

Enjoy your **Berita**
PUDU

30th April 2012

Issue No : **36**/2011-12

Programme Today

Speaker : YB Dato' Sri Ong Tee Keat
Subject : Two Party System - Is It A Myth Or A Reality?

ON DUTY

Duty Table : Rtn. Joanne Ting
Fellowship : Rtn. George Heng
Finemaster : AG PP K H Low
Introduce : PP Ken Ong
Thanking : Rtn. May Lim

Programme Next Week

Speaker : TBA
Subject : TBA

ON DUTY

Duty Table : Rtn. Tenny Lee
Fellowship : Rtn. Laura Lee
Finemaster : PP Ng Sim Bee
Introduce : PE Rtn. Aaron ong
Thanking : Rtn. Sarky Subramaniam

Happy Birthday!

Rtn. K A Kumar (13th. May)

Spouse's Birthday!

Ann Ivy (9th. May)

Happy Anniversary!

AG PP KH Low & Ann Evelyn (6th. May)

FUTURE ROTARY EVENTS

RI Convention, Bangkok,
6-9 May 2012

District Conference @ Subang
7-9 Dec 2012

Rotary Club Diary 30th April - 30th May 2012

Date		Time	Programme	Venue
April	Mon 30	6.30 pm	Inter City Evening Meeting With Group 11	Shangri-La Hotel, KL 719, 7th Floor Block A, Lobby B Kelana Centre Point Loong Foong Res. Carmen Rest. Foo Yong
May	Wed 2	7.00 pm	Club Admin Meeting	
	Thu 3	6.30 pm	Membership Com. Meeting	Bukit Jalil Club
	Sat 5	4.30 pm	Rotaract Meeting	
	Sun 6		R.I CONVENTION	
	Mon 7		NO MEETING - R.I CONVENTION	
	Tue 8		R.I CONVENTION	
	Wed 9	7.00 pm	Publicity Com. Meeting	
			R.I CONVENTION	
	Thu 10	6.30 pm	Rotary Foundation Meeting	
	Mon 14	12.30 pm	Luncheon Meeting	
	Wed 16		Service Com Meeting	Solaris Dutamas Shangri-La Hotel, KL Rest. Uncle Chillli Amp. Corp Mall George Heng's Office (Bukit Jalil) Carmen Rest. Foo Yong Shangri-La Hotel, KL SMK MBS KL Shangri-La Hotel, KL Pre Steven's Residence
	Thu 17	7.00 pm	New Gen Meeting	
	Sat 19	4.30 pm	Rotaract Meeting	
	Mon 21	12.30 pm	Luncheon Meeting	
	Fri 25	3.00 pm	Interact Club ICC Meeting	
	Mon 28	12.30 pm	Luncheon Meeting	
	Thu 30	6.30 pm	Board Meeting	

MENTORS

In any organization it is important to maintain its membership. Without members there is no organization. Even a falling membership level is worrying as eventually the organization will be defunct and ceased to justify its existence. Rotary clubs are no different. We must each year get new members to replace those who left as otherwise our membership will get smaller. Thus it should be noticed by all that each successive RI president called on Rotary clubs to get new members each year and some presidents even offer prizes to winning clubs ie the clubs that bring in the most members for that year.

Now the million dollar question is : Sacrifice quality over quantity? It is very difficult to have both even though it is not impossible. Many Rotary clubs debate over this. Many had gone for quantity, won prizes in RI and had since lost many of its members. We had last week looked at possible reasons why the youth is not leaning towards joining Rotary. Thus Rotary has to target middle age people.

Our club had recently inducted a number of new members. Sad to say many did not last and could be keep up to the demands of Rotary work. Some discovered that Rotary was not what they envisaged and had no business advantage. Thus a formulae has to be worked out to try to retain those inducted members. One way was to appoint Mentors to the new members. Mentors can ease the new members to learning more about Rotary and guide them to make up and other Rotary matters. From observation it can be seen that those who have mentors formally or informally do stay longer in Rotary. After a while say a year they are more confident to go on their own.

We should give this a try as in years that we tried out this mentor system our membership numbers were more stable. It is not a new tactic but one Rotary has recommended all the time.

This year, the TRF Foundation Awards Night 2012 for District 3300 will have a totally different and exciting program! RI Director Shekhar Mehta, Guest of Honour will be in attendance.

The TRF Foundation Award Night 2012 will be held on Friday, 18th May, 2012, 7.00 pm at Bukit Jalil Golf and Country Club, Kuala Lumpur. The event will be organised by Rotary Club of Utara Subang Jaya.

Reservation may be made by emailing to yileung2@gmail.com, Secretary of RC of USJ or calling PP KK Looi at 012 329 7028 for reservations. The cost of the dinner will be RM60.00 per person and RM600 per table of 10.

The mission of The Rotary Foundation is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.

The Rotary Foundation is a not-for-profit corporation that supports the efforts of Rotary International to achieve world understanding and peace through international humanitarian, educational, and cultural exchange programs. It is supported solely by voluntary contributions from Rotarians and friends of the Foundation who share its vision of a better world.

Goal setting helps us determine our priorities, get organized, make big decisions, and realize our dreams. Goals have a power of their own when they are specific, manageable, and achievable. Goals can provide motivation and foster commitment. Clearly stated goals provide a framework to measure achievement and can be modified to reflect an organization's accomplishments.

All areas of our Foundation's endeavour - administration, investments, programs, and so forth - are equally important, and we will expend every effort and put every advantage to use for the optimum development of each. However, in order to expedite the work that lies ahead, we have chosen seven goals that will guide us and enable us to "Reach Within to Embrace Humanity in 2011-2012

....continue on page 6

Pudu News

Record of Meeting on 23rd April 2012

Guest Speaker : RTN. VERONIQUE PEARCEY & EN. ZOROLLAH SILING
Subject : WOOD CARVING

VISITING ROTARIANS

<u>Name</u>	<u>Club</u>
Nil	

GUESTS

<u>Name</u>	<u>Host</u>
En. Zorollah Siling	Club Guest Speaker
Goh Siew Gim	PP Ng Sim Bee
Francine Goonting	IPP Leong Choy Ying

STATISTICS

Visiting Rotarians	:	
Guests	:	3
Club Members	:	30
Total Present	:	33

COLLECTIONS

Birthdays / Anniversaries / Fines	:	RM 55.00
Paying Diners	:	RM 120.00
Raffles & Others	:	
Total	:	RM175.00

Club Proceedings

Acting SAA Rtn. Lawrence Annies called the meeting to order at 1.15pm. He then introduced the visiting Rotarians and Guests and led in the singing of the National Anthem. He proposed the loyal toast.

Finemaster was Rtn. Patrick Lee who first of all fined Rtn Laura Lee for sitting at the main table last meeting. He then fine PDG Dr Paul Lee for being so prominent in the District Newsletter and appearing in so many photos. BOD members who did not attend the recent District Assembly in Ipoh were then penalized with a fine of a ringgit. PDG KB Lee was then fined for disputing his fining. For his birthday, Rtn Patrick then fined all members a ringgit each and for a birthday song he paid up RM10. PP Sam was going to Phuket tomorrow and was accordingly fined RM5. For asking a not so clever question Rtn Ming Chee had to pay RM1.

President's Announcement

THE FOLLOWING ACTIVITIES WERE CARRIED OUT LAST WEEKS

1. Last Tuesday, 17th April 2012, we launched ceremony handing over a Nissan Urvan van to

Special Children of Society Ampang. The event was officiated by Patron, Yang Amat Mulia Tengku Puteri Nur Zehan.

Highlights of the club coming events

1. We wish to inform you that Rotary Club from Group 11 will be hosting Intercity Meeting with Rotary Club of Pudu as moderator on Monday, 30th April 2012, 6.30pm at Shangrila Hotel. Guest Speaker: YB Dato' Seri Ong Tee Keat with topic : Two Parties Sytem – A Myth or a Reality. DG Dr Ravee have accepted our invitation to attending as Special Guest. Your presence will be greatly appreciated. As this is a fellowship dinner, kindly bring your spouse for the dinner event.
2. Wish to remind you that No luncheon meeting on 7th May 2012 due to some members and myself will be attending 2012 Rotary International Convention at Bangkok from 6th to 9th May 2012.

Highlight of the District coming event:

RYLA 2012

1. The club have sponsoring 2 rotaractors to participate RYLA 2012 which will be held from 26th to 29th April 2012 at Pusat Latihan Polis Jalan

Semarak, KL. Name of participant are Samantha Yeo Chi Yen and Chan Pei Ern.

Secretary's Announcement

Highlights of the upcoming Club events:-

1. On the Wednesday, 2nd May 2012, 7.00pm the Club Administrative Committee meeting will be held at Kelana Center Point.
2. The Membership Development committee meeting will be held on Thursday 3rd May 2012, 6.30pm at Loong Foong Restaurant, Kelana Jaya.

Introduction of Speaker

Rtn. Laura Lee was invited to introduce the speakers Rtn. Veronique Pearcey and En. Zorollah Siling who were to spoke on the subject of "Wood Carving in Malaysia".

Speaker's CV

Rtn. Veronique Pearcey is our own club member and she is from France and is living in Malaysia for the last 13 years. She has been involved actively in our club's activities. She is very passionate in art and has been wood sculpting for the last 9 years and her current mentor is En Zorollah who is also the next speaker.

En. Zorollah Siling was borned in Kajang and has worked with Telekom Malaysia from 1971 to 2000. He retired in 2000 at age 51 and his other passion was wood carving and sculpting which he has been doing since 1980 and most of his art works has been displayed at some galleries in KL. He only uses a knife and an axe to do his wood carving and sculpting on very old Malaysian wood.

The Talk

Rtn Veron spoke first and gave an outline how she got involved in wood carving first. She had met En Zorollah (Zoro) at an art exhibition and as she was very impressed by his carvings approached him to be

her teacher in the art. It was tough in the beginning but she persevered. She started by learning first the square, round and triangle techniques. She then learnt how to handle the axe and the knife. The technique was not to use the hammer, nor scissors, any machinery nor any varnish in her carvings. Thus she could now carve figurines, lamp holders in any old types of Malaysian wood. She then presented some of her works. Zoro and her put up an exhibition once a year at their friends exhibition hall which they did not have to pay. She loves the work as this gave her the opportunity to contact people informally. She followed Zoro's spirit in her endeavour in wood carving that is no pressure, stay free of stereo type, enjoy her carving and love the rhythm. She then praised Zoro for being a patient and good teacher to her. Zoro has since become her best friend. She then disclosed that Zoro has become well known internationally and many foreigners comes to Malaysia every year to collect his works.

Zoro said that he liked to work on Malaysian wood and he specialized in carving noses and owls. He then presented some of his works and gave each an explanation. He said he used old wood and even recycled ones like the samurai sword handles. He uses no machinery or does he sketch any design before he starts his work. His principle is "Do what you like, and don't do what you don't like". He had followed this principle since the beginning and that allowed him a free flow of ideas. He carved according to his mood and the design of the wood that he had. Sometime he had to go to far off places to get his supply of woods. His biggest piece of an owl took him about a month to complete. In answer to a question on carving from other places like Bali, he said that those were commercial carving whereas he likened his to being art. It was the same as in Thailand and other regions.

Thanking of Guest Speaker

Rtn. Loo Ming Chee on behalf of the club thanked our guest speaker, Rtn. Veronique and En. Zorollah Siling for giving us a wonderful presentation by presenting them with a gift and a certificate of appreciation.

WEEKLY MEETING ON 23RD APRIL 2012



Mr Zorollah explaining the wood carving to Rtn Joanne

Wood Carvings from Mr Zorollah



President's Message(continue from page 2)

During 2011-2012, The Rotary Foundation will:

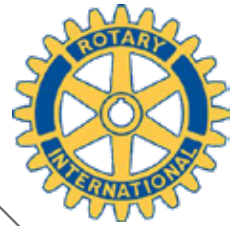
1. Focus on the eradication of polio
2. Heighten its profile on the world stage in the field of peace and conflict resolution through its unique partnerships with premier institutions
3. Achieve a worldwide per capita of US\$100 in giving to the Annual Programs Fund while establishing a new record for major gifts to the Permanent Fund
4. Collaborate with Rotary International to enhance Rotary's public image
5. Improve grassroots-level training to increase awareness of the Foundation's mission
6. Articulate and implement the future vision of The Rotary Foundation for Rotary's second century of service
7. Strive to administer its programs with speed and simplicity

Let us keep in mind that our Foundation is the best present that we can offer to ensure a shining future for Rotary.

Dato' Steven Oon
President RY2011-2012

TRF Foundation Awards Night 2012

Rotary International District 3300



The TRF Awards Chairman is pleased to invite you to celebrate your contributions to the Rotary Foundation last year

Date: Friday, May 18th 2012

Venue: Bukit Jalil Golf and Country Club, KL

Time: 7.00 PM

Cost: RM 60/ head or RM 600/ table of 10

Guest of Honour, RI Director **Shekhar Mehta** will be in attendance.

Reservations: Email to Secretary Ng YL , yileung2@gmail.com with the paid bank-in slips

Payments: Confirmation of reservations when payment received.

Bank account name: The Rotary Club of Utara Subang Jaya

Account no.: Public Bank 3133653330

Contact no.: PP KK Looi 012-329 7028 for queries.

Food: Halal Chinese course, **Dress Code :** Formal

Organising Club: Rotary Club of USJ



Rotary Information

THE RI THEME

RI Theme

The annual message of the president, whether expressed in a special program or theme or otherwise, is of paramount importance in the implementation of the program of Rotary in that year. It is inherent in the duties of the governor that the program or theme be presented and emphasized in all suitable ways. These include its use as the theme of the district conference and other district meetings where a theme is employed, in the monthly letter, in official visits to clubs, and in other contacts with clubs and Rotarians of the district. It is essential that any district goals or objectives established by a governor relate to and support the president's program or theme, which should be mentioned prominently in connection with any expression of district goals or objectives. The

president's message should be known, understood, and effectively implemented by all Rotary clubs and Rotarians.

All officers of RI districts and clubs are reminded that the RI theme is the only theme that should be used, and the use of other themes should be discouraged.

R.I. News

Rotary honors U.S. lawmakers for leadership in polio eradication

Rotary International will recognize seven members of Congress as Polio Eradication Champions on April 24, at the United States Capitol Building.

Rotary established the Polio Eradication Champion Award in 1995 to honor heads of state and others who have made a significant global contribution to ending polio. Since the 1980s, the United States

government has contributed more than \$2 billion to polio eradication.

Those honored include: Senator Lindsey Graham (South Carolina), Senator Richard Shelby (Alabama), Representative Steve Austria (Ohio), Representative Norm Dicks (Washington), Representative Tom Price (Georgia), Representative Denny Rehberg (Montana), and Representative Harold Rogers (Kentucky).

“Thanks to the leadership of the U.S. government, we are closing in on a historic victory over polio,” said Jim Lacy, past president of Rotary International. “But the fight is not over—we need others to step up their efforts to ensure that this initiative does not fail.”

Polio, a disease that affected scores of Americans during epidemics into the 1950s, has been reduced by 99% worldwide, but it still paralyzes children in parts of the world. There is no cure for polio, but for as little as 60 cents, a child can be protected against the disease for life. Mass immunization campaigns have reduced the number of polio cases from 350,000 annually in the mid-1980s, to fewer than 700 reported cases in 2011. India, once the global epicenter of the disease, was removed from the polio-endemic list in February.

Despite this success, challenges remain in the three polio-endemic countries: Pakistan, Afghanistan, and Nigeria. The initiative is also threatened by a funding gap that exceeds \$1 billion for 2012-13.

Rotary made polio eradication its top priority in 1985, and in 1988 helped launch the Global Polio Eradication Initiative. As the original private sector contributor and volunteer arm of this global partnership, Rotary has contributed more than \$1 billion and countless volunteer hours to the effort.

Rotary is a worldwide organization of business and professional leaders who provide humanitarian service and help to build goodwill and peace in the world. Rotary’s global membership is approximately 1.2 million men and women who belong to more than 34,000 Rotary clubs in more than 200 countries and geographical areas. For images and broadcast quality video visit Rotary’s Media Center.

Source : Rotary International

Rotary Training Talk

2012 RI Convention

Rotarians from all over the world will be attending the RI Convention in Bangkok, Thailand, 6-9 May. The convention is a great way to network with fellow Rotarians and find out what clubs are doing around the globe. Register online through Member Access until 1 May.

If you’ll be at the convention, plan to attend some of the workshops and sessions offered Monday through Wednesday, including Defining Our Global Impact, Webinars Made Easy, and Incoming Club Presidents Workshop.

If this is your first Rotary convention, consider attending one of the two orientation sessions for first-time attendees on Saturday, 5 May.

Note: Information may change before the convention, so please consult the program book when you arrive.

We want your opinion

Assistant governors and district committee members, tell us what you think. Beginning in June, the Leadership Education and Training Division will be updating the Assistant Governor’s Training Manual and the District Committee Manual. Send your ideas and suggestions to improve the next editions to learn@rotary.org.

Upcoming webinar

Don’t forget to register for the Grant Management Best Practices webinar. This webinar will provide an overview of proper grant management, how to build capacity to manage grants, how to prepare for Future Vision grants and full launch, as well as an overview of qualification.

Prerequisites for participating include completing the Grant Management e-learning module and reading information about Future Vision and the qualification process.

All times listed are Central Time (Chicago time). Convert to your time zone.

Monday, 23 April, 10:00-11:00 CT Monday, 23 April, 18:00-19:00 CT Tuesday, 24 April, 10:00-11:00 CT (Spanish) Wednesday, 25 April, 10:00-11:00 CT (Portuguese) Thursday, 26 April, 6:00-7:00 CT (Japanese)

District membership seminars

Hold your district membership seminar immediately following the district assembly to help club and district leaders get a head start on their membership goals. This seminar is held annually to prepare club and district leaders to support membership activities, such as recruiting and retaining members. Participants include incoming club presidents, club membership committee members, district extension committee members, assistant governors, and other interested Rotarians. The Membership Development Resource Guide provides recruitment and retention strategies that may be of interest to participants. For those conducting the training, the District Membership Seminar Leaders' Guide includes session guides for each of the recommended topics.

Training tip

It's been said that "variety is the spice of life." Add some "spice" to your next training event by offering breakout sessions on various topics and allowing participants to choose which to attend. By conducting a survey beforehand, you can determine which topics to offer. Participants will appreciate the ability to choose and will be motivated to learn and contribute to the discussion.

Do you have a training tip to share? Tell us at training.talk@rotary.org.

Exemplary Rotarians to be recognized at historic D.C. event on April 20

The White House on April 20 will honor ten U.S. Rotary club members from across the country as Champions of Change for their volunteer work to improve the lives of others during the first-ever Rotary Day at the White House.

The day-long event for the first time combines two weekly White House public engagement programs -

Champions of Change and the Community Leaders Briefing series -- to recognize the contributions of a single organization: the humanitarian service group Rotary International.

"Rotary International and Rotary Clubs across America are not only affecting change in their hometowns but improving the lives of others in countless communities abroad," said Director of the Office of Public Engagement, Jon Carson. "Rotarians' commitment to service perfectly captures the spirit and mission of Champions of Change."

"Rotary International is honored to be a part of the first White House Champions of Change awards to Rotarians who have helped make a difference in lives and communities around the world," said Rotary International President Kalyan Banerjee, who will attend the day's events with Rotary International CEO John Hewko and Director Elizabeth Demaray. "Rotary club members are grassroots volunteers, successful business and professional leaders who want to give back to make the world a better place. Champions of Change could not be a more appropriate description of what Rotary is all about."

Rotary's Champions of Change are:

Terrence Allen, St. Joseph, Mich.: A member of the Rotary Club of Lakeshore, Allen and his wife Liz devote their volunteer time to the Children's Safe Water Project, which provides clean water to thousands of families in the Dominican Republic. His volunteerism has inspired other Rotary clubs to become involved.

Jim Fulgham, Arlington, Texas: A member of the Rotary Club of Arlington, Fulgham has been a driving force behind the Rotary Scholarship Program at Webb Elementary School. Focused on helping children from disadvantaged families, the program provides a scholarship to every sixth-grader who goes on to finish high school and enroll in college. So far, 150 students have gone on to college.

Noelle Galperin, Coral Gables, Fla.: A member of the Rotary Club of Coral Gables, Galperin has spearheaded her club's Haiti recovery efforts in the aftermath of the devastating earthquake. She also has helped raise

more than \$325,000 for polio eradication, Rotary's top priority, and has led teams of Rotary volunteers to India to immunize children against this paralyzing infectious disease.

Anil Garg, Simi Valley, Calif.: A member of the Rotary Club of Simi Valley, Garg has led multiple teams of Rotary volunteers to his native India to immunize children against polio. He also is a strong advocate for literacy and has worked as a tutor in adult literacy programs. He also teaches Hindi to elementary school students.

Richard J Kemme, Greeley, Colo.: A member of the Rotary Club of Greeley, Kemme uses his background in orthopedic surgery to train orthopedic surgeons in the southeast African nation of Malawi. He also launched a Rotary-supported micro-loan program that now serves nearly 22,600 Malawians.

David Kester, Anchorage, Alaska: A member of the Rotary Club of Anchorage East, Kester and his club have been instrumental in the success of the Mobile Food Pantry of Anchorage, which has provided more than three million pounds of produce, dairy products and other perishable foods to thousands of Alaskan families in need over the past six years.

Henry Lowentritt, Metairie, La.: A member of the Rotary Club of New Orleans, Lowentritt led his club's effort to renovate and reopen historic Warren Easton High School after it was nearly destroyed by the flooding that followed Hurricane Katrina. The reopening of the 100-year-old, predominately African-American school was an early and significant sign that the city was on its way back after its devastating losses.

Carolyn Crowley Meub, Rutland, Vt.: A member of the Rotary Club of Rutland, Meub heads Pure Water for the World, transforming a small Rotary club project into an effective international charity that has brought clean water and sanitation to thousands of families in Honduras and Haiti.

Fary Moini, San Diego, Calif.: A member of the Rotary Club of La Jolla Golden Triangle, Moini has led her

club in a series of successful projects to increase educational opportunities for girls and young women and enhance the training of health care professionals in Jalalabad, Afghanistan.

Fred Thompson, Manakin-Sabot, Va.: A member of the Rotary Club of Innsbrook, Thompson led his club in the expansion of the Coal Pit Learning Center, which provides enriched pre-schooling opportunities to children from low-income families

Prior to the afternoon Champions of Change program, more than 160 Rotary club members will attend a morning round of Community Leaders Briefing sessions in which Administration experts will speak on a variety of relevant topics, including maternal and child health, disease prevention, economic development, youth and education, water and sanitation, and peace-building.

Rotary is a global humanitarian organization with more than 1.2 million members in 34,000 Rotary clubs in over 200 countries and geographical areas. Rotary members are men and women who are business, professional and community leaders with a shared commitment to make the world a better place through humanitarian service. Rotary's top priority is the global eradication of polio. For images and broadcast quality video visit Rotary's Media Center.

Editor's Note: Rotary Day at the White House will be on a live video stream at White House video stream starting at 9 a.m. (EDT), Friday, 20 April.

A Twitter chat with #atthewh will take place on 20 April at 12 noon - 12:45. Jon Carson (@joncarson44), White House director of public engagement, and John Hewko (@johnhewko), RI general secretary and CEO will answer questions on how people can make a difference in their communities and abroad.

Rotary Day coincides with the U.S. presidential proclamation of National Volunteer Week, which is 15-21 April. Each of the Champions of Change will receive a copy of the president's proclamation.

Source : Rotary International

“When you change the way you look at things, the things you look at change.”

- Wayne Dyer -

Happiness..... What is Happiness?

One of the most convincing pieces on happiness.

Khushwant Singh at his best.

EIGHT CLUES TO HAPPINESS

By- KHUSHWANT SINGH

Having lived a reasonably contented life, I was musing over what a person should strive for to achieve happiness. I drew up a list of a few essentials which I put forward for the readers' appraisal.

1. First and foremost is GOOD HEALTH. If you do not enjoy good health you can never be happy. Any ailment, however trivial, will deduct from your happiness.
2. Second, A HEALTHY BANK BALANCE. It need not run into crores but should be enough to provide for creature comforts and something to spare for recreation, like eating out, going to the pictures, travelling or going on holidays on the hills or by the sea. Shortage of money can be only demoralizing. Living on credit or borrowing is demeaning and lowers one in one's own eyes.
3. Third, A HOME OF YOUR OWN. Rented premises can never give you the snug feeling of a nest which is yours for keeps that a home provides: if it has a garden space, all the better. Plant your own trees and flowers, see them grow and blossom, cultivate a sense of kinship with them.
4. Fourth, AN UNDERSTANDING COMPANION, be it your spouse or a friend. If there are too many misunderstandings, they will rob you of your peace of mind. It is better to be divorced than to bicker all the time.
5. Fifth, LACK OF ENVY towards those who have done better than you in life; risen higher, made more money, or earned more fame. Envy can be very corroding; avoid comparing yourself with others.
6. Sixth, DO NOT ALLOW OTHER PEOPLE to descend on you for gup-shup. By the time you get rid of them, you will feel exhausted and poisoned by their gossip-mongering.
7. Seventh, CULTIVATE SOME HOBBIES which can bring you a sense of fulfilment, such as gardening, reading, writing, painting, playing or listening to music. Going to clubs or parties to get free drinks or to meet celebrities is criminal waste of time.
8. Eighth, every morning and evening, devote 15 minutes to INTROSPECTION. In the morning, 10 minutes should be spent on stilling the mind and then five in listing things you have to do that day. In the evening, five minutes to still the mind again, and ten to go over what you had undertaken to do.

RICHNESS is not Earning More, Spending More Or Saving More, but ... “RICHNESS IS WHEN YOU NEED NO MORE”

Stay Young and Happy

1. Throw out nonessential numbers. This includes age, weight and height.
Let the doctors worry about them. That is why you pay them.
2. Keep only cheerful friends.
The grouches pull you down.
(keep this in mind if you are one of those grouches;)
3. Keep learning:
Learn more about the computer, crafts, gardening, whatever. Never let the brain get idle.
“An idle mind is the devil’s workshop.”
And the devil’s name is Alzheimer’s!
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
And if you have a friend who makes you laugh, spend lots and Lots of time with HIM/HER.
6. The tears happen:
Endure, grieve, and move on. The only person who is with us our entire life, is ourselves.
LIVE while you are alive.
7. Surround yourself with what you love:
Whether it’s family, pets, keepsakes, music, plants, hobbies, whatever.
Your home is your refuge.
8. Cherish your health:
If it is good, preserve it.
If it is unstable, improve it.
If it is beyond what you can improve, get help.
9. Don’t take guilt trips.
Take a trip to the mall, even to the next country, to a foreign country, but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.