG1378887	Teluk Intan	31-Apr-13	30-Apr-14	NO	cecelia.lisinski@rotary.org
MG1378044	Senawang	31-Apr-13	30-Apr-14	NO	cecelia.lisinski@rotary.org
MG1377944	D-3300	31-Apr-13	30-Apr-14	NO	cecelia.lisinski@rotary.org
MG1378906	Bandar Sungai Petani	31-Apr-13	30-Apr-14	NO	cecelia.lisinski@rotary.org
MG1378645	Klang Central	31-Jul-13	31-Jul-14	NO	cecelia.lisinski@rotary.org
MG1378744	Kuala Lumpur Diraja	30-Sep-13	30-Sep-14	NO	cecelia.lisinski@rotary.org
MG1378360	Bandar Sunway	30-Sep-13	30-Sep-14	NO	cecelia.lisinski@rotary.org
MG1378139	Pudu	31-Mar-13	31-Mar-14	NO	cecelia.lisinski@rotary.org
MG1378000	Sentul	31-Mar-13	31-May-13	YES	sara.mercer@rotary.org
MG1276359	Bandar Sunway	26-Jun-13	31-May-14	NO	sara.mercer@rotary.org
MG1378919	Teluk Intan	30-Jun-13	31-May-14	NO	sara.mercer@rotary.org
MG1378494	Danau Desa	31-Jul-13	31-May-14	NO	sara.mercer@rotary.org

## ROTARY INTERNATIONAL NEWS

### Putting Rotary's new look to work

Rotary's new visual identity has everyone talking. Some Rotarians like it and are already using it, as you can see in the examples above. Others aren't so sure. Even RI President Ron Burton admits to being skeptical during the early stages of the Strengthening Rotary initiative. But after asking many tough questions, he's become a believer.

"At the end of the day, we're going to be way ahead on our public image and what people think and know about Rotary," says Burton. As you begin incorporating the new guidelines into your communications, keep the following in mind:

- **Clubs do not need to discard any unused materials.** We encourage you to follow the new guidelines on materials you create in the future.
- **Clubs can use the free fonts recommended in the [guidelines](#)** as an alternative to the two recommended fonts that require licensing fees. It's your choice.
- **Your Rotary pin will not change.** It remains the blue-and-gold metal logo that identifies Rotarians worldwide.
- **The Strengthening Rotary initiative extends far beyond our visual identity.** It offers a new way to tell our Rotary story.

Updated guidelines highlighting the flexibility of the voice and visual identity recommendations will be available in the coming weeks with more tools and templates to follow.

"You've got to capture their eye," says Burton of the new look. "If you capture their eye, you can capture their heart."

[See more examples](#) of how clubs are adopting the new identity.

Download the [Voice and Visual Identity Guidelines](#) and review the [frequently asked questions](#).

Read how to [Help Strengthen Rotary's Image](#) and a [news release](#) explaining why it's important to Rotary's future.

*Source: Rotary International*

### Cary Marilyn Silver, former reporter and editor with the Rotarian magazine is no more

Cary Marilyn Silver, reporter and editor with the Rotarian magazine died on Friday, Sept. 13, at her parents' condominium in Naples, Fla., of complications from breast cancer.

Through her work, Mrs. Silver was able to combine an interest in writing — she had wanted to be a writer since the age of 4, her husband said — with an adventurous spirit and a love of the outdoors. During her career, Mrs. Silver ventured into war-torn countries and Third World nations.

"She managed to establish relationships with people that were not easy to achieve because on the one hand, she had to make clear that she was going to report the truth, even if it wasn't flattering," said Joaquin Mejia, a longtime colleague at Rotary International.

"But at the same time, she always connected with the person she was talking to at the human level. So that gave her materials an extremely sincere and authentic quality."

Cary was born in Oxford, Ohio, and grew up in upstate New York. At 16, she went on a trip with a group of college students to Nairobi, Kenya, where she studied African culture and Swahili. Her group embarked on a climb of the storied Mount Kilimanjaro. By the end of the trek, only Mrs. Silver and two professional mountain climbers had made it to the top.

After graduating, she responded to an ad for a writer and editor at Rotary International and got the job, she was told, because of her journalism training and her interest in international issues. She joined the staff of the Rotarian in 1984 as its assistant editor and worked her way up over 21 years to be managing editor and then executive editor, the first woman to hold both of those jobs.

Mrs. Silver traveled to about 30 countries interviewing world leaders like Mikhail Gorbachev. She visited the Amazon rain forest, the Australian Outback, Nigeria and Indonesia. She wrote about Rotary's efforts to eradicate polio and fight global warming. She also would showcase the work being done by Rotary clubs around the globe.

Mrs. Silver also was a mentor to younger co-workers, said Kris Tsau, a colleague at Rotary International. "She really knew how to navigate the internal staff waters well," Tsau said. "She was so well-respected by the colleagues and also by the volunteers we worked with. I looked up to her as everything I aspired to professionally." Tsau hailed Mrs. Silver's spirit in the face of her recent illness. "She showed admirable strength and courage in the face of extraordinary adversity," she said.

John O'Brien, a former Rotary public relations officer, recalled Mrs. Silver's "adventurous spirit" and her appreciation for other cultures. Mrs. Silver's love for animals led her to focus on the humane treatment of animals and the need to protect wildlife and bar poaching and animal cruelty.

"She developed this incredible link with animals that were in danger or being mistreated," Mejia said. "She always did her best to protect them and to take care of them."

Closer to home, Mrs. Silver had a purple belt in karate and spent many hours at the Chicago Botanic Garden.

"When she first knew she had cancer, she would often go there and be at peace walking the gardens," O'Brien said. "It was almost a spiritual thing for her to be there."

Mrs. Silver retired from the Rotary in 2006.

Mrs. Silver also is survived by two sons, Jay and Ryan; her parents, William and Susan Margach; and two brothers, Robert Margach and William "Chip" Margach

Source: Chicago Tribune News

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## **Remember this simple truth: No child – anywhere in the world – should ever go to bed hungry - John Hewko, General Secretary, Rotary International**

Hunger touches every community, nation, and region of the world. It is a problem without a simple solution. At Rotary, we are committed to using the vast resources of our diverse membership and our partnership with organizations like the Global FoodBanking Network to seek fresh insights and pursue innovative answers. In the following letter for the official [World Food Day](#) website, Rotary's General Secretary John Hewko explains why Rotary is so motivated to help:

Hunger. Famine. Starvation. Malnutrition. Indeed, as World Food Day (16 October) reminds us, there is no easy way to describe the grim fact that nearly 870 million people on our planet are chronically undernourished. And sadly, so many of those affected are children, whose minds and bodies are denied the sustenance needed to grow into healthy, productive adults.

It is a truly global problem, plaguing communities throughout the developing world and even in developed countries where surprisingly high numbers of families struggle daily to put food on the table.

My organization, Rotary, a global network of volunteer leaders committed to finding solutions to the world's most serious challenges, is well aware of the problem — and well positioned to do something about it. With more than 1.2 million members belonging to 34,000 Rotary clubs in over 200 countries and regions, Rotary has “boots on the ground” where the need is high and also in communities with the capacity to help.

On their own initiative, Rotary members concerned about food insecurity have formed two very active international groups: the [Rotarian Action Group for the Alleviation of Hunger & Malnutrition](#), and the [Food Plant Solutions Rotarian Action Group](#). These action groups serve as resources, assisting Rotary clubs worldwide to collaborate and undertake effective, sustainable approaches to the hunger issue.



Recognizing the value of leveraging resources through partnerships with top-tier organizations with proven track records, Rotary in 2012 also became a service partner with the [Global FoodBanking Network](#) to combat jointly the issues of hunger and food insecurity through food banking.

[Rotary First Harvest](#), a Rotary club supported charity in Seattle, Wash., USA, has developed a unique and effective way to support the food banking concept.

Working in cooperation with growers and processors, Rotary First Harvest each year gathers more than nine million pounds of fresh, nourishing produce that would otherwise be wasted, and then helps deliver it to local food banks and food distribution programs serving families in need.

Other examples of Rotary clubs in action against hunger:

- In Florida, USA, the Flagler Beach Rotary Club co-founded the [Family Food Co-op](#) to provide food to needy rural families identified by local schools. A \$30 donation can feed a family of four for a week, and recipients are encouraged to volunteer their own time to help their neighbors.
- In Australia, the Rotary Club of Brisbane Centenary launched the [Beef Bank](#) in 2007 to provide fresh meat to organizations working to feed local families. One beef cow can yield 500 pounds of meat, enough for 1,000 servings.
- Since 1998, the [Rotary Club of Madrid](#), Spain, has worked with local hotels to collect surplus meals for distribution to food programs serving families in need. Trucking and transportation companies donate delivery vehicles.
- Rotary clubs in Ecuador are partnering with [Banco de Alimentos Diakonia](#) (Diakonia Food Bank) to provide equipment, expertise and volunteers to reach low-income families in Guayaquil, the nation's largest city.

Of course, there is no single answer to the daunting challenge of hunger and food insecurity. Starving people must be fed on an ongoing basis, as long-term solutions are developed and implemented. Meanwhile, we must lay the groundwork needed to generate the kind of steady, sustainable, economic development that lifts communities out of poverty, which is inexorably linked to the food issue and other problems, including illiteracy, disease prevalence, and violence.

This is what Rotary does. And Rotary clubs will continue to work at the grassroots level to identify community needs and to develop workable, sustainable, culturally appropriate solutions. If you would like to be a part of this effort, visit [rotary.org](#) and contact a Rotary club in your area. Learn what your area clubs are doing to alleviate hunger locally or internationally. Donate to or volunteer for a club-supported food project. Get involved.

Remember this simple truth: No child – anywhere in the world – should ever go to bed hungry.

John Hewko, General Secretary, Rotary International  
Source: Rotary International

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## ROTARY INTERNATIONAL NEWS (Cont'd)

### **Indian Surgeon Helping Polio Patients Take First Steps**

NEW DELHI — India is getting close to marking its third year without a new recorded polio case, setting the stage for the country to be officially declared polio-free in January. While much has been done to immunize infants against the disease, millions of people are living with polio, unable to live a normal life.

But one surgeon is working to change that.

At one of New Delhi's oldest hospitals, in the only designated polio ward in all of India, patients like Abida Khatoon have only one goal.

"I can stand and walk," Khatoon said. "I just need a little help, and soon I won't need that as well. Soon, I will be able to walk on my own."

It took two months of surgery and rehabilitation at St. Stephen's Hospital for Khatoon to achieve her life-long dream of being able to walk.

She and other young women in this eight-bed ward credit Dr. Mathew Varghese, an orthopedic surgeon who has devoted his entire career to restoring mobility and dignity to those left crippled by the poliovirus that invades the brain and spinal cord, causing paralysis.

"All these girls have been crawling, except for this one, all the others have been crawling," Varghese said. "The other muscles are very weak. They have never had the opportunity to stand on their two feet. For the first time in their lives - like this girl is paralyzed at six months -- she has never been able to stand on her two feet."

As India gets closer to officially being declared polio-free, the effect of the massive immunization effort can be seen in the hospital, with Varghese now mostly treating people in their early twenties as opposed to young children some two decades ago.

In 1990, New Delhi alone saw 3,000 new polio cases. Now that number is zero. The trend is reflected here at this polio ward, where at its peak it saw 600 patients annually. Now that number is down to fewer than 200.

Rotary International has been on the frontline of India's polio eradication efforts and helps fund reconstructive surgeries at St. Stephen's. Former Rotary President Rajendra Saboo saw the need to give polio patients a second chance at a normal life during a trip to a village in the northern Indian state of Uttar Pradesh.

"Then another child came, also crawling," said Saboo. "And I said 'what is happening to these children?' They seem to have been struck by polio. And the villagers said, 'no, no, no, just forget them, they are dust.'"

But Rotary and Varghese did not forget them. Patients hear about the ward and travel to New Delhi from across India in hopes of correcting bent legs and feet. No one is turned away.

After weeks in the hospital, 19-year-old Abida Khatoon is getting ready to go home to her village in Uttar Pradesh.

"If I had only met Dr. Varghese earlier, I wouldn't have had as much hardship in life," she said. "My hands wouldn't be so calloused [from using them to get around]. Because of him, I am doing better," she said tearfully.

But Khatoon is not the only one brought to tears. When asked what this surgeon's dream is -- the answer was simple.

"My dream," he asked, trying to choke back his own tears. "This ward should be empty. No polio."

Source: Voice of America News

## THOTS FOR THE WEEK



How's it going?



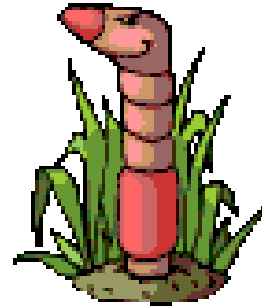
Just want to say Hello!!



Not much going on here.



So how are you?



Actually, I don't have anything to say.



But I had to do it.



I just wanted to BUG you for a minute.



After all, isn't that what friends are for?!



Thanks for being a friend!

*HOW TO LIVE LIFE...*

Be calm. Quiet... Tranquil



Bloom as often as You can...



Stay close to your Family...



Explore the world around you...





Enjoy the relaxing rhythm of waves...



Watch The Moonrise...



Spread your wings and take off on your own...



The enjoy the comfort to coming home again...



Life is short



Please... While you can...  
Take time to enjoy all the little pleasures  
That God has provided for you...  
If you need some hints...



Go back and read this again!



## JUST FOR LAUGHS

Daughter: Dad, I'm in love. With a boy who is far away from me. I am in Seattle and he lives in Kuala Lumpur, Malaysia.

We met on a dating website,  
became friends on Facebook,  
had long chats on Whatsapp,  
he proposed to me on Skype,  
and now we've had 2 months of relationship through Viber.

I need your blessings and good wishes daddy .....

Dad said: Wow! Really!! Great!! Then get married on twitter, honeymoon and have fun onTango. Buy your kids on e-Bay, receive them thru Gmail.  
And if you are fed up with your husband.....sell him on Amazon.

### Obama's New Health Care Package

The American Medical Association has weighed in on Obama's new health care package.

The Allergists were in favor of scratching it, but the Dermatologists advised not to make any rash moves.

The Gastroenterologists had sort of a gut feeling about it, but the Neurologists thought the Administration had a lot of nerve.

Meanwhile, Obstetricians felt certain everyone was laboring under a misconception, while the Ophthalmologists considered the idea shortsighted. Pathologists yelled, "Over my dead body!" while the Pediatricians said, "Oh, grow up!"

The Psychiatrists thought the whole idea was madness, while the Radiologists could see right through it.

Surgeons decided to wash their hands of the whole thing and the Internists claimed it would indeed be a bitter pill to swallow.

The Plastic Surgeons opined that this proposal would "put a whole new face on the matter". The Podiatrists thought it was a step forward, but the Urologists were pissed off at the whole idea.

Anesthesiologists thought the whole idea was a gas, and those lofty Cardiologists didn't have the heart to say no.

In the end, the Proctologists won out, leaving the entire decision up to the ass holes in Washington.

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