



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 : 19th May 2014
Issue No : 42

Berita Pudu

PROGRAMME FOR TODAY

Speaker: Mr Ace Wong
Subject: The First Real Time Guarding &
Monitoring Command Centre In Malaysia

On Duty

Duty Table: Rtn Elaine Tan
Fellowship: Rtn Chinniah
Finemaster: Rtn Asok Kumar
Introducing: PP Gary Lim
Thanking: PP Dato' Steven Oon

Rotarians' Birthdays (May)

06th – Rtn Laura Lee
13th – Rtn Asok Kumar
17th – PP Dato' Rosemarie Wee

PROGRAMME FOR NEXT WEEK

Speaker: Mr C H Lim
Subject: Effective Approach In Energy Saving Today

**JOINT MEETING WITH RC PANTAI VALLEY
@ BUKIT KIARA EQUESTRIAN CLUB
@ 6:30 PM**

Spouses Birthdays (May)

09th – Ann Ivy (PPTai Chin Peow)
20th – Ann Fanny (Rtn Steven Ho)
22nd – Ann May Lee (Rtn Mok Sin)

Wedding Anniversaries (May)

06th – PP K H Low and Ann Evelyn
19th – PP Dato' Jasani and Ann Datin Bharati
25th – PP Dato' Dr Lee Hoo Teong and Ann
Datin Esther

CLUB DIARY OF EVENTS – MAY 2014

Date	Time	Programme	Venue
Mon, 5 th May	12.45 pm	Weekly Meeting	Shangri-La Hotel, KL
Tue, 6 th May	6.30 pm	Incoming Club Service Committee Meeting	Residence of Rtn Jeff Yap
Wed, 7 th May	6.00 pm	Fund Raising Committee Meeting	Crystal Palm Seafood Rest
Wed, 7 th May	7.00 pm	48 th Installation Committee Meeting	Crystal Palm Seafood Rest
Thurs, 8 th May	6.30 pm	Outgoing Membership Development Meeting	President Alex's Office
Thurs, 8 th May	7.30 pm	Outgoing Club Service Committee Meeting	President Alex's Office
Sat, 10 th May	10.00 am	PRC Charity Premier "Spider-Man 2"	GSC Pavilion
Mon, 12 th May		MEETING CANCELLED	-
Tue, 14 th May	6.30 pm	Incoming/Outgoing Youth Service Committee Meeting	Bukit Kiara Club
Wed, 14 th May	7.30 pm	Outgoing/Incoming Community Service Committee Meeting	Bukit Kiara Club
Thurs, 15 th May	6.30 pm	Incoming Youth/Club Service Fireside	Residence of PP Tai
Sat, 17 th May	3.00 pm	Rotaract Board of Directors Meeting	Elilal Resaturant
Sat, 17 th May	7.30 pm	The Rotary Foundation Awards Night	Royal Lake Club, KL
Mon, 19 th May	6.30 pm	Weekly Meeting (Evening)	Shangri-La Hotel, KL
Tue, 20 th May	6.30 pm	Incoming International Service Comm Meeting	Selangor Club, Bukit Kiara
Wed, 21 st May	6.30 pm	Incoming/Outgoing Vocational Service Committee Meeting	Bukit Kiara Club
Wed, 21 st May	7.30 pm	Outgoing International Service Comm Meeting	Bukit Kiara Club
Fri, 23 rd May	2.30 pm	Rotarian-Teacher Advisors High Tea	Shangri-La Hotel, KL
Mon, 26 th May	6.30 pm	Weekly Meeting (Joint) with RC Pantai Valley	Bkt Kiara Equestrian Club
Tue, 27 th May	6.30 pm	Incoming Board of Directors Meeting	Bukit Kiara Club
Wed, 28 th May	6.30 pm	Outgoing Board of Directors Meeting	President Alex's Office

EDITORIAL

There was a young woman who took great pride in the growth and care of the flowers in her flower garden. She had been raised by her grandmother who taught her to love and care for flowers as she herself had done. So, like her grandmother, her flower garden was second to none.

One day while looking through a flower catalogue a picture of a plant immediately caught her eye. She had never seen blooms on a flower like that before. "I have to have it," she said to herself, and she immediately ordered it.

When it arrived, she already had a place prepared to plant it. She planted it at the base of a stone wall at the back of her yard. It grew vigorously, with beautiful green leaves all over it, but there were no blooms. Day after day she continued to cultivate it, water it, feed it, and she even talked to it attempting to coax it to bloom. But, it was to no avail.

One morning weeks later, as she stood before the vine, she contemplated how disappointed she was that her plant had not bloomed. She was giving considerable thought to cutting it down and planting something else in its place.

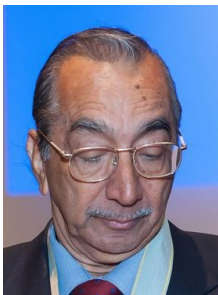
It was at this point that her invalid neighbour, whose lot joined hers, called over to her. "Thank you so much! You can't imagine how much I have enjoyed the blooms of that vine you planted." The young woman walked through the gate into her neighbour's yard, and sure enough, she saw that on the other side of the wall the vine was filled with blooms.

There were indeed the most beautiful blooms she had ever seen. The vine had crept through the crevices and it had not flowered on her side of the fence, it had flowered luxuriantly on the other side.

Moral of the Story

Just because you cannot see the good result of your labour does not mean that it bore no fruit.

*Warmest Regards.
PP Mike Tung*



Dear DG Datuk Dr Mohinder Singh,
On behalf of all members from the Rotary Club of Pudu, congratulations to your successful surgery and wish you a very speedy recovery.
Rtn Laura Lee
Hon Secretary

PRESIDENT'S MESSAGE

"He was a simple man who had no inferiority complex about his lack of education, and even more amazing no superiority complex because he had succeeded despite that lack."

Maya Angelou, I Know Why the Caged Bird Sings

May 2014 issue of *The Rotarian* ran an article written by Kevin Cook, "Ethics: Should You Spare a Dime?"

The first few lines of the article caught my eyes... *Winter in New York: A young woman huddles on the sidewalk outside Whole Foods. She sits behind a cardboard sign on which she has scrawled a single word: "Hungry." Her name is Christina. She's 20. Why is she sitting outside in the cold?*

"No place to go. Nobody to help me," she says.

The article went on to discuss the homeless in the USA and whether we should give 'hand-outs' to these people who has fallen wayward... and feeling inferior about themselves.

As none of us is 'invincible', therefore at various times in our lives we will all go through a certain stage when we feel inferior. Exactly what is *an inferiority complex*? We cannot overcome something if we do not know what is it.

"An inferiority complex is a lack of self-worth, a doubt and uncertainty, and feelings of not measuring up to standards. It is often subconscious, and is thought to drive afflicted individuals to overcompensate, resulting either in spectacular achievement or extreme asocial behavior. The term was coined to indicate a lack of covert self-esteem. For many, it is developed through a combination of genetic personality characteristics and personal experiences."

http://en.wikipedia.org/wiki/Inferiority_complex

I also recall an article I read recently "7 SIGNS OF INFERIORITY COMPLEX", for those who are interested:

<http://josephomotayo.blogspot.com/2009/11/7-signs-of-inferiority-complex.html>

Therefore if we should detect some of these 'signs' in ourselves, we must deploy counter measures to overcome them.

Coming back to Kevin Cook and his article "Ethics: Should You Spare a Dime?" This article explored whether we should and if we should, how should we help these people who has fallen wayward. In my mind, as Rotarian we should if we are able to, in whatever way we can, help anyone who is feeling inferior about himself to get back on his feet. We should provide tender love and care to these people, understand the challenges they have such as perpetually having

low self esteem. At the same time, we should always be mindful and take care of their fragile existence when we extend a hand to help.

Alex Chang

President 2013-14



PUDU NEWS

Record of Meeting on: 5th May 2014

Guest Speaker: Ms Sharmila Sivalingam
Subject: "Conversations With Self"

Visiting Rotarians	
Guests	
Ms Sharmila Sivalingam Ms Liew	Club Club

Statistics	
Guests	2
Visiting Rotarians	
Club Members	16
Total Present	18
Collections:	
Birthdays/Anniv/Fines	RM 67.00
Paying Diners	
Raffles & Others	
Total (RM)	RM 67.00

CLUB PROCEEDINGS

Acting Sgt-At-Arms Rtn Asok Kumar called the meeting to order at 1.20 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. He fined:

- Rtn Asok Kumar was fined RM 1 for not knowing the words of the National Anthem.
- PP Gary was fined RM 2 for not taking the role of fine master.
- Members who did not purchase any Charity Premiere tickets were fined RM 2.
- Members who appeared in last Monday's eBulletin were fined RM 1 namely President Alex, Rtn Laura, Rtn Veron, Rtn Patrick, PP Mike Yeow, Rtn Heng and PP Mike Tung.
- PP Tai was fined RM 5 for Ann Ivy's birthday.
- Rtn Asok was fined RM 10 for his birthday celebration and another RM 2 for not inviting the members to the Royal Lake Club (RLC) since he became a Committee Member of the RLC.

INTRODUCING THE SPEAKER

PP Mike Yeow introduced the guest speaker Ms Sharmila Sivalingam who presented a talk on the subject "Conversations With Self"

PRESIDENT'S ANNOUNCEMENTS

- 1) The Charity Premiere Spiderman 2 will be held at the GSC Pavilion on Saturday, 10th May 2014 at 10.00 am
- 2) The Weekly Meeting on 12th May, 2014 will be cancelled.

THANKING THE SPEAKER

PP Dato' Muslim Ayob thanked Ms Sharmila Sivalingam for a very educational and interesting presentation. Dato commented that Ms Sharmila has shared her experiences with Toastmasters and that we can learn from her experiences of overcoming fear of public speaking.



In addition she has shared the experiences of the late Christopher Reeves who acted in several Superman movies and who later became a quadriplegic through a tragic accident. Every day he would tell himself these words "And now forward." Dato' Muslim then presented a Memento to Ms Sharmila Sivalingam.

SPEAKER'S CV

Ms Sharmila Sivalingam aka Sharm Siva is the author of the book *7 Step Manifestation, Law of Attraction* and *Wealth in Law of Attraction*. She is a Certified Coach-Trainer and has coached many companies and individuals internationally, guiding them to producing desirable outcomes in their professional and personal lives. Before becoming an author and a coach, Sharm has had experiences working with corporate in the line of training and development, where her clients include Celcom, Axiata Berhad and Maybank. Sharm's favourite personal development gurus are Robin Sharma, Jack Canfield and the Dalai Lama.



SPEAKER'S TEXT

I've always wanted to become a member of the Toastmasters. I never really knew what the Toastmasters did, when I was a kid. I loved speaking so naturally, people told me that I should try out this thing called the Toastmasters. So, I was elated when in 2009, when I was a lecturer in one of the colleges in JB, the Toastmasters of JB called me up and invited me to come to one of their meetings, with some of my students. I was very happy, because one, I was happy to bring Toastmasters to the college, to inspire the students to speak better in a more confident manner; and two, because I've always wanted to become a member of the Toastmasters, so dream come true. So I drove my students to the Toastmasters' meeting in a hotel conference room. That was my very first Toastmasters meeting, and I really did not know what to expect. I went there, to be met with many people, and I enjoyed the networking session just before the actual session. When the session started, I was beaming from ear-to-ear; I thought that this was where I was supposed to be. Why did it take me so long to become a part of something so fun, so me, so natural. The chairman of the Toastmasters introduced something called the Table Topics, where we would need to speak on a topic given. I was very much attracted to this challenge, as it was a good platform to practice speaking, and I aimed to lead by example - I wanted my students to go up and speak, so what better inspiration than to go and give this a shot myself? I was pumped. I was a Public Speaking Champion at the university, a debater and a news reading champion - speaking was my thing, and it was time to shine. I was ready to become an inspiration to these students, who get weak in their knees at the mere thought of speaking in public. So when the chairperson asked for the first volunteer at Table Topics, my hand immediately went up. Everyone cheered and I smiled. I am going to nail this. I walked up and was given the topic. I went to the podium and smiled.

As soon as the timekeeper signalled for me to start, I opened my mouth - but nothing came out! I just froze. I looked back at the 40 odd people looking directly at me and fumbled for the right words - nothing came out. I then proceeded to - and for the life of me till today don't know why I did - tell a joke. It was a public speaker's nightmare come true - no one laughed! I panicked. What happened after that was a blur of embarrassing moments and pain in my palms as I held on to the podium for dear life.!

What surprised me was how the walk of shame back to my seat was worse than my supposed speech. I walked with my head down and my tail between my legs. My students gave me a pat on the back. Embarrassed is a humble understatement. I avoided people at all cost after that, aiming to just leave, but I stayed on for my students' sake. Everyone who was nervous to try the Table Topics before I spoke were suddenly excited for their turn - a newfound confidence after witnessing the disaster that was my speech! Minutes before the end, the chairperson asked everyone to share their comments of the day's event. As there were many of us in the conference room and not much

space, we sat in rows. I was in the fourth row, and the feedback session started from the first row. A lady stood up and started to comment. "After today's session," she said, "it is obvious that just because someone is a Lecturer, does not mean that she can speak." She might as well have thrown a sword into me, because that hurt. I felt attacked. And as if that was not enough, she continued "It goes to show that just because someone is in a profession that requires her to speak to many people on a daily basis, does not mean she can speak substance." Who was this lady, really? I didn't know her or her name or how she looked like. But what she said pierced right through me. I was filled with fury and embarrassment. Minutes later, the chairperson thanked us all for joining them and invited us to come again. Again? No way. Toastmasters, Shmoastmasters, I'm NOT going back.

I drove home speedily that day, I couldn't wait to reach the safety of my own home. I was furious, and I was curious - what really happened at that podium? I had spoken to bigger audiences before, so what was the problem? Why did I freeze like I was an amateur at public speaking? These questions continued to haunt me through the night. I wanted to call in sick the next day, afraid that news would spread of the lecturer that embarrassingly fumbled her way through her miserable excuse of a speech. But I got up and went to college. Though news did not spread and it was

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blown out of proportion in my mind, I could not let this rest. I needed to know what happened. And the fact that there was another Toastmaster's meeting coming up within the week was annoying me. Should I go? If I don't go, would it look like I'm juvenile and sulking? "I'm no quitter," I told myself, "One miserable incident is not going to stop me". So I decided that I would go. And I decided that I would speak again at the Table Topics session. And I decided that this time, I would go prepared. So I called another lecturer of mine and asked her to give me a random topic to speak about, and I would. She was nice enough to sit and listen to my peeches during my break times. Everything was flawless

Now, it was time. Thursday evening, the day of the next Toastmasters' meeting. I set out in my car towards the venue of the meeting. I drove and suddenly, a rush of panic hit me. The voice inside my head kept asking "What if the same thing happens again?", "What if you fail - or worse, fall flat on your face?", "What makes you think that you can do it this time?" There it was, the voice of doubt. And the voice did not stop. The journey was 30 minutes long and every minute, my mind was flooded with these thoughts and words of fear. I felt myself getting weaker as I approached the venue. I parked my car in the hotel and looked at my watch - I was 20 minutes early. As soon as I parked, I had the gnawing need to just drive off and head home. "You got this far, good for you. You needn't go to this meeting just to prove yourself to anyone. Just go home" the voice said. With my key still in the ignition and my engine still on, the voice continued "Don't risk embarrassing yourself, just go home". My heart was beating so fast and loud, it felt like it was going to leap out of my body. I was having cold sweats. My hand was on the steering wheel. The voice kept saying "It's ok, no one is going to blame you for not going - just go home. It's safer there." I looked at my watch - it was time. "Just go home, just go home". And it was then, that I asked myself out loud "If I leave now, what story will I tell my sisters when I get home tonight?" I am eldest of 3 girls, and I've always felt responsible for inspiring my sisters to be better. "What story will I tell them? One of failure or one where I conquered my fears and did it anyway? What will I tell my future children? How is this story going to end?" And I decided, that no matter what happens, I am going to that meeting. And with that, I got out of the car and walked to the meeting room - with every step forward I took, I felt like running back into the car. That voice was still there "Don't embarrass yourself, just go home". But I went anyway.

In the meeting, unlike the first time around, I was quieter. I did not want to attract any attention to myself. I just wanted to get in and get out when the meeting was over. I did not intend to participate in the Table Topics session - it felt too hard to do. And then, the chairperson opened the Table Topics session - and my heart was

thumping hard again. "Who wants to be the first speaker?" he asked. That voice within me said again "No, it's too embarrassing, it's too risky". I obediently followed. The first speaker went and spoke, everyone cheered and the chairperson called for a second volunteer. Again, I just watched. The third and fourth speakers followed suit and it was time for the final speaker - a final chance at the table topic session. The voice within me said "No, not this time. You can come back next week. Let this go". But the other voice asked again "How is this story going to end? What will you tell your sisters?" A cold sweat broke out again. Unknowingly, my hand went up - I had volunteered to be the fifth speaker!! I walked in front, honestly, I couldn't really feel my legs - I was numb with fear! And I spoke.

That day will always be an accomplishment for me. It taught me so much about myself, my fears and more importantly, my ability to feel the fear and do it anyway. There was a voice within me that wanted me to stay in my comfort zone, that wanted me to respect and adhere to this fear. This is the voice of doubt, and it exists in each and every one of us. The voice that tells us that we're too old to do that degree. The voice that tells us that we're too overweight to even dream of joining a marathon. The voice that tells us we're not ready to start that business.

But the good news is, that this voice is us. Everyday, we hear voices, messages, words, thoughts and beliefs from within us - this is us talking to ourselves. As soon as we realise the power of our self conversations, we will start conversing with ourselves in a different manner. What you say about yourself to yourself is how you will appear to the world. A man who says to himself "I am unlucky in any business dealings" will see this come true. A woman who says to herself "I am retired, there's nothing left for me - life ends at 55" will see that come true. If your conversations with yourself are negative and destructive, you will sabotage yourself and stop yourself from achieving the success and happiness you truly deserve.

The good thing about self conversation, is that you can control it. You can have positive or negative conversations with your self, like I did at my Toastmasters experience. As soon as I changed my self talk from a destructive one to an empowering one, my entire view of my experience changed. I was able to overcome my fear by talking to myself in a positive, empowering manner, and silencing the negative conversations

Even the man-of-steel himself, Christopher Reeves practiced this post his polo accident. Needless to say, it is truly sad and ironic where the man who played Superman was reduced to a quadriplegic. Did you know that he woke up every morning after the accident crying? He would cry for a good 20 minutes. He found it difficult to accept his new condition. He would say out loud "This sucks!". But then, and here is where it gets

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empowering - he'd stop crying and say "And now... forward". These three words got the man out of bed and into conference halls where he would inspire people of similar fate that if he could do it, so can they.

So choose the conversations you have with yourself everyday. If you say that you never speak to yourself, then that's a blatant lie. You do not have to literally talk with words to have a conversation with yourself. with yourself. A thought in the shower, an emotion when stuck in traffic on Monday morning, a belief that you are indeed good enough to try out for that singing competition - these are all conversations you have with yourself. Happy, empowering, enabling self conversations lead you to a life of happiness and success. Negative and limiting self conversations lead you to a life where pain, doubt, guilt, fear overrule. The choice is in your hand every single moment of everyday what you say to yourself and what you believe to be true - so choose wisely. As Jerry Brukner once said "Be your own best friend, not your own worst enemy."

Something happened to me at the Toastmasters meeting in 2009 - I became an adult. I learnt the power of lifting myself up from a state of fear and wanting to give up, to a state of boldness and courage. And I had already won that day when I decided to go to the meeting, get out of my car, walk to the meeting room and when I raised my hand to speak. And becoming the Table Topics champion that day was just extra icing on the cake. Thank you.

REMINDER

Dear Fellow Rotarians,
Please kindly be informed that our following Monday Regular Weekly Meeting on 26th May 2014 will be an evening joint meeting with RC Pantai Valley at 7pm @ Dewan Berjaya in Bukit Kiara Equestrian Club and kindly confirm your attendance with Club Service Director, Rtn Edward Lee.

Yours in Rotary Services,
Rtn. Laura Lee
Hon Secretary

NOTICE BOARD



ROTARY CLUB OF PUDU

RI District 3300 Chartered 5th December, 1966
P.O. Box 12087 50768 Kuala Lumpur Malaysia
www.rotarypudu.org.my



INVOLVED WE ARE, COMMITTED WE MUST BE Rotary Club of Pudu, RY 2013/2014

Date: 15th May 2014

To: Members of the 47th Board of Directors Committee, and All Members

NOTICE IS HEREBY GIVEN THAT :- THE JOINT CLUB ASSEMBLY (5TH CLUB ASSEMBLY FOR RY2013/14) WILL BE HELD ON SATURDAY 31ST MAY 2014 AT 630PM.

**VENUE: Marco Polo Restaurant
1st Floor, Wisma Lim Foo Yong,
Jalan Raja Chulan, 50200 Kuala Lumpur.**

The AGENDA for the 5th Club Assembly are follows:-

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

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

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

Weekly Meetings are held on Mondays at Shangri-La Hotel, Kuala Lumpur
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PP Low Keng Hwa
PP KJ Razali

*The world holds the thought of self,
and from this arises false apperbenston.
The self is an error, an illusion, a dream.
Open your eyes and awaken.
See things as they are and ye will be
comforted.
(Lord Buddha)*



A happy Vesak

CLUB MEETING ON 5 MAY 2014



Top Table



Acting SAA— Rtn Asok Kumar



Rtn Roy and PP Michael Yeow



PP Ng Sim Bee — Finemaster for a change



eBulletin producer & Editor



PP Gary Lim time off from fining people

CLUB MEETING ON 5 MAY 2014



PP Michael Yeow introducing the Speaker



The Speaker — Ms Sharmila Sivalingam



Rtn Sandy Soh had a companion diner



PP Dato Muslim thanking the Speaker



VP Heng with Veronique



*Rtn Asok Kumar & Rtn Laura Lee
with their birthday cake*

ATTENDANCE — APRIL 2014

1									
2	PRC Attendance Records								
3									
4		ACTIVE			APRIL				
5									
6					7	14	21	28	Total %
7	1 IPP	Aaron Ong Lai Huat	R						
8	2 PP	Albert LimYew Seng	R						
9	3 Pres	Alex Chang	P	P	P	P			100
10	4 PP	Chew Yin Keen	P	A	A	A			25
11	5	Chinniah a/l Arumanadan	M	M	M	M			100
12	6 PE	Daisy Chiu	M	P	P	M			100
13	7 PP	Dato Narendra K Jasani	P	A	A	P			50
14	8 PP	Dato Steven Oon	A	A	A	A			0
15	9	Dr. Wong Chin Chaw	A	P	P	P			75
16	10	Edward Lee	P	M	M	M			100
17	11	Elaine Tan Gee Hoon	M	P	M	M			100
18	12 PP	Gary Lim Beng Huat	P	P	P	P			100
19	13 VP	Heng Choun Tee	P	P	P	P			100
20	14	Jeffrey Yap	A	A	A	A			0
21	15 AG	K U Rajah	M	M	M	M			100
22	16	K.A. Kumar	M	P	P	M			100
23	17 PP	Ken Ong Keng Swee	A	A	A	A			0
24	18	Krishna Roy Sreenivasen	M	P	M	M			100
25	19	Laura Lee	P	P	P	P			100
26	20 PP	Leong Choy Ying	E	E	E	E			
27	21	Loo Ming Chee	M	M	M	M			100
28	22 PP	Low Keng Hwa	M	P	P	P			100
29	23	May T Lim	A	A	A	A			0
30	24 PP	Michael Tung Siak Kei	P	P	P	P			100
31	25 PP	Michael Yeow Kiew Meng	P	P	P	P			100
32	26	Mok Sin Jee Wan	P	M	M	M			100
33	27 PP	Ng Sim Bee	P	P	P	P			100
34	28	Patrick Lee Hong Lian	P	P	P	P			100
35	29 PDG	Paul Lee	M	M	M	M			100
36	30 PP	Richard Liew Ngeok Nyan	P	P	P	P			100
37	31	Robert Tan Siang Chiok	M	P	P	P			100
38	32	Sandy Soh Kwee Tin	P	M	M	P			100
39	33	Sarkunan Subramaniam	A	A	P	A			25
40	34	Steven Ho	P	P	P	P			100
41	35 PP	Tai Chin Peow	P	P	P	M			100
42	36	Tenny Lee Chea Yun	P	P	P	P			100
43	37	Veronique Pearcey	P	P	P	P			100
44	38	Steven Chiew Choon Meng	A	P	P	A			50

NOTICE BOARD

AN INVITATION TO BIG BIKERS

Dear Club President and Secretary,

The Rotary Club of Alexandria Cosmopolitan - District 2451 – Egypt is happy **to invite your prestigious and respectful club** to learn more about and share our Rotary organized initiative, "**Cross Egypt Challenge**" that aims to promote tourism to Egypt and world understanding.

Cross Egypt Challenge is a series of international cross-country endurance motorcycle and scooter rallies conducted throughout one of the most mysterious and fascinating countries of the world, Egypt. The series started in 2011 and the first season was a 9 days rally from the shores of the Mediterranean Sea in the North of Egypt to the temple of Abu Simbel, on the southern borders of Egypt for a total distance of over 1700 km. Both the following two seasons witnessed a 2400 km route through the Egyptian western desert where the riders enjoyed riding between the most exotic oases of the Sahara desert. They also had participants from over 20 different countries many of which were Rotarians and Rotaracts.

The 2013 season witnessed what we believe was the first ever “Sahara Rotary Meeting” where 9 Rotarians of the participating riders along with 4 Rotaractors from the 4 corners of the globe conducted an official Rotary meeting in the Egyptian Western Desert — please view attached image — a practice that we will happily repeat and continue in the new season.

The 2014 season of **Cross Egypt Challenge** will start on November 14 and will last for 9 days. The successful series will include a fascinating and challenging route of 3,000 km which will start from the Mediterranean city of Alexandria; pass by Egypt's capital, Cairo, make stops at the Red Sea resort cities of Sokhna, Elgouna and Marsa Alam. The challenge will then head west to the Nile valley to visit Aswan and the ancient city of Luxor, the world's largest open air museum city, and the capital of Ancient Egypt. From Luxor the riders will head NW to explore some of the most fascinating oasis of the Egyptian Sahara (desert.) A total number of 4 oasis will be explored on route before the final leg of the 2014 season of Cross Egypt Challenge takes place between Bahareya Oasis and Cairo to end the new season under the Great Pyramids of Giza.

Cross Egypt Challenge provides a very rewarding and challenging experience for participants from around the globe as it combines the best of adventure travels and extreme sports.

I invite you, your club and your members to support our initiative by:

- Share the news about Cross Egypt Challenge with your respectful members and invite interested Rotarians to ride in this season's rally (a motorcycle and scooter rental option is available for out of Egypt riders).
- Spread the news out to your local community and local press to promote this Rotary initiatives, and the image of Rotary worldwide.

For more information or to register, please visit our website: www.CrossEgyptChallenge.com and LIKE our Facebook page: www.facebook.com/CrossEgyptChallenge

We look forward to hearing back from you, welcoming you as a rider in **Cross Egypt Challenge 2014** and host you in the second Sahara Rotary meeting.

For any more information, please do not hesitate to contact us.

Ahmad Elzoghby, PHF
Rotary Club of Alexandria Cosmopolitan
Rotary International – District 2451
Alexandria, Egypt

Phone: [+20 \(100\) 721-0000](tel:+201007210000)
Web: crossegyptchallenge.com
Facebook: facebook.com/CrossEgyptChallenge
Twitter: twitter.com/CrossEgypt
YouTube: youtube.com/CrossEgyptChallenge



CLUB & DISTRICT DIARY OF EVENTS - FUTURE

Date	Time	Programme	Venue
Fri, 23rd May 2014	2.30 pm	Rotarian/Teacher Advisors High Tea	Shangri la Hotel, KL
1st – 4th June 2014	-	Rotary International Convention	Sydney
Sat, 21st June 2014	7.30 pm	District Awards & Handover Night	-
Sat, 19th July 2014	7.00 pm	R C Pudu 48th Installation Night	Shangri la Hotel, KL
21st – 23rd Nov 2014	-	2014 Kota Kinabalu Rotary Institute	Sutera Harbour Resort & Spa, Kota Kinabalu.



NOTICE BOARD

Do join in this fun-run for charity. Please go to the Official Facebook Page of "Dengue Buster RUN " Project. A Fund Raising Project initiated by Rotaract Club of Kuala Lumpur, in collaboration with the Rotary Club of Kuala Lumpur Diraja & 9 Interact Clubs

http://www.rotarykldiraja.org/web/rotaract_club.html



ROTARACT CLUB OF KUALA LUMPUR

IN COLLABORATION WITH

ROTARY CLUB OF KUALA LUMPUR DIRAJA & 9 INTERACT CLUBS



Date: 8th June 2014

Time: 7:00 a.m. onwards

Venue: Bukit Jalil Golf & Country Club

DISTRICT NEWS

YOUTH ISSUES

Dear Governor,

It is really very kind and thoughtful of you to raise RM30,000 for the benefit of the Youth service. Your initiative could be the turning point to reinvigorate the Interact and Rotaract movements in our district.

We have spent a lot of resources and time on Pre-PETS, PETS, GDLTS and others for our Rotarians. The youth are our investments for the future, and if only we could provide similar training to the Interactors and Rotaractors, we would have succeeded in our goal of producing a core of young service minded leaders in our district. ILTS is in dire need of organization along with funds and they could be the first beneficiaries.

There could be other areas besides training where the money could be utilized. Interact conferences are becoming far too expensive and many clubs are restrained from sending more Interactors. An increased subsidy to the organizing clubs would lower the cost and reduce the burden on sponsoring clubs which in turn will enable more Interactors to enjoy the benefit of the conferences.

There is also a pressing need to start some kind of training for teacher advisers as well as club Youth Service directors to further improve our effectiveness in this avenue of service.

Thank you Governor for yet another significant contribution to the district. We pray that you will have a successful surgery and a speedy recovery.

Best Wishes.
PP Baskaran



From: Dato Mohinder Singh
Sent: Saturday, 10 May 2014 5:40 PM
To: RI D3300; RB-Give & Take; 3300clubleaders2013-14@googlegroups.com
Reply To: moscasft@gmail.com
Subject: **SETTING UP A DISTRICT FUND FOR YOUTH LEADERSHIP TRAINING**

In our District Budget, the following amount has been allocated for Youth Activities.

Training for New Generations. 8,900 RM
International Youth Exchange: 2,000 RM
District Rotaract Rep expenses: 2,100 RM

Yayasan also provides support for the Interact Dist Conference, the Rotaract District Conference/Assembly and RYLA.

With some 30 Rotaract clubs and 170 Interact clubs, our District budget for youth is indeed low.

During my official visits to clubs, it was quite apparent that the clubs would like to see greater support from the District for youth activities.

I discussed this with a well known Public Foundation. The Foundation was receptive to support Youth Leadership Training and immediately made available RM 30,000. I have put this into the District Account as a Youth Leadership Training Fund.

I am now wondering whether we should set this up as a District Fund and promote it, as was done for the District Building Fund. I believe the corporate sector and the Government would give its support for activities related to Leadership Training for Youth. As my year as Governor is just about over, I will pass the proposal to the Incoming Governor to pursue it.

Anyway, I am leaving the RM30,000 with the District to either build up a Youth Leadership Training Fund or use it up for Youth activities in the coming year(s).

Best regards.

DG

DISTRICT NEWS

TRF RECOGNITIONS

TOP TEN TOTAL GIVING

1. Rotary Club of Seputeh
2. Rotary Club of Utara Subang Jaya (USJ)
3. Rotary Club of Greater Kuala Lumpur
4. Rotary Club of Petaling Jaya
5. Rotary Club of Bandar Sunway
6. Rotary Club of Bangsar
7. Rotary Club of Teluk Intan
8. Rotary Club of Seri Petaling
9. Rotary Club of Damansara
10. Rotary Club of Ampang

EREY

Every Rotarian, Every Year Club, is recognition for clubs that achieve a minimum \$100 per capita with all dues-paying members contributing some amount to the Annual Fund.

1. Rotary Club of Bandar Sungai Petani
2. Rotary Club of Bandar Sunway
3. Rotary Club of Bangsar
4. Rotary Club of Bukit Kiara Sunrise
5. Rotary Club of Central Damansara
6. Rotary Club of Kelana Jaya
7. Rotary Club of Kuala Kangsar
8. Rotary Club of Melawati
9. Rotary Club of Petaling Jaya
10. Rotary Club of Sitiawan
11. Rotary Club of Taiping
12. Rotary Club of Tampin
13. Rotary Club of Teluk Intan
14. Rotary Club of Temerloh
15. Rotary Club of Titiwangsa
16. Rotary Club of Tropicana Damansara

CLUBS CONTRIBUTING >USD1,000 TO POLIO+

1. Rotary Club of Bandar Sungai Petani
2. Rotary Club of Cheras
3. Rotary Club of Damansara
4. Rotary Club of Gombak
5. Rotary Club of Greater Kuala Lumpur
6. Rotary Club of Green Town

7. Rotary Club of Kajang
8. Rotary Club of Klang
9. Rotary Club of Penang
10. Rotary Club of Petaling Jaya
11. Rotary Club of Tampin
12. Rotary Club of Teluk Intan

CONGRATULATIONS to all the Clubs listed below. These clubs will be recognised during the TRF Awards Night on 17 May 2014.

Please contact President Datin Sandra of Rotary Club of Bandar Sunway to make your bookings.

Regards
PDG Dr Rajindar Singh

Dear friends,

Over the weekend, I had the good fortune to attend the MEGA Medical Camp organized by RC Bandar Sungai Petani. I took the extra trouble to attend this event because RC Bandar Sungai Petani was in a working partnership with Lions, Apex, AIMST medical college, the Government Health Department and the Sungai Petani General hospital among others for this project. I wanted to have a first hand look to see whether co-operative efforts like this could be adopted on a wider scale.

From the looks of it, it was an immensely successful project not only in terms of patients seen, but more importantly, the foundations were being laid for working together with other NGO's like the Lions and Apex. It is time we pool our resources and start working together to create a greater impact on the community.

For a young club, I must congratulate RC Bandar Sungai Petani for taking this initiative to work with others. By working together, you would have understood each other even better and your initiatives will lead to greater co-operation in future.

At the end of the day, the communities in and around Sungai Petani are going to reap greater benefits from your combined efforts. This is the ultimate realization that must dawn upon all of us.

My congratulations to President Arvind and members of RC Bandar Sungai Petani on yet another successful project.

Well done friends.
PP Baskaran

DISTRICT NEWS

DISTRICT AWARDS



The poster features a dark blue background with a starry pattern. At the top left is the Rotary District 3300 logo. At the top right is a small graphic with the text 'ENGAGE ROTARY' and 'CHANGE LIVES' along with the Rotary International logo. The main title 'Presidential Citation 2013 - 14 Awardees' is in red. Below this, there are two columns of award lists. The left column is for Rotary Clubs, divided into 'Presidential Citation with Distinction' and 'Presidential Citation'. The right column is for Rotaract Clubs, with 'Presidential Citation'. A large, stylized 'Congratulations!!' is written diagonally across the middle. At the bottom, a yellow-bordered box contains the event details: 'DISTRICT AWARDS NIGHT', 'Saturday, 21st June 2014', 'Ballroom, Bukit Jalil Golf and Country Resort, Bukit Jalil, Kuala Lumpur', and '(more details after The Rotary Foundation Awards Night)'.

Rotary District 3300

Presidential Citation 2013 - 14 Awardees

ROTARY CLUBS

Presidential Citation with Distinction

1. Bandar Sungai Petani
2. Bahdar Sunway
3. Bangsar
4. Cheras
5. Greater KL
6. KL West
7. Melawati
8. Puchong Centennial
9. Temerloh

Presidential Citation

1. Ampang
2. Bernam Valley
3. Bukit Kiara Sunrise
4. Butterworth
5. Central Damansara
6. Damansara
7. Damansara West
8. Klang Central
9. Sitiawan
10. Tropicana Damansara

ROTARACT CLUBS

Presidential Citation

1. Ampang
2. Bandar Sunway
3. Bangsar
4. Kelana Jaya
5. Melawati
6. Methodist College KL
7. Penang
8. Pudu
9. Segi KL
10. Sentral Technology College
11. Subang
12. SEGI University Kota Damansara
13. Universiti Teknologi PETRONAS

Congratulations!!

DISTRICT AWARDS NIGHT

Saturday, 21st June 2014

Ballroom, Bukit Jalil Golf and Country Resort,

Bukit Jalil, Kuala Lumpur

(more details after The Rotary Foundation Awards Night)

DISTRICT NEWS

MULTI-NGO HEALTH PROJECT

From: Arvind U Gopi Kumar <arvind7@mail.com>
Date: Mon, May 12, 2014 at 2:46 AM,

Dear friends,

History was made in Sungai Petani, Kedah on Saturday, 10 May 2014 when for the first time ever, service organisations in Sungai Petani, the Rotary Club of Bandar Sungai Petani, Lions Club of Kuala Muda, Lions Club of Sungai Petani and Apex Club of Sungai Petani joined forces with AIMST University, RED Association of AIMST University, PowerFit Laguna Merbok, Klinik Pergigian Sungai Petani, Tabung Darah Hospital Sultan Abdul Halim Sungai Petani, Klinik Kesihatan Ibu dan Anak Sungai Petani and OSK Properties Sdn. Bhd. to organise a mega health carnival in Bandar Puteri Jaya.

The Rotary Club of Bandar Sungai Petani ("RCBSP") together with its partners in service, AIMST University and R.E.D. (Reach out, Embrace & Deliver) Association, a student organisation made up of medical students who strongly believe in the ideals of service, have been conducting monthly medical camps in rural areas in Kedah under its "Stay Healthy with Rotary" project for more than two years. However, this time, a decision was made to invite other organisations to work with us with the primary aim of showing them that if we really wanted, we could work together. All it took was for one organisation to offer its hand in friendship without expecting anything in return. That is exactly what RCBSP decided to do. All arrangements and financial commitments were borne by RCBSP, AIMST and RED. The invitation to the rest was simple. "Please join us, be our friend, and together let's make Sungai Petani a better, healthier place".

And thus, that Saturday morning marked the start of a new friendship and understanding between different organisations that have similar goals and aims but had always worked alone previously. The members of the Lions Club of Sungai Petani, Lions Club of Kuala Muda and Apex Club of Sungai Petani came out in full force to support the event. Friendships were forged and commitments were made. Rotary, Lions and Apex had finally come together in Sungai Petani.

The day began with an energetic exercise and aerobics session by members of PowerFit Laguna Merbok, a group of fitness enthusiasts from Sungai Petani. It was the best way to start the day and adults and children were soon excitedly stretching away to the sounds of loud music. Soon, the medical teams began rolling in. The respective teams that would provide health checks, den-

tal treatment, pap smear tests and advice on healthy living were in place and so was the team from the blood bank. A colouring competition was also organised by the team from AIMST to keep the children occupied while their parents were participating in the health carnival. Soon, the health carnival was in full swing with hundreds of people from nearby housing areas, estates and villages dropping by to participate.

The leap of faith showed by RCBSP definitely paid dividends as many new friendships were forged, and significantly, the Lions offered full use of their mobile eye screening unit for future health camps and Apex promised to work together on education related projects. Our hosts, OSK Properties Sdn. Bhd. prepared light refreshments, souvenirs and prizes for the winners of the colouring competition.

It was truly heart warming to see so many organisations finally coming together and I can safely say that all our expectations were certainly exceeded and this bodes well for the future of Sungai Petani.

Personally, the success of this project meant the world to me as it was the wish of my recently deceased Uncle to see all service organisations in Sungai Petani work together for the common good of mankind. Although not a Rotarian, my late Uncle Venu had dedicated his life to service and was the perfect example of a person practising "Service Above Self" albeit under the banner of the Lions Club of Kulim. It was his initiative that led to the formation of the Friendship Group in Kulim, a coalition of service based organisations like the Lions Club of Kulim, Rotary Club of Kulim, Sathya Sai Baba Centre of Kulim, JCI Kulim and a few others. Together they have carried out a number of significant projects in Kulim and it was his wish for the same thing to be replicated in Sungai Petani too.

Although not around now, I'm sure he would have been happily watching over our project on Saturday as the heavens opened and it started pouring within minutes of the last team leaving the venue.

Dear President Arvind and members of RCBSP

I am indeed amazed and proud to follow your posting and achievements that has been initiated by you and all members of the Rotary Club of Bandar Sungai Petani. You have done well in spreading the message of "Goodwill and Cooperation" as you and your members move ahead in Service. Keep being an example to all of us in D3300 and in Malaysia!

*PP Kirenjit Kaur
Incoming DG 2014-15*

DISTRICT NEWS

MULTI-NGO HEALTH PROJECT



DISTRICT NEWS

DISTRICT (TRAINING) ASSEMBLY 25-27 APR 2014



DISTRICT NEWS



DISTRICT NEWS



Org Chair: PP Mah Soon Chai of RC Kajang



DG Datuk Dr Mohinder Singh



DGE: PP Kirenjit Kaur



DGE with DGN1 PP Siti Subaidah



DGN2: PP Darul Abdullah



Spouses Programme

Editor's Note

More pictures at <https://www.flickr.com/photos/123485989@N07/sets/>

RI NEWS

PRESIDENT'S MESSAGE — MAY 2014



I've had a unique opportunity to be a part of the polio eradication campaign from its very beginnings, more than a quarter century ago, to where we are now, which is truly "this close" to the end.

None of us knew back then how long eradication would take, or how many obstacles we'd meet along the way. I'm not sure how we would have felt about taking on the challenge if we had known. But there is one thing I know for sure: that every single day of the last 29 years has been worth it. Because over those years, we have saved millions of children from being paralyzed by polio. There's no way to put a price tag on that. And today, we are closer than ever to a world in which no child will be paralyzed, ever again.

It's been a long race to the finish line. That line is now in sight. But we'll only cross it if we keep moving forward. And the only way to do that is with the help of every single Rotarian, everywhere in the world.

The first thing we need is your voice, and your advocacy. Think ahead to World Polio Day, on 24 October: What can your club and district do to raise awareness? Write letters to your elected officials, hold a purple pinkie fundraiser, plan an event with a local school. If you or someone you know has a story to tell about polio, share it at www.endpolionow.org/stories. The most important thing is to keep the momentum going. Let your community, and the world, know that the fight against polio is at its most critical stage yet.

I'm glad to report that the End Polio Now – Make History Today campaign is going well. Rotary met the terms of the new agreement with the Bill & Melinda Gates Foundation and received US\$70 million in matching funds in January, which will be fully committed in this calendar year. We have four more years of this agreement remaining, during which the Gates Foundation will match two-to-one every dollar Rotary spends on polio, to a maximum of \$35 million per year.

I encourage all of you to do what you can to help us make the most of this opportunity. I know that together, we can engage Rotary to end polio – and change the world, forever.

*Ron D. Burton
President 2013-14*

TRUSTEE CHAIR'S MESSAGE — MAY 2014



Rising to the challenge.

We have seen that when Rotarians are motivated, they will rise to a challenge. Not long ago, we reached the US\$200 million milestone through Rotary's Challenge for polio eradication, in response to grants from the Bill & Melinda Gates Foundation. We not only met our goal but exceeded it, raising \$228.7 million.

Now we have a new opportunity. The Gates Foundation has agreed to match, two-to-one, every dollar that Rotary spends on polio eradication over the next five years, up to \$35 million per year. But before we spend this money, we will have to raise it.

The decision to accept this offer was not made lightly. We know that we have already asked Rotarians for a great deal, and they have been so generous already. We are "this close" to interrupting transmission of the wild poliovirus worldwide. This is an incredible achievement, but we still have much work to do to make a polio-free world a reality.

For decades, we have been working to get the number of polio cases down, year by year. Every year that had fewer cases of polio than the one before was a good year. But now we are in a new stage – the final battle of our war against polio. Now there is no such thing as "good enough."

There cannot be a single case of polio left anywhere in the world.

This means that every outbreak, however small, must be met with a massive response. We can do this only if we have the resources. And that is why we cannot wait to raise this money – to End Polio Now and make history today.

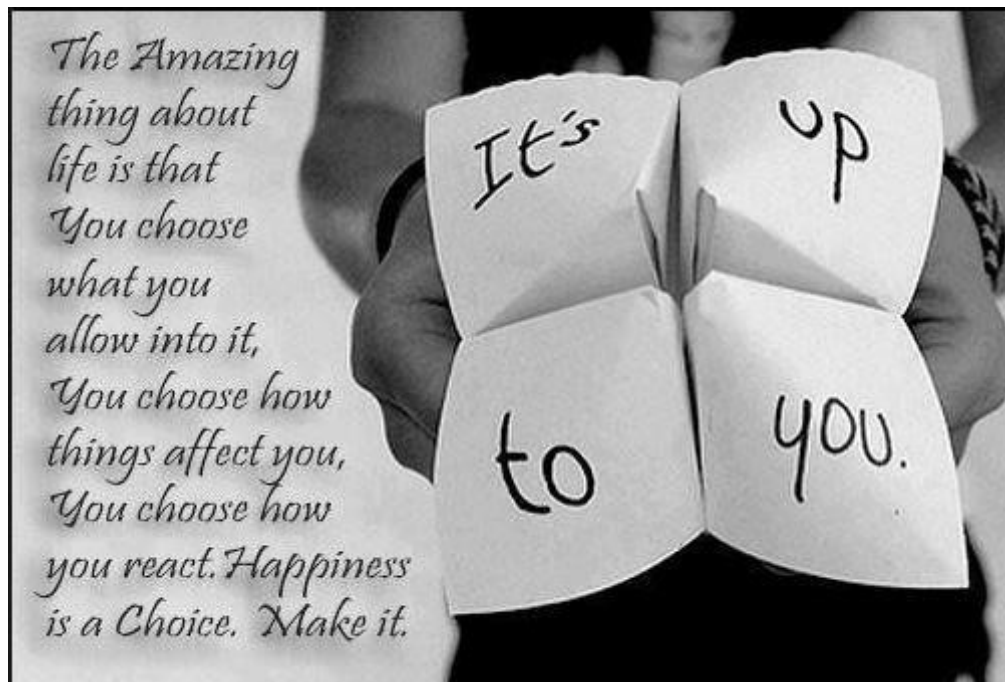
*Dong Kurn (D.K.) Lee
Trustee Chair 2013-14*



PARIS — Alarmed by the spread of polio to fragile countries in three continents riven by conflict, the World Health Organization declared an international health emergency on Monday in an effort to contain the paralyzing virus, which officials thought two years ago had been nearly eradicated.

NYT — 5 May 2014

THOTS FOR THE WEEK



ON THE LIGHTER SIDE

EARS

A young Army officer was severely wounded in the head by a grenade, but the only visible, permanent injury was that both of his ears were amputated. Since his remaining hearing was sufficient, he remained in the Army.

Many years later he eventually rose to the rank of Major General. He was, however, very sensitive about his appearance. One day the General was interviewing three servicemen who were candidates for his headquarters staff.

The first was a Captain, a tactical helicopter pilot, and it was a great interview. At the end of the interview the General asked him, 'Do you notice anything different about me?' The young officer answered, 'Why, yes, Sir, I couldn't help but notice that you have no ears.'

The general was displeased with his lack of tact and threw him out.

The second interview was with a Navy Lieutenant, and he was even better. The General then asked him the same question, 'Do you notice anything different about me?' He replied sheepishly, 'Well, sir, you have no ears.'


The General threw him out also.

The third interview was with a seasoned Sergeant Major, an Infantryman and staff-trained NCO. He was smart, articulate, fit, looked sharp, and seemed to know more than the two officers combined. The General liked this chap and went ahead with the same question, 'Do you notice anything different about me?' To his surprise the Sergeant Major said, 'Yes, sir, you wear contact lenses.'

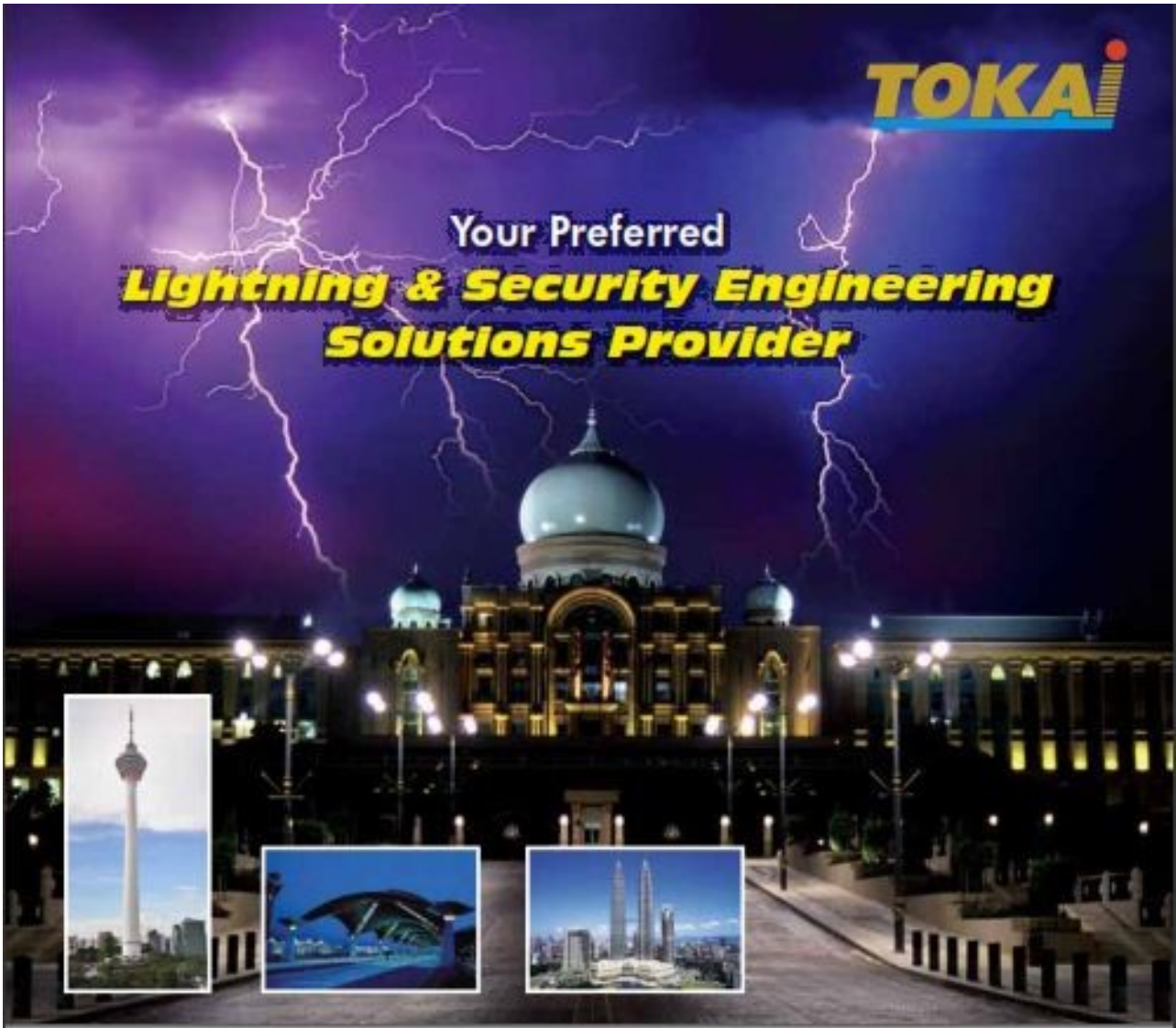
The General was very impressed and thought, 'What an incredibly observant man, and he didn't mention my ears.' He asked, 'Sergeant Major, how do you know I wear contacts?'




'Well, sir,' the soldier replied, 'it's pretty hard to wear glasses with no f***ing ears.'





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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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