



Berita Pudu



BOD RY 2013-14

www.rotarypudu.org.my

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

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Date : 13th January 2014
Issue No : 26

Berita Pudu

PROGRAMME FOR TODAY

Speaker: Ms Camilia Tudose, Deputy Head of Mission, Embassy of Romania
Subject: Romania — The Land of Myths and Legends

On Duty

Duty Table: Rtn Elaine Tan
Fellowship: Rtn Chinniah Arumanadan
Finemaster: Rtn Asok Kumar
Introducing: AG K U Rajah
Thanking: PP Dato' N K Jasani

PROGRAMME FOR NEXT WEEK

Speaker: District Governor Datuk Dr Mohinder Singh
Subject: District Governor's Official Address

On Duty

Duty Table: VP C T Heng
Fellowship: Rtn Mok Sin
Finemaster: PP Mike Yeow
Introducing: PDG K B Lee
Thanking: PDG Dr Paul Lee

Rotarians' Birthdays (January)

04th – PDG Dr Paul Lee
07th – PP Ken Ong
15th – PP Datuk Y K Chew
20th – President Alex Chang
20th – Rtn Dr C C Wong
22nd – PP Gary Lim

Spouses Birthdays (January)

08th – Ann Carven (VP C T Heng)
10th – Ann Datin Esther (PP Dato' Dr Lee Hoo Teong)
16th – Ann Rowena (PP Gary Lim)
19th – Ann Geok Hwa (Rtn Patrick Lee)

Wedding Anniversaries (January)

1st – IPP Aaron Ong and Ann Vivian
7th – PP Rosemarie Wee and Spouse Eng Lee
8th – PP Albert Lim and Ann Shirley
19th – Rtn Asok Kumar and Ann Prema
22th – PP Dato' Steven Oon and Ann Boon Kee
27th – PP Dato' Muslim Ayob and Ann Raja Azma
28th – PP Choo Jee Sam and Ann Suit Yong

CLUB DIARY OF EVENTS – JANUARY 2014

Date	Time	Programme	Venue
Thurs, 2 nd Jan	6.30 pm	Membership Development Committee Meeting	Pres. Alex's office
Thurs, 2 nd Jan	7.30 pm	Club Service Committee Meeting	Pres. Alex's office
Mon, 6 th Jan	12.45 pm	Weekly Meeting	Shangri-La Hotel, KL
Wed, 8 th Jan	6.30 pm	Youth Service Committee Meeting	Pres. Alex's office
Wed, 8 th Jan	7.30 pm	Community Service Committee Meeting	Pres. Alex's office
10 th -12 th Jan	-	45th R I District 3300 Rotaract Conference	Penang
Sat, 11 th Jan	9.00 am	Scholarships & Grants Presentation	SMK (P) Pudu, KL
Mon, 13 th Jan	6.00 pm	Joint Weekly Meeting with RC Titiwangsa	Shangri-La Hotel, KL
Wed, 15 th Jan	6.30 pm	Vocational Service Committee Meeting	Royal Lake Club
Wed, 15 th Jan	7.30 pm	International Service Committee Meeting	Royal Lake Club
Sat, 18 th Jan	3.00 pm	AGM of Rotaract Club of Pudu	Pres. Alex's office
Sun, 19 th Jan	10.00 am	Visit to Jenjarom Old Folks Home	Jenjarom
Sun, 19 th Jan	6.30 pm	District Governor's Official Visit / 4th Club Assembly	Hotel Sentral Pudu, KL
Mon, 20 th Jan	-	MEETING CANCELLED	-
Sat, 25 th Jan	4.00 pm	Rotaract Board of Directors Meeting	Carmen's Restaurant, KL
Sat, 25 th Jan	9.00 am	Mid Term Review	Klang Executive Club
Mon, 27 th Jan	12.45 pm	Weekly Meeting	Shangri-La Hotel, KL
Wed, 29 th Jan	6.30 pm	Board of Directors Meeting	Pres. Alex's office

EDITORIAL

Once upon a time the colours of the world started to quarrel. All claimed that they were the best. The most important. The most useful. The favourite.

Green said:

"Clearly I am the most important. I am the sign of life and of hope. I was chosen for grass, trees and leaves. Without me, all animals would die. Look over the countryside and you will see that I am in the majority."

Blue interrupted:

"You only think about the earth, but consider the sky and the sea. It is the water that is the basis of life and drawn up by the clouds from the deep sea. The sky gives space and peace and serenity. Without my peace, you would all be nothing."

Yellow chuckled:

"You are all so serious. I bring laughter, gaiety, and warmth into the world. The sun is yellow, the moon is yellow, the stars are yellow. Every time you look at a sunflower, the whole world starts to smile. Without me there would be no fun."

Orange started next to blow her trumpet:

"I am the colour of health and strength. I may be scarce, but I am precious for I serve the needs of human life. I carry the most important vitamins. Think of carrots, pumpkins, oranges, mangoes, and papayas. I don't hang around all the time, but when I fill the sky at sunrise or sunset, my beauty is so striking that no one gives another thought to any of you."

Red could stand it no longer he shouted out:

"I am the ruler of all of you. I am blood - life's blood! I am the colour of danger and of bravery. I am willing to fight for a cause. I bring fire into the blood. Without me, the earth would be as empty as the moon. I am the colour of passion and of love, the red rose, the poinsettia and the poppy."

Purple rose up to his full height:

He was very tall and spoke with great pomp: "I am the colour of royalty and power. Kings, chiefs, and bishops have always chosen me for I am the sign of authority and wisdom. People do not question me! They listen and obey."

Finally Indigo spoke, much more quietly than all the others, but with just as much determination:

"Think of me. I am the colour of silence. You hardly notice me, but without me you all become superficial. I represent thought and reflection, twilight and deep water. You need me for balance and contrast, for prayer and inner peace."

And so the colours went on boasting, each convinced of his or her own superiority. Their quarrelling became louder and louder. Suddenly there was a startling flash of bright lightening thunder. Rain started to pour down relentlessly. The colours crouched down in fear, drawing close to one another for comfort.

In the midst of the clamour, rain began to speak. "You foolish colours, fighting amongst yourselves, each try-

PRESIDENT'S MESSAGE

"If you are a vampire, then a vampire is not the creature of the legends."

Christine Feehan, *Dark Prince*

Many of us are fascinated by the myths and legends of the Vampire.

We are indeed honoured today to have Ms Tudose the Deputy Head of Mission of the Embassy of Romania to talk to us about *"The Myths and Legends of Romania"* which will include the Vampire...

In my recent research on the topic of Vampire, I came across the above quote by *Christine Feehan*. It dawned on us that a Vampire will never think that he is a creature of the legends.

On the Rotary front, January is the *Rotary Awareness Month*. This is the month for us to consider how our Rotary values – and our own actions – influence public perceptions of Rotary. Rotary's strategic plan outlines five core values that define and guide us as we chart a course into our second century of service, they are: Service, Fellowship, Diversity, Integrity and Leadership.

Rotary International, however, explains further and encourages us to:

"Celebrate Rotary Awareness Month by training members on Rotary history, programs, or how to raise awareness of your club's projects among your community. Or, ask members to share a personal story or experience that they have had because of Rotary. Every Rotarian has a Rotary story that can be educational and inspiring. The beginning of a new year is a good opportunity to renew inspiration for the rest of the Rotary year."

Alex Chang

President

RY 2013-14

ing to dominate the rest. Don't you know that you were each made for a special purpose, unique and different? Join hands with one another and come to me." Doing as they were told, the colours united and joined hands. The rain continued. "From now on, when it rains, each of you will stretch across the sky in a great bow of colour as a reminder that you can all live in peace. The Rainbow is a sign of hope for tomorrow." And so, whenever a good rain washes the world, and a Rainbow appears in the sky, let us remember to appreciate one another.

May we as Rotarians be a sign of hope for tomorrow.

Warmest Regards.

PP Mike Tung

PUDU NEWS

Record of Meeting on: 6th January 2014

Guest Speaker: Ms Elaine Lim
Subject: The Pursuit of Happiness – Illusive or Achievable



Visiting Rotarians

Name	Club
Rtn Mike Jacobi	RC Tampa, Florida
Rtn Johnny Lim	RC Kuala Lumpur DiRaja

Guests

Mr Henry Ho	President Alex Chang
Ms Chow Bee Ling	President Alex Chang
Ms May Mun	Rtn Veronique Pearcey
Ms Noni Taib	Rtn Veronique Pearcey
Ms Elaine Lim	Club
Ms Liew	Club

CLUB PROCEEDINGS

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

PP Ng Sim Bee was the fine master:

- Rtn Asok was fined RM 1 for proposing the Loyal Toast without a glass of water in hand.
- President Alex, PP Gary and Rtn Dr C C Wong were fined RM 10 for their January birthday celebrations.
- Rtn Heng and Rtn Patrick were fined RM 5 for their spouses' birthdays.
- Rtn Steven Chiew was fined RM 2 for his low attendance at lunch meetings.
- PP Mike Tung was fined RM 1 for doing a good job with Berita Pudu.
- Members who did not purchase raffle tickets were fined RM 1.
- Rtn Loo Ming Chee was fined RM 1 for his late attendance.
- Members who were seated at the last table were fined RM 1 namely PP Richard, PP Phang and Rtn Steven Chiew.
- Members who did not wear name tags were fined RM 1.
- President Alex was fined RM 2 for not wearing his name tag.
- Members not wearing a tie and a jacket were fined RM 1.
- Members wearing a tie and a jacket were fined RM 1.
- Members chatting outside the function room were fined RM 1.
- Members who did not read the e bulletin were fined RM 1.

Statistics

Guests	6
Visiting Rotarians	2
Club Members	19
Total Present	27

Collections:

Birthdays/Anniv/Fines	81.00
Paying Diners	180.00
Raffles & Others	71.00
Total (RM)	RM 332.00

PRESIDENT'S ANNOUNCEMENTS

- 1) The Youth Service and Community Service Meetings will be held on Wednesday, 8th January 2014 at the office of President Alex at 6.30 pm and 7.30 pm respectively.
- 2) The weekly meeting on Monday, 13th January 2014 will be a joint meeting with RC Titiwangsa and will be held at the Shangri la Hotel, KL at 6.30 pm.

INTRODUCING THE SPEAKER

Rtn Roy Sreenivasan introduced the guest speaker Ms Elaine Lim who presented a talk on the subject "The Pursuit Of Happiness – Illusive or Achievable."

THANKING THE SPEAKER



PP Ng Sim Bee thanked Ms Elaine Lim for a very educational and informative presentation. He commented that Ms Lim's presentation was different in that she asked probing questions which encouraged the audience to participate and respond proactively. He then presented a Certificate of Appreciation and a Memento to Ms Elaine Lim.

SPEAKER'S CV

Elaine Lim

- ▶ Elaine has spent the last 20 years drifting from the retail to management consulting to the IT industry in various corporate roles, an accountant by training, she currently finds operating a calculator very challenging. In the course of finding a means to pay the bills, she spends her free time pursuing her "haci" interests of trying to define the meaning of happiness.
- ▶ She continues to spend much time contemplating this matter and has to date not been able to pin this slippery "fella" down. She hopes that by speaking to many – one day, she may chance upon a wise soul that will provide her with a "suitable" answer.

SPEAKER'S TEXT

Happiness

ILLUSIVE OR ATTAINABLE?

Questions for the floor -

- ▶ How many of you today are happy?
 - ▶ How many of you think life's great, but can still be improved?
 - ▶ How many feel that life is a constant challenge of checks and balances?
 - ▶ Is happiness a process or a feeling?
 - ▶ If it's a process, will the right speed, right thoughts and right actions lead us down the path of happiness?
- OK
- ▶ If it's a feeling, will getting a promotion or a new car or getting married, etc. make us happy?
 - ▶ Will we people always looking for ways to be happier?

Definitions, definitions, definitions...

- ▶ Process - I will be happy when ...
 - ▶ Process
 - ▶ Actions/Steps
 - ▶ Taking of a ladder / Buckle up
- ▶ Feelings - I am happy ...
 - ▶ Can we actually set a bar / a set of defined standards for ourselves in order to determine if we can or cannot be happy?
 - ▶ I have a child
 - ▶ I buy a car
 - ▶ I get my promotion
- ▶ Can process = feelings = happiness? Is this the equilibrium we all strive to achieve?

John Stuart Mill - "Ask yourself whether you are happy, and you cease to be so."

Happiness isn't a pre-defined "thing" that society can dictate. It is truly a reflection of ourselves and what makes us feel good inside. Because only when we are truly able to appreciate ourselves for how we have been made, can we in turn fully appreciate what is around us and thus be at peace and really "happy".

Can this be "acquired"?

That, I conclude is a question that only we ourselves can answer.

COMMITTEE MEETINGS



Club Service Committee meeting



Preparing for Scholarship Awards on Sat 11 Jan 2014



Preparing for DG's Visit on Sunday 19 Jan 2014

CLUB MEETING ON 6 JANUARY 2014



Pres, Alex and PP Mike Tung with visitors



Acting SAA — Rtn Asok Kumar



PP Ng Sim Bee — the Finemaster



Rtn Roy Sreenivasan introducing the Speaker



Pres. Alex and Rtn Johnny posing with the ladies



Pres. Alex and the birthday people

CLUB MEETING ON 6 JANUARY 2014



Ms Elaine Lim enjoyed speaking



Captive audience



Prema (right) is the only non-Rotarian



Our Fellowship lady had a question



Rtn Mike Jacobi exchanging banners with Pres. Alex



PP Richard Liew won the Raffle Draw

TRI-CLUB FELLOWSHIP

Fellow Pudu Rotarians,

As you would be aware, the Bangkok Tri-Club Fellowship between our Club, Dhonburi & Singapore West will be held from March 8th -11th and the host Club is Dhonburi.

PP Phanida has informed us that she has managed to get rooms at a special rate at the Narai Hotel , being 2000B with breakfast.

Currently Air Asia return is only RM429.00. I enclose a screen shot.

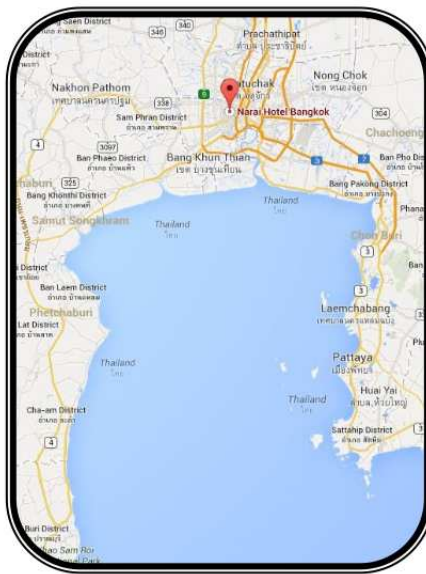
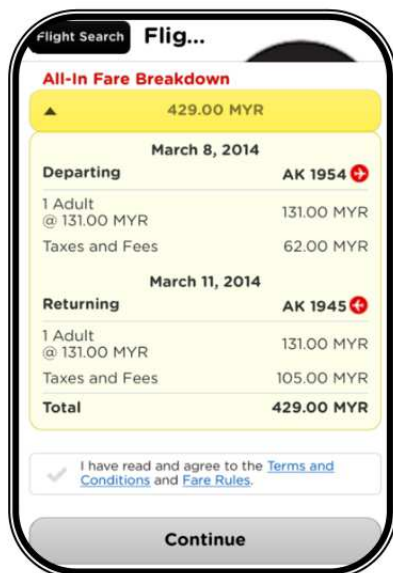
I together with President Alex will be coordinating . PP Phanida is already planning a great itinerary for us...golfing, dinner parties, shopping for ladies etc.

Members concerned about any protest situation rest assured PP Phanida is of the view that there would be no problem as it always happens. As fellow Rotarians, our safety is always utmost in their minds.

Please therefore support this worthy project and let me know whether you can attend as it is never too early to plan; and it will make it easier for our hosts to be informed well in advance of the numbers.

Regards

Rtn Roy Sreenivasan
International Service Director
RY2013-2014



CLUB & DISTRICT DIARY OF EVENTS - FUTURE

Date	Time	Programme	Venue
Feb 3 rd – 9 th 2014	-	Trip to Northern India organized by the District International Service Committee	-
Mar 2014	9.00am	Career Opportunities in the Hospitality Industry - Vocational Service	Berjaya Times Sq, KL
Mar 8 th -11 th 2014	-	Tri Sister Clubs Fellowship	Bangkok
Feb 28 th -Mar 1 st 2014	9.00am	Presidents Elect Training Seminar 2	-
April 25 th – 27 th 2014	9.00am	80 th R I District 3300 Assembly (see below)	Royale Bintang Resort Seremban

NOTICE IS HEREBY GIVEN THAT :- THE 4th CLUB ASSEMBLY WILL BE HELD ON SUNDAY 19TH JANUARY 2014 AT 6.30PM.

**VENUE: Hotel Sentral Pudu
310, Jalan Pudu,
55100 Kuala Lumpur**

The AGENDA for the 4th Club Assembly are follows:-

1. President Address
2. Report from:
 - President
 - Vice President
 - Hon Secretary
 - Hon Treasurer
 - President Elect
 - Immediate Past President
 - Club Service
 - Vocational Service
 - Community Service
 - International Service
 - Youth Service
3. Other Matters



Datuk Dr Mohinder Singh
District Governor, will be in attendance.

Kindly confirm your attendance with the undersigned. Your presence will be greatly appreciated.

Yours in Rotary,
Rtn Laura
Hon. Secretary RY 2013/14

DISTRICT NEWS

[rotary3300] Re: RC Greentown Humanitarian Mission to Cambodia

rotary3300@googlegroups.com on behalf of Mun Wai Lee <munwailee@gmail.com>

Sent: Wed 8/1/2014 11:55 AM

To: rotary3300]

Dear Fellow Rotarians,

Wishing all my Fellow Rotarians a Happy New Year and may 2014 bring good health and prosperity to you all!

As many of you may have been aware, RC Greentown had recently completed our mission to Cambodia as part of our annual International project since 2004 to support the lake community of Lake Tonle Sap. In summary, we support the NGO known as The Lake Clinic (TLC) which brings clean water (by installation of Biosand water filters), medical care (volunteer doctors on a floating clinic as well as Village Healthcare Volunteers) and literacy (providing equipment and facilities for the floating schools).

This Rotary year, we had the privilege and pleasure of very generous contributions from our fellow rotarians in the district particularly RC Pantai Valley (and their sister club RC Bandung Braga) who came along with us to make this a very memorable trip. Our sister club RC Makati Edsa also sent along their representatives and all in all, it was a fruitful experience as we were able to bring over USD10,000 to support TLC's cause.

We at RC Greentown, would like to register our gratitude to all who contributed so generously to this project and on behalf of the beneficiaries in Cambodia, we would like offer our sincere heartfelt thanks to these generous people. Please find attached below a link to a video of our trip which took place in November. Should there be any enquiries or comments about what we have done, please feel free to drop me a note.

<http://youtu.be/JWgzZZbHIAc>

Regards,

Rtn Dr Lee Mun Wai

Service Project Director 2013/2014

RC Greentown

Dear Fellow Rotarians,

District 3330, Thailand will be having their District Conference from the 7th-9th of March 2014. DG Sanguan of D3330 has invited Rotarians from our district to attend the conference. The conference will be held in Suratthani, Thailand at the WANGTAI HOTEL, MEAUNG, SURATTHANI, THAILAND. The cost is only 1500 THB for the conference and 860 THB per night for the rooms, or single or double.

Because of the very close relationship within our two districts, I would like to encourage as many Rotarians as possible to attend the conference. We have had many joint projects between the sister clubs within our two districts and I would like Rotarians of those clubs to make an effort to attend. So far we have had 3 AG trainings in D3330. I would also encourage those AGs to attend. The person to contact for your registration and hotel accommodation is:

CP APARADEE.

EMAIL: aparadeelekhakul@yahoo.com

MOBILE: +66818975623.

If you require any further information, please do get in touch with me. I hope to see many of you at the conference.

JAGJIT SINGH,

THAI-MALAYSIA INTER COUNTRY CHAIR

Jagjit Singh <jagjit47@hotmail.com>

Afternote:

DG and Datin Helen are planning to attend and lead the Malaysian delegation.

DISTRICT NEWS

WOMEN'S SKILLS TRAINING PROGRAMME

Dear Rotarians

The Rotary Club of Bandar Sunway recently launched a Skills Training Programme for women. The training is provided by Pusat Latihan Rakyat Kasih and the programme is funded by a Matching Grant from Rotary International. The launch was held in conjunction with a graduation ceremony of 22 women who had successfully completed their training programme.

The next intake for the training programme will be commencing this month, and if any Rotary Club can identify single mothers or women from low income households in their communities, who would like to acquire a skill in order to supplement her income or to start a business, please contact our Club's Organising Chair, Rtn Dinesh Francis at Francis.dinesh@gmail.com for details on registration for the training sessions. Training programmes are held at the Desa Mentari area (near Sunway) as follows:

Bridal make-up classes

Every Sunday @ 2 pm

Next intake commencing on 12th Jan (this Sunday)

Duration : 6 months (beginner classes) ; additional 6 months for advanced classes

Tailoring classes

Every Sunday @ 2 pm

Interested individuals can start any week

Duration : 1 year

Attached are 2 articles that were in the newspapers this week- the Malay Mail and yesterday's Star.

Warm regards
Sandra Raj
President



RI NEWS

POLIO MUST BE STOPPED IN PAKISTAN

- Deepak Kapur & Aziz Memon

As the new year dawns, our respective neighbouring states, India and Pakistan, both are in the news because of their efforts to eradicate the crippling childhood virus, poliomyelitis but due to completely opposite circumstances.

India, once projected by many experts to linger as polio's last stronghold, now has every hope of marking its third full year with no new cases on January 12. Once that milestone is reached, it will set the stage for a national celebration a month or so later, when the World Health Organization is expected to certify WHO's entire South-East Asia Region to be polio-free.

Unfortunately, the anti-polio campaign in Pakistan, which is in a different WHO region, is garnering international coverage for the wrong reasons as more than 30 health workers or their security escorts have been killed trying to reach children with the oral polio vaccine.



The escalation of violence keeps the Pakistani children at risk of contracting this incurable, disabling – but completely vaccine-preventable – disease. As of this writing, Pakistan had recorded 75 new cases of polio this year, up from 58 for all of 2012. Most of the infected children live within the Federally Administered Tribal Areas, notably North and South Waziristan, where the vaccination activities were banned.

And the concern now is that the virus will spread back to other areas of Pakistan where it had previously been stopped, as well as to other countries.

Indeed, this is happening right now in several previously polio-free countries, such as Syria, where WHO has determined through genetic sequencing that a recent outbreak was caused by a polio strain originating in Pakistan. The spread of polio in Pakistan also poses a threat to neighbouring India's hard-earned success, which is exactly why anyone entering India from Pakistan after January 30 will be required to show proof of vaccination.

It is clear that remaining three polio-endemic countries, Afghanistan, Pakistan and Nigeria – especially the latter two – constitute the reservoir where this opportunistic virus thrives and from which it can spread. As of mid-December, new polio cases in non-endemic countries in 2013 outnumbered the cases in the endemic countries 224 to 136. At stake is the incredible progress achieved by the Global Polio Eradication Initiative, launched in 1988 by Rotary International, WHO, UNICEF, and the U.S. Centres for Disease Control and Prevention and now also supported by the Bill & Melinda Gates Foundation.

Since 1988, the world has spent more than \$10 billion on polio eradication, and the return on that investment has been a reduction in polio cases of more than 99%, from about 350,000 cases a year to only 223 in 2012, the lowest annual total ever. If we don't finish the job and stop polio in the endemic countries, we risk losing all of the ground we've gained and jeopardizing the health and lives of millions of children.

The outbreaks in the non-endemic countries this year are proof positive that the risk is real. Fortunately, India's success in stopping the transmission of polio provides practical lessons already being put to use in Pakistan. India's 116,000 Rotary club members contributed immensely to the nation's effort against polio, especially in raising awareness and maximizing public participation in national polio immunization days, which reach more than 172 million children under the age of five years.

This included engaging and working closely with Islamic leaders, *ulamas* and scholars in the predominantly Muslim communities of northern India to obtain their support to help quell any parental misconceptions or misgivings about the vaccination program.

The eradication volunteers among Pakistan's 3,500 Rotary members likewise are working hand-in-glove with local leaders to secure their buy-in. As a way to avoid entering communities where the risk is deemed too high for vaccination teams, Rotary has set up mobile health clinics at key transit points, such as toll plazas and military checkpoints

RI NEWS

near the Pakistan-Afghanistan border, enabling thousands of children to receive the vaccine as families enter and exit the country.

Rotary also established permanent immunization centres to improve routine vaccination and organized health camps in high-risk districts, an approach that proved effective in India. Rotary also recently provided 5,000 copies of a “speaking” story book about polio vaccination – with audio in the Urdu and Pushto languages-as an advocacy tool for social mobilizers/health workers at Pakistan’s Rotary Resource Centres.



It is through persistence, perseverance, and patience that the war against polio will be won in Pakistan. India proved polio can be beaten under the most challenging conditions.

But it was not easy, and it clearly will not be easy in Pakistan. We must find a way to end the violence. We must reach every last child with the polio vaccine in Pakistan and in the other endemic countries and we will. The Global Polio Eradication Initiative’s commitment to the world’s children demands no less.

Source: <http://jumboinfomedia.blogspot.in/>

MY MOUNTAINTOP EXPERIENCE

By Valentina, a current Rotary Youth Exchange student from the United States to Japan who received round-trip airfare through [United's 10 Million Charity Miles Giveaway](#)



I have been in Japan for only two weeks, but already so much has happened! The day I arrived I was greeted by local Rotary members and my host mother at the airport. I couldn’t believe I was in Japan.

That night, my host Rotary club had a welcoming party for me. I was greeted by so many people. The place where the club meets is very traditional, so I shed my shoes. It felt weird walking around with just my bare feet.

I enjoy being with my host family a lot. Even though my Japanese isn’t very good, they help me study and teach me new words every day. The house is very traditional: the floor is tatami mat and I sleep on a futon, which took a little getting used to.

Recently my host mother and I went to a YMCA camp for the weekend, where a group of Rotary members, other exchange students and I got to climb Mount Fuji! It was hot at first but then became very cold and windy and started to rain. By the time we

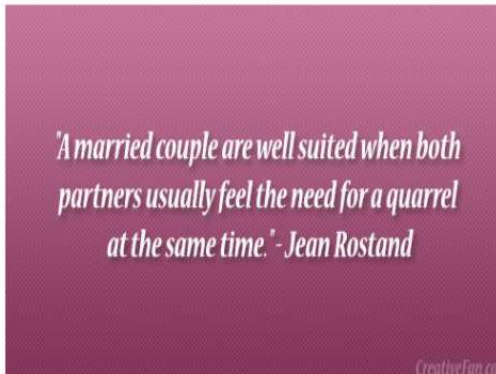
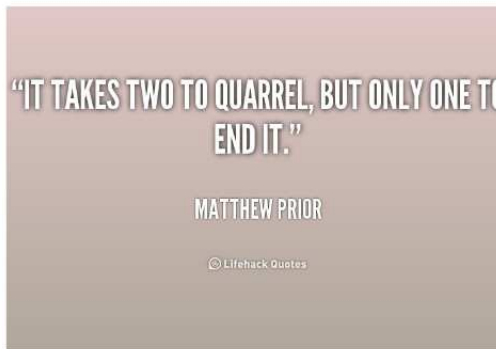
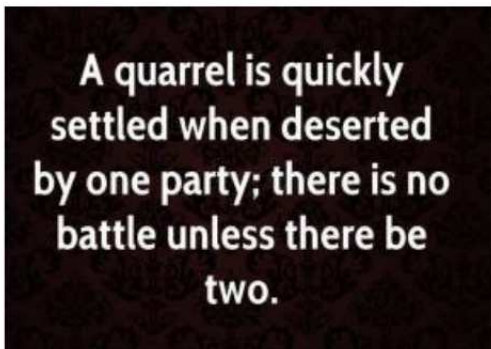
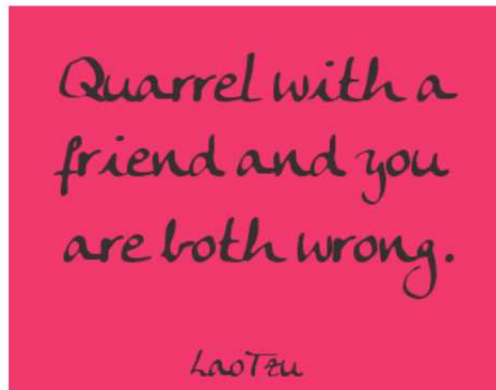
reached the lodge in the dark, I was cold and soaked. Climbing for four to five hours, my legs felt like they were going to fall off.

But we had dinner at the lodge and spent the night there, and woke up bright and early to see the sunrise on top of Mt. Fuji. It was beautiful! The descent was actually harder than climbing up, but the whole trip was worth it just to see the sunrise.

My school here is very different from my school in America. We stay in the same classroom all day and the teachers are the ones who change classes. I also have many pairs of shoes just for school: one for walking outside, one for walking inside, one for the bathroom, one for gym indoors, and one for gym outdoors. Overall, it has been a wonderful experience, and I am looking forward to the rest of my year here.

Read [other blog posts about Rotary Youth Exchange](#)

THOTS FOR THE WEEK



MISCELLANEOUS JOTTINGS

Outstanding Coincidences of Words..

Hate has 4 letters
So does Love.....

Enemies has 7 letters
So does Friends.....

Lying has 5
So does Truth.....

Negative has 8
So does Positive.....

Under has 5
So does Above.....

Cry has 3 letters
So does Joy.....

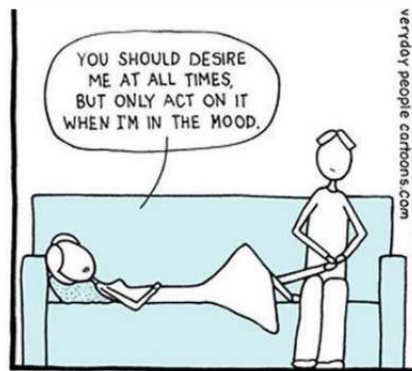
Anger has 5 letters
So does Happy.....

Right has 5 letters
So does Wrong.....

Amazing...



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.

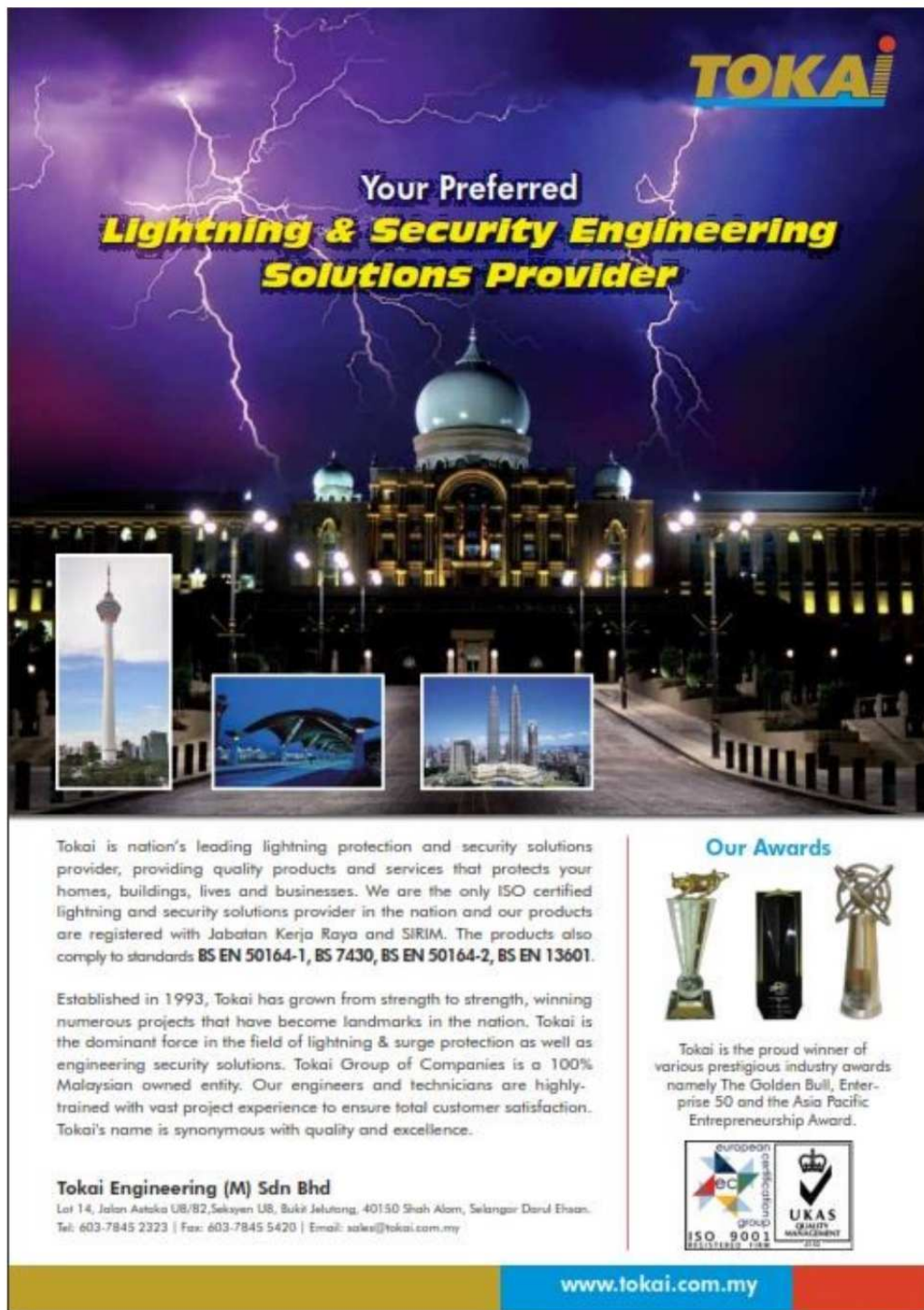


Why Women Cry



QuoteGanga.BlogSpot.Com

If Couples that are in love are called '**Love Birds**' then couples that always argue should be called '**Angry Birds**'...



TOKAI


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Lightning & Security Engineering
Solutions Provider**

Tokai is nation's leading lightning protection and security solutions provider, providing quality products and services that protects your homes, buildings, lives and businesses. We are the only ISO certified lightning and security solutions provider in the nation and our products are registered with Jabatan Kerja Raya and SIRIM. The products also comply to standards **BS EN 50164-1, BS 7430, BS EN 50164-2, BS EN 13601.**


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.

Tokai Engineering (M) Sdn Bhd
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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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