

The Weekly Bulletin Of The Rotary Club OF Pudu, R.I. District 3300, K.L. Malaysia



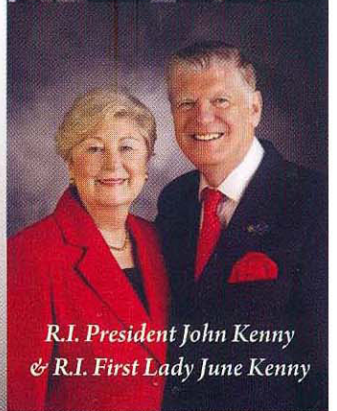
# BERITA pudu



" THE FUTURE OF ROTARY IS IN YOUR HANDS "   
 R.I. Theme for Rotary Year 2009/2010

<http://www.rotarypudu.org.my>

*Involved We Are, Committed We Must Be.*



*R.I. President John Kenny  
& R.I. First Lady June Kenny*

# With Compliments

from



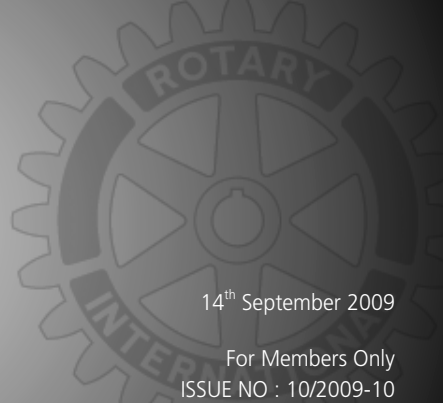
E3A-3, Block E, Dataran Palma  
Off Jalan Ampang, 68000 Ampang  
Selangor, Malaysia

Tel: +603-4270 6470, Fax: +603-4270 6471

Email: [datomus@gtitec.com.my](mailto:datomus@gtitec.com.my)

Web: [www.gtitec.com.my](http://www.gtitec.com.my)

# Berita PUDU



14<sup>th</sup> September 2009

For Members Only  
ISSUE NO : 10/2009-10

website:- <http://www.rotarypudu.org.my>

## Programme for Today

Speaker : Rotaractor & Interactor  
Subject : Insights of Rotary – From Views of a Rotaractor and an Interactor

### ON DUTY

Duty Table : Rtn Brenda Lee  
Fellowship : Rtn James Prohett  
Finemaster : PDG Dr. Paul Lee  
Introduce : Rtn Lee Su Zane  
Thanking : Rtn Yash Pragaaszan

## Programme for 28<sup>th</sup> September 2009

Speaker : Rtn Alex Chang  
Subject : The Judgements of Mr Justice Dato Vincent Ng

### ON DUTY

Duty Table : Rtn Patrick Lee  
Fellowship : Rtn Lawrence Khoo  
Finemaster : Rtn Leong Choy Ying  
Introduce : Rtn May T Lim  
Thanking : PP Dato M Muslim

## Birthdays & Wedding Anniversaries

**Birthdays** : Rtn Loo Ming Chee (17<sup>th</sup> Sept); PP VG Chandran (19<sup>th</sup> Sept)  
**Spouse's Birthday** : Ann Carol (26<sup>th</sup> Sept)  
**Anniversaries** : President Robin Tay and Ann Kin (25<sup>th</sup> Sept)

**PP Dato Muslim and Datin Asma would cordially like to invite all Pudu Rotarians to their house on the 1st day of Hari Raya from 12.00 noon to 4.00 pm. Their residence address is as follows:  
2, Jalan 14/3, Taman TAR, 68000 Ampang, Selangor**

**The President and members of the Pudu Rotary Club would like to express their warmest greetings to all Muslim members of the club, Selamat Hari Raya Aidil Fitri**

## Your 14<sup>th</sup> – 28<sup>st</sup> September 2009 Diary September is New Generations Month

Date	Day	Time	Meeting	Venue
14-09-09	Mon	12.45 pm	Weekly Luncheon Meeting	Shangrila Hotel, KL
15-09-09	Tues	6.30 pm	Vocational Service Com. Meeting	Marco Polo Rest KL
16-09-09	Wed	7.00 pm	Fireside on Vocational Service	Rtn Sarky's Residence
19-09-09	Sat	3.00 pm	Rotaract Club Pudu General Meeting	Eurasian Club, KL
21-09-09	Mon		<b>NO MEETING (Selamat Hari Raya Aidil Fitri)</b>	
24-09-09	Thurs	6.30 pm	BOD Meeting	President's Robin Tay's Office
27-09-09	Sun	8.00 am	RRI Games	SMK Victoria Institution, KL
28-09-09	Mon	12.45 pm	Weekly Luncheon Meeting	Shangrila Hotel, KL

## IMPORTANCE OF MEETING PLACE

For Rotary, the meeting place whether it is a regular meeting or a committee meeting is important especially to its members. Much so if it is a District Conference or a District Assembly. **The meeting place ultimately affects the attendance to these events.**

For one, an out of place venue for a District Conference or Assembly will deter Rotary members from going there. **Getting there could be a chore** and if there is no other attraction other than just a meeting, it might not be a good selling point as the expenses for such a trip could not be justified. Mind you, there are hotel bills, petrol and travelling expenses and other expenses. Also one has to think of accompanying family members as well.

**For the club, a convenient place should be selected for the regular meeting.** Logically it should be located in its own Rotary territory to reflect on its status. Meals or refreshment should be reasonably priced so as not to burden its members. The organisers should also think about parking, traffic jams etc. One very important factor also to consider is the reputation of the meeting venue. A reputable venue will without doubt attract people of good character and high profile business personalities. Although this can be disputable, **one can see the multiplier effect of having these people as members or friends of Rotary.** Having these high profile members will definitely bring a positive effect to the community and give Rotary a high profile too, thus opening many doors should they be required.

Rotary should not be just carrying out projects. **It must be SEEN to be carrying out these projects** in the community. In return, the community will respond thus making it easier for the club to raise funds and identifying projects. In our district, Rotary has been seen to complement the works and objectives of the authorities and many of our Rotarians have been recognised by them with various awards.

**A regular meeting place must also be dignified** and reflect the seriousness of our business. It must also at the same time, allow Rotarians to have **good fellowship** with each other. The meeting times must be well publicized to enable other Rotarians to make up. Regular meetings must also keep to the advertised length of meeting time.

It has been observed that many of our club's committee meetings are being held at different places thus creating a mini confusion amongst members. **It has been proven that out of place meeting venues and expensive meals bring about low attendance to these meetings.** The year is still young and there are still time to rectify.

When I was a teenager, I have this tendency to be different from my siblings. I liked to out do things and I believed **the route to success was to be interesting**—to show off or act like someone else. Which at some point of time, I can't understand why I was still unpopular.

So, as children I do **silly things to get attention I should act up a little; to be as interesting as possible.** Yet acting interesting does not make me as a teenager and be popular. To handle my unpopularity, I decided **to despise people or become loners.** Or I try **harmful acts to gain respect:** smoking, drinking, graffiti, shoplifting, drugs, fight, throw tantrums, and so on.

I guessed this sounds quite similar for some at their growing up stage. Even now, we may look like adults but, inside us we are much like Peter Pan who doesn't want to grow up and old at all.

Generally speaking, acting interesting can ruin our adult life as well. Show-off employees, self-centered managers and pompous business owners and some **NATO Rotarians in Rotary** rarely do well for long.

Sincerely, the **"secret" to popularity is not to be interesting, but to be interested and be hands-on all the time. 100% ALL THE TIME - 100% BEING POSSIBLE.**

*"When a person becomes terribly interesting he has lots of problems, believe me. That is the chasm which is crossed by all of your celebrities, anybody who is foolish enough to become famous. He crosses over from being interested in life to being interesting. And people who are interesting are really no longer interested in life.*

*It's very baffling to some young fellow why he can't make some beautiful girl interested in him. Well, she is not interested, she is interesting."* — Quotation quoted by a physiologist Dr. Ron Hubbard.

For example, if we are an actor on stage, we are interesting while acting. Seminar speakers are interesting. Comedians, models and magicians are interesting.

Yet in real life, **on a one-on-one basis, interesting people are irritating.** They only do things to get your attention and admiration. They believe they are on stage acting for an audience of one.

If we want people to cooperate with us, to like us or to open up to us, we must be interested and must get involved hands-on.

Instead of focusing on ourselves, **we start to focus on others. We notice what makes them happy or unhappy. Our attention comes off of us and onto others.**

When **our thoughts are more on others** than on ourselves, we feel little stress. We act and respond with more intelligence. Our production level increases and we have more fun. Truly, Rotary should **"BE FUN"** and **"BE INTERESTED."**

When **we are interested, people love our interest** in them. They want to be around us. We can be as popular and interesting this way.

....continues on page 5

## "INVOLVED WE ARE, COMMITTED WE MUST BE"

### PROCEEDINGS ON MONDAY, 7<sup>th</sup> September 2009

**Guest Speaker** : Mr. Kevin Baker  
**Subject** : PT Foundation Pink Triangle

#### VISITING ROTARIANS

<b>Name</b>	<b>Club</b>
Rtn Johnny Lim	RC KL Diraja
Rtn James Wong	RC Gombak

#### GUESTS

<b>Name</b>	<b>Host</b>
Kevin Baker	Club
Raymond Tai	Club
Felicia	Rtn CT Heng
George Heng	Pres. Robin Tay
Mark Hazelwood	Rtn James Prohett

#### STATISTICS

Visiting Rotarians	:	2
Guests	:	5
Club Members	:	26
<b>Total Present</b>	:	<b>33</b>

#### COLLECTIONS

Birthdays / Anniversaries / Fines	:	RM	126
Paying Diners	:	RM	150
Raffles & Others	:		-
<b>Total</b>	:	<b>RM</b>	<b>276</b>

#### CLUB PROCEEDINGS

Sgt-at-Arms Rtn Mok Sin called the meeting to order at 1:05 pm and proceeded to introduce the visiting Rotarians and Guests. He then led in the singing of the National Anthem. Due to the puasa month there was no toast.

Finemaster was PP KH Low who welcomed back everyone from their holidays with a fine of RM1 each for being happy. He then congratulated Rtn Alex Chang on the successful fund raising event two weeks ago and we then had a gathering of many lawyers. He paid a fine of RM10. Due to the Ramadan, the Pub was closed and PP Gary Lim had to look for another watering hole. According to KH he had found a watering hole nearby and for this success Gary was fined a ringgit. PP Sam also had a successful outing in launching the 2 medical scooters with St Johns and this happy occasion costs Sam RM2. As KH was going to celebrate his birthday soon, he paid out RM50 for a birthday song.

Rotary Information

Rotary Information was read by Rtn Jeffrey Yap.

#### PRESIDENT'S ANNOUNCEMENT

The President in starting called for a minute of silence to remember the passing of PP Justice Dato Vincent Ng. He then made his announcements.

**Welcome to our 8th Pudu Rotary Club Weekly Luncheon Meeting.**

**Last month, the month of August, is indeed a very eventful month for us.**

We have accomplished a few significant projects. From raising RM3299.00 for **FURRY FRIENDS FARM** for some strangled stray dogs to RM 33,000.00 to save lives, in the form of the "**FIRST RESPONDER IN EMERGENCY SERVICE.**" Two units of motor scooters which were equipped with life saving tools, and were handed over to St. John Ambulans, Malaysia KPS.

Then, we launched the "**FOOTPRINTS OF A JUDGE THROUGH MOTHER EARTH**" a law journal book, authored by Rtn Alex Chang and others. From this noble project RM120,000 has been raised specifically for our Scholarship Fund.

Sadly, **The Honorable Mr. Justice PP Dato' Vincent Ng** passed away peacefully on the 28th August 2009 at Hospital Selayang. He was cremated on 31st August 2009 and his remains was laid to rest at Nilai Memorial Park.

He is indeed a true hero, a **true Rotarian with Service Above Self in his heart, a true patriotic Malaysian Judge who in his practice had practiced the 4 Way Test in his passing of his judgments.** In respect of his contribution to our Club, Fellow Rotarians, can I call upon you to be upstanding to observe a minute of silence with me in respect of the demise of this great man?

Thank You.

Alright! For the month of September, I believe all of you are fully charged after the long holiday break.

**Firstly, let's welcome our 3 newly inducted Rotarians; Rtn Brenda Lee, Rtn Lee Su Zane and Rtn James Prohett to our Club.**

Last Sunday, **6th September 2009**, a District event, RC of Brickfields organized **The Rotary Foundation (TRF) Seminar** at Menara Tun Abdul Razak and it was attended by **187 Rotarians from 47 Clubs**.

**Pudu Rotary Club was represented by PDG Dr. Paul Lee, DGE Lim Kok Beng, AG Ken Ong, PP KU Rajah, Hon. Secretary Rtn Alex Chang, Hon. Treasurer Rtn CT Heng, Interact Chairman Rtn Jeffery Yap, newly inducted Rtn James Prohett, IPP Rtr Yeoh Siew Peng, Rtr Chean and yours truly.**

**Thank you very much for your kind attendance and your presence.**

At the seminar opening, PDG Dr. Paul Lee announced that this year will be his last year serving as the Chairman of The Rotary Foundation for District 3300 and he has urged Pudu Rotarians to learn all we can on the fundamentals of TRF from him.

At the seminar, he also mentioned that RC Danau Desa has approached him to organize a **“Hands-On” TRF workshop** which he later consented.

**Fellow Rotarians, this call from PDG Dr. Paul Lee is vital and serious. We can't be dependent on him to fill up the Matching Grant Forms for us every year. We have to learn as much as we can from him and have continuity in this matter.**

Rtn Edward Lee who has registered during our Board Meeting was unable to attend due to an eye infection. According to him, he underwent a small surgery during the weekend and is now recovering at home. Please do give him a call.

Please note that the Vocational Service Meeting held under his leadership will be rescheduled to next week, **15th September 2009, at Marco Polo at 6.30 pm.**

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On the **27th September 2009**, Sunday, our Rotaractors are organizing our yearly **RRI Games at Victoria Institution at 8.00 am to 1.00 pm.**

As I recalled those years; this event has been well attended by Pudu Rotarians, Pudu Rotaractors and all the Interactors from all our 9 sponsored Interact Clubs. **The objective is to build our relationship with our young people through this activity.**

Please mark this date and come forward to support our Rotaractors when they call upon you. **Seriously, the future of this event is in your hands.**

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On the **5th October, 2009** our weekly luncheon meeting will be converted to an evening dinner meeting again. This is in collaboration with our yearly, **“Employer Employee Appreciation Night.”** Rtn CT Heng is the Chairman, and so, please take note and give your support.

Lastly, please be informed that **PP Dato' Muslim and Rtny Raja Azma** have both extended an invitation to all Pudu Rotarians to attend their Hari Raya Adil Fitri Open House on the first day of Hari Raya from 12 noon to 4 pm.

With this, it gives me great pleasure to call upon PP Ng Sim Bee to introduce **our Guest Speaker, Mr. Kevin Baker on the topic on “PT Foundation - PINK TRIANGLE.”**

### THE SPEAKER

The speaker Mr Kevin Baker who was to speak on the subject “PT Foundation-Pink Triangle” was introduced by PP Sim Bee. Kevin is from UK and was involved in the Banking line before taking up the position in PT Foundation. According to Sim Bee, Kevin is a humble man and does a lot for charity.

### THE SPEECH

According to Kevin, PT Foundation is an NGO that does a lot of social work in the community in Malaysia. Early in his presentation, he played an introduction by the various other staff of PT Foundation and what the organisation did. PT Foundation is an organisation that is community based and non-profit. The main people manning the key positions in the organisation are all volunteers.

He then elaborated on what the organisation did. Basically they do work on 5 marginalised community ie the MSM (Man Sex Man), Transgender, Sex Workers (street wise), drug users (street wise also) and PLHIVS (People Livingwith HIV).

Their work involves HIV prevention, giving care and support programmes, and gender and sexuality programme.

The problems involved are tremendous as in our country there are 85,000 with positive HIV and so far 12,000 have died of it. Thus their objectives besides giving support and care are also to help these people having a better quality of life. They also try to empower them and reduce discrimination against their community.

They help in 3 steps.

- 1) Awareness- They try to create awareness by holding public events, sensitizing stakeholders, advocacy and using the website and Internet.
- 2) Attitude Change- They use peer outreach and safe sex information. They also ensure the access to condoms and drugs.
- 3) Behavioral Change- They do HIV Screening, Peer education, phone consultation and act as a support group.

The basic components in the PTF Programme involves Outreaching, In Bringing, Conselling and Advocacy. Kevin then elaborated on some of these components. They have set up a number of centers and some of them are

1) the Pusat Komunity Ikhlas, which is a drop in center for street day workers and open from 9 am to 6 pm  
 2) the IKHLAS Outreach center, 3) the Sex Workers Drop in Center, a center which provides meals and information besides other services like Islamic religious classes. 4) Pusat Komunity Mah Nyah. Some of these centers have been set up in Alor Star, Kuching, Kuantan, Ipoh, Kota Baharu, and Malacca.

In the course of their works, they have been given many awards including the Dr Siti Hasmah Award for 2006-08, and the NGO of the Year in 2008.

He then mentioned about their funding most of which is from the Government. They however always suffer from some shortfall. Their total annual budget is about RM2.25 million. They hope Rotary can carry out some activities with them.

**THANKING OF GUEST SPEAKER**

Thanking him was IPP Michael Yeow who presented Kevin with a token of appreciation and a certificate of appreciation.

**President's Message ...*(continues from page 2)***

Allow me to share some of these secrets with you which I have learned recently from one of my advisors. They are:

1. Strive to shift your attention from yourself onto other people or projects. This is a great stress reliever.
2. Find things about people that interest you. Force yourself to look for interesting things. Soon you will automatically take interest in people without thinking about it.
3. If you catch yourself acting like someone else, you are being interesting. Simply get interested in the person in front of you and you'll feel more natural. You are most effective when you are simply being yourself.
4. When someone makes you nervous or shy, get interested in them. Take your attention off of yourself and on to others. With practice, you will be calm, even bold.
5. Focus on how you can help others. Let your interest in helping people replace your tendency to act interesting. Your effectiveness and popularity will soar.

With this, my Fellow Rotarians, **let's us all have interest in all the wonderful humanitarian projects we had been doing and let's put Rotary into our hands for the future.**

Thank You.

ROBIN TAY  
 President of Pudu Rotary Club  
 RY2009/2010

*Installation photo*



*7th sept 2009.... Weekly Lunch Meeting*



## Senior Years



"It says here that you'd prefer someone with regular bowel movements..Does it matter if they're involuntary?"

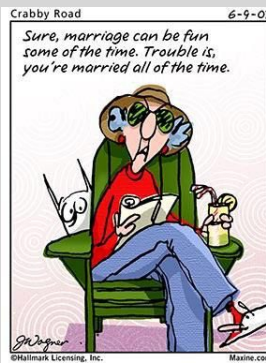
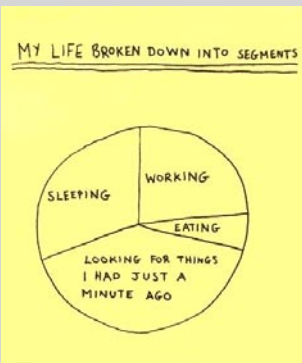


"Lately, I've been feeling lethargic, listless and apathetic, and if I stand up too suddenly, I get dizzy. My daughter says she has to smoke two joints to feel like that."



I'LL HAVE A CHEESEBURGER, LARGE FRIES, BLACK COFFEE...

I'M STARTING TO THINK RETESTING SENIORS FOR DRIVING ISN'T A BAD IDEA!



## Zoo Keeper Humor





## CLUB NEWS

### Convention breakout sessions call for proposals

The RI Convention offers Rotarians many opportunities to share their successes with an international audience. One way you may wish to do this is by participating in breakout sessions, which are attended by thousands of Rotarians and their guests.

If you would like to propose a breakout session for the 2010 RI Convention, 20-23 June in Montréal, Québec, Canada, submit the proposal form (PDF) by 16 November .

Proposals must include the following information:

Proposed topic and title of session

Brief description (one or two paragraphs) of session content and format  
 Name of the person who will serve as the primary contact for organizing the session  
 Name of the proposed moderator or leader (if different from primary contact)

Names of proposed participants, if known at this time

All proposals will be reviewed by RI President John Kenny and members of the 2010 convention committee. A limited number of breakout session slots are available, and not all proposals will be accepted.

Please send your completed proposal by the deadline of Monday, 16 November, to Norah Webster, program

development specialist in RI's International Meetings Division. If you have any questions, contact Norah by e-mail <norah.webster@rotary.org> or by phone at 847-866-3055.

### RI President's September Message

September 2009

My fellow Rotarians:

Lord Byron wrote, "The days of our youth are the days of our glory." For me, that is the line that springs to mind whenever Rotary's youth programs are mentioned. In Rotary, September is New Generations Month - a time to focus our attention on our programs for youth and the role they play in shaping the Rotarians of tomorrow.

Our youth programs - Interact, Rotaract, Rotary Youth Leadership Awards, and Rotary Youth Exchange - are some of the most important programs of Rotary. I say this because of the unparalleled potential they have to influence young minds and souls toward peace, goodwill, and harmony. That potential is the greatest in youth because the experiences of our early years never leave us; they shape who we later become. In the words often attributed to St. Francis Xavier, "Give me a boy until he is seven, and I will give you the man." For myself, I would give it a bit longer than that - but there is no doubt that the experiences of our youth have a greater formative power, and a greater ability to shape character, than any we may have in our adulthood.

When a teenager from the United States has the chance to travel to India to participate in a National Immunization

Day, or when a student from Brazil spends a year studying in Japan, that person will be forever changed. These young people will have formed connections and affections that will endure.

They will never think about their own country, or the world, in the same way again. Their perspective, their priorities, and their values will have been permanently shaped by that experience in a way that no later experiences will have the power to do. Your hard work ensures that these experiences continue to be possible - that these programs continue to be available, to be well run, and to earn the trust of the participants and their families.

The impressions of youth are strong, and they are lasting. There is never a second chance at them. We may grow and change as we get older, and we are surely changed by all of our experiences. But there is never another chance to build who we are. That happens only once: in our youth.

The days of our youth truly are the days of our glory - but through Rotary's youth programs, those days become the glory of all of Rotary.

John Kenny

President, Rotary International

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### Trustee Chair's Septemeber Message

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September 2009

A strong Foundation to conquer need

Mother Teresa, a longtime friend to Rotary, was once asked why she did the work she did. There would always be so many she could not reach. Why did she pour herself so fully into her self-appointed task, knowing that she could never come close to meeting all the needs?

Her answer was simple. She said, "I do what I can, where I am, with what I have."

In Rotary, we strive to do the same. We know very well that the world's needs are endless, and that we can never attempt to meet them all. Two billion people live in poverty. One billion people live without access to clean water, and 2.6 billion without adequate sanitation. Every day, 26,000 children die needlessly.

What can Rotary hope to do in the face of such overwhelming need?

To this I answer, we must do what we can, where we are, with what we have. We must make the best possible use of our resources, where they can do the most good. We must identify the needs that we can realistically meet, and invest the care and planning to make sure that our service is successful. And we must steward our Rotary Foundation well, so that we will be able to help the greatest number of people possible, in the ways that make the greatest difference.

In Rotary, we see how much more we can achieve when we all work together. Through our Foundation, we are able to pool our resources and achieve even more. And the stronger our Rotary Foundation becomes, the greater the scope of the tasks we will be able to undertake successfully. We will be able to do far more good, in far more lasting ways.

So much of the good we do in Rotary happens with the support of our Rotary Foundation. I ask each of you to continue your support - this year, and every year - so that our good work may continue.

Glenn E. Estess Sr.

Foundation Trustee Chair

## FILLERS

### HOW TO RETIRE

#### 4 Pre-Conditions for Retirement

I retired in year 2000 at age 52. I am now 61, thus I can claim that I got more experience at retirement than most! I thought I should share my experience with mariners because I have seen too many friends and neighbours who became so bored that they have become a nuisance to their spouse and children and to others!

A few of them have solved the problem by going back to work. They were able to do so because they have a skill/expertise that is still in demand. The rest (and many are my neighbours) live aimlessly or are waiting to die - a very sad situation, indeed.

You can retire only when you fulfil these 4 pre-conditions:

- Your children are financially independent (e.g. they got jobs),
- You have zero liability (all your borrowings are paid up),
- You have enough savings to support your lifestyle for the rest of your life,

AND most importantly,

You know what you would be doing during your retirement.

DO NOT retire till you meet ALL 4 Pre-Conditions. And of course you should not retire if you enjoy working and are getting paid for it!

The problem cases I know of are those who failed to meet Pre-Condition #4.

When asked, "What would you be doing during your retirement?" some replied, "I will travel/cruise and see the World". They did that, some for 3 months and then ran out of ideas. The golfers replied, "I can golf every day." Most could not because they are no longer fit to play well enough to enjoy the game. Those who could, need to overcome

another hurdle - they need to find the “kakis” to play with them.

It's the same with mahjong, bridge, badminton, trekking and karaoke - you need “kakis”! Most could not find others who share their favourite game and playing/singing alone is no fun. AND when they do find them, a few of them found that they are NOT welcomed like my obnoxious neighbour whom everyone avoids.

Thus if you are into group sports or games, you must form your groups BEFORE you retire. You need to identify your “kakis”, play with them and discover whether they “click” with you.

The less sporty “can read all the books bought over the years”. I know of one guy who fell asleep after a few pages and ended up napping most of the time! He discovered that he did not like to read after all. We do change and we may not enjoy the hobbies we had.

### **Routine Activities To Fill Your Week**

For most people, your routine work activities are planned for you or dictated by others and circumstances. When you retire, you wake up to a new routine - one that you yourself have to establish as nobody else would do it for you!

The routine to establish should keep your body, mind and spirit “sharpened”. A good routine would comprise:

a) One weekly physical sport - you need to keep fit to enjoy your retirement. If you are the non-sporty type, you should fire your maid and clean your home without mechanical aids. Dancing and baby sitting are good alternatives.

b) One weekly mind stimulating activity - e.g. writing, studying for a degree, acquiring a new skill, solving problems or puzzles, learn or teach something. You need to stimulate your mind to stay alive because the day you stop using your brain is the day you start to die.

c) One weekly social activity - choose one involving lots of friends/neighbours. Get yourself accepted as a member to at least 3 interests groups. Unless you prefer to be alone, you do need friends more than ever as you get older and less fit to pursue your sport.

d) One weekly community service activity - you need to give to appreciate what you have taken in this life. It's good to leave some kind of legacy.

With 4 weekly activities, you got 4 days out of 7 covered. The remaining 3 days should be devoted to family related activities. In this way, you maintain a balance between

amusing yourself and your family members. Any spare time should remain “spare” so that you can capitalise on opportunities that come your way like responding to an unexpected request to do a job or to take advantage of cheap fares to see places or to visit an exhibition.

### **Mind stimulating activities**

Most judges live to a ripe old age. They use their brains a lot to decide on cases. I am sure MM Lee's brain works overtime. He's 80+ and still going strong. In “Today” you would have read of 2 inspiring oldies. One is a granny who learned to play the guitar at age 60 to entertain his grandchildren. She's 70+ today and those grandchildren have grown to play with her. Another is an Indian radiologist who on retirement, qualified as an acupuncturist. He's age 77 and still offers his services (by appointment only) including free ones to those who have no income. I guarantee you that they are happy people who discovered a “2nd wind” to take them to the sunset with a smile on their faces.

Mind stimulating activities are hard to identify. They require your will to do something useful with the rest of your life, a mindset change and the discipline to carry it through.

### **Your Bucket List**

Despite your busy routine, you will at times be bored. Then it's time to turn to your Bucket List.

Your bucket list contains a list of things to do before you kick the bucket. They are not routine and are usually one off activities. You need them to have something to look forward to. These include anniversaries, trips (and pilgrimages), visits to friends and relations abroad, re-doing your home, attending conferences (related to your hobbies), acquiring a new set of expertise. 4 such activities that are spaced out quarterly would be ideal.

### **Retirement Is A Serious Business**

If you can afford to retire and want to, do prepare to live to your fullest. You need to be fit to enjoy it - therefore get into shape now. You do not want to get up on a Monday and wonder what to do each week, therefore identify your set of weekly routine activities now and try them out to confirm that they are the activities that you will be looking forward to doing each week, week after week. Your bucket list of “rewards” or “projects” or “challenges” is needed to help you break away from the routine thereby make live worth living.

Start listing what you fancy and refine it as you chug along in your retirement. You will have so much fun, you would wish you were retired since you turned 21!

**BOARD OF ROTARY YEAR 2009/2010****President**

Rtn Robin Tay Lian Kiat  
(robin\_tay33@hotmail.com)  
Tel: 603-6201 0086 H/P: 012-2382 389

**Vice President**

Rtn Lawrence B. Khoo  
(lawrencebkg@gmail.com)  
Tel: 603-2163 2018 Fax: 603-2163 3018  
019-3880 905

**Honorary Secretary**

Rtn Alex Chang Huey Wah  
(alex@alexchanglaw.com)  
Tel: 603-2166 9928 Fax: 603-2166 9328  
H/P: 012-6289 928

**Honorary Treasurer**

Rtn C T Heng  
(eejunlighting@yahoo.com)  
Tel: 603-9172 7091 Fax: 603-9172 7092  
H/P: 012-2363 451

**President Elect**

Rtn Leong Choy Ying  
(cyleong@ppb.com.my)  
Tel: 603-2117 0888 Fax: 603-2117 0999  
H/P: 012-3778 713

**Immediate Past President**

Michael Yeow Kiew Meng  
(mikeyeow@gmail.com)  
Tel: 603-2176 1155 Fax: 603-2031 8925  
H/P: 012-3291 882

**Directors****Club Service**

Rtn K A Kumar  
(panpropreal@yahoo.com)  
H/P: 012-2953 935

**Vocational Service**

Rtn Edward Lee Shin Foong  
(edleesf@yahoo.com)  
Tel: 603-2162 8181 Fax: 603-2711 8218  
H/P: 012-2685 551

**Community Service**

Rtn James Teh Chee Hin  
(jamestehch@myjaring.net)  
Tel: 603-2039 4332 Fax: 603-7880 5437  
H/P: 012-3312 302

**International Service**

Rtn Steven Oon Hoon Nam  
(experto@streamyx.com)  
Tel: 603-6273 2868 Fax: 603-6276 0868  
H/P: 012-2127 011

**Service to New Generation**

Arvin Kumar  
(edumalnetwork@gmail.com)  
H/P: 012-3631 630

**Chairpersons****Classification**

Rtn K K Yap  
Tel: 603-2142 1207

**Fellowship**

Rtn Patrick Lee Hong Lian  
(patrickleeprc@gmail.com)  
Tel: 603-8943 1199 Fax: 603-8942 1969  
H/P: 016-2113 988

**Programme**

PP Chow Tain (erealty@myjaring.net)  
Tel: 603-8945 9728 Fax: 603-8945 3278  
H/P: 012-3722 663

**Public Relation**

PP Albert Lim Yew Seng  
(yslim2@gmail.com)  
Tel: 603-3342 1537  
H/P: 012-3354 287

**Attendance**

Rtn Sharon Lim (sharonbhlm@gmail.com)  
Tel: 603-8961 6779 Fax: 603-8961 6773  
012-2851 218

**Rotaract Chairman**

PP Michael Tung Siak Kei  
Tel: 603 2142 1148 Fax: 603 2145 2103

**Bulletin Editor**

PP Richard Liew (liewrnn@gmail.com)  
Tel: 603-8024 1422 Fax: 603-8024 1459  
019-2162 516

**Sergeant-At-Arms**

Rtn Stanley Pereira  
(stanley\_pereira@yahoo.com)  
Tel: 603-2095 8291  
012-2211 625

**Advisors**

PDG Dr. Paul Lee, DGE K B Lim,  
PP V G Chandran, PP Ng Sim Bee,  
PP Phang Poke Shum

**Rotary Clubs around the Klang Valley Meeting Information**

DAYS	TIME	ROTARY CLUBS	VENUE
Monday	1245	RC Pudu	Shangri-La Hotel, KL
	1800	RC Cyberjaya	1st Floor, MSC Innovation Centre, Cyberjaya
	1900	RC Pantai Valley	Kuala Lumpur Golf & Country Club, Bukit Kiara, KL
	1930	RC Titivangsa	Royal Selangor Club, KL
	2000	RC Senawang	Royal Sungei Ujong Club, Senawang, Seremban
Tuesday	1245	RC Petaling Jaya	Sheraton Hotel, Subang Jaya
	1815	RC Bangsar	Royal Selangor Club, KL
	1830	RC Kajang	Prescott Metro Inn, Kajang
	1845	RC Bandar Utama	Business Centre, One World Hotel, Bandar Utama
	2000	RC Danau Desa	Wisma Belia, 1st Floor, Room 711, Jalan Syed Putra, KL
	2000	RC Port Klang	Royal Klang Club, Klang
	2000	RC USJ	Resorce Centre, 3K Sports Complex & Inn, USJ
Wednesday	1230	RC Shah Alam	Kelab Shah Alam, Shah Alam
	1245	RC KL Di-Raja	Shangri-La Hotel, KL
	1830	RC Ampang	The Raintree Club, KL
	1830	RC KL North	Royal Selangor Club, KL
	1830	RC Sri Petaling	Sri Petaling Hotel, Sri Petaling, KL
	1830	RC Subang	Holiday Villa Subang, Subang Jaya
	1900	RC Cheras	Bankers Club, Amoda Building, Jln Imbi, KL
	1930	RC Bandar Sunway	Sunway Lagoon Resort Hotel, Subang
	1930	RC Brickfields	Royal Selangor Club, KL
	1930	RC Bukit Bintang	Holiday Villa Ampang, KL
	1930	RC Bukit Komanwel	Bukit Jalil Golf & Country Club
	1930	RC Central Damansara	Royal Commonwealth Club, Damansara Heights, KL
2000	RC Damansara West	Sri Damansara Club, Bandar Sri Damansara, KL	
2000	RC Kampung Baharu	Kelab Sultan Sulaiman, Kampung Baru, KL	
2015	RC Port Dickson	Royal Port Dickson Yatch Club, Port Dickson	
2030	RC Melawati	K Club, Taman Melawati, KL	
2030	RC Sungei Way	Bukit Kiara Equestrian & Country Club, Bukit Kiara, KL	
Thursday	1245	RC Gombak	Corus Hotel, Jln Ampang, KL
	1245	RC Klang	Royal Klang Club, Klang
	1245	RC Seremban	Royal Bintang Hotel, Seremban
	1800	RC Damansara	Royal Selangor Club, KL
	1900	RC Kelana Jaya	Bukit Kiara Equestrian & Country Resort, KL
	1900	RC Sentul	SRC, Boulevard Sentul, Sentul Raya, KL
	2000	RC Puchong	9, Jln BK 3/2, Bdr Kinrara, Puchong
Friday	1830	RC Metro KL	Bankers Club, Amoda Building, Jln Imbi, KL
	1930	RC KL West	Royal Selangor Club, KL
	2030	RC Bernam Valley	2nd Flr, 19B, Jln Bdr Rawang 1, Rawang
Saturday	0730	RC Bukit Kiara Sunrise	Bukit Kiara Equestrian & Country Resort, KL
	0900	RC Lembah Damansara	Tropicana Golf & Country Resort, PJ

**THE FOUR- WAY TEST**

**Of The Things We Think,  
Say, or Do.**

**1. Is it the TRUTH?**

**2. Is it FAIR to all concerned?**

**3. Will it build GOODWILL and BETTER FRIENDSHIPS?**

**4. Will it be BENEFICIAL to all concerned?**

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*Conceived by Herbert J. Taylor, a Chicago Rotarian in July 1932  
In January 1943, Rotary International Board Of Directors agreed that  
‘The 4-Way Test’ should be part of Vocational Service Ideal.  
Herbert J Taylor was RI President in 1954-55*